

DINNER

Shrimp Palermo

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$5.12	635 kcal

Shrimp Palermo is a pescatarian main course. One serving contains 699 calories, 47g of protein, and 45g of fat. This recipe serves 4 and costs \$5.12 per serving. This recipe is liked by 1 foodies and cooks. From preparation to the plate, this recipe takes roughly 45 minutes.

Ingredients

- ☐ ½ cup all-purpose baking mix
- ☐ 1 tablespoon salt-free Cajun seasoning
- ☐ 5 plum tomatoes, cut into 1/4-inch slices
- ☐ 12 ounce roasted red bell peppers, drained and chopped
- ☐ ½ cup Italian vinaigrette dressing
- ☐ 3 tablespoons butter, divided
- ☐ 4 servings Garnish: fresh parsley
- ☐ 8 ounces cups shredded provolone cheese
- ☐ 1¼ pounds unpeeled, large fresh shrimp

EQUIPMENT Frying pan, Oven, Baking pan

Method

- 1

Combine first 3 ingredients; spoon evenly into 4 (1 1/2-cup) lightly greased individual baking dishes. Set aside.
- 2

Peel shrimp, and devein, if desired.
- 3

Combine baking mix and Cajun seasoning. Dredge shrimp in mixture.

- 4 Melt 1 1/2 tablespoons butter in a large nonstick skillet over medium heat; add half of shrimp, and cook, stirring constantly, 3 to 5 minutes or just until shrimp turn pink. Repeat with remaining 1 1/2 tablespoons butter and shrimp.
- 5 Spoon shrimp evenly over tomato mixture.
- 6 Sprinkle evenly with cheese.
- 7 Broil 5 inches from heat 3 minutes or until cheese is melted and lightly browned.
- 8 Garnish, if desired.
- 9 Note: Recipe may also be prepared in a lightly greased 11- x 7-inch baking dish. Reduce dressing to 1/4 cup and cheese to 1 1/2 cups.
- 10 Bake at 425 for 5 to 8 minutes or until cheese is melted and lightly browned. For testing purposes only, we used Bisquick all-purpose baking mix and McCormick's Cajun seasoning.

Nutrition per serving

635	46 g	43 g	19 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			18.8 g · 117% of daily needs
Fibre			3 g · 12% of daily needs
Sugar			5.1 g · 6% of daily needs
Sodium			2,012 mg · 87% of daily needs
Cholesterol			290 mg · 97% of daily needs
Vitamin C			55.6 mg · 67% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/shrimp-palermo-148477