

PRAWNS WITH FETA AND OUZO

The traditional version of this recipe, called "garithes me feta," has 3 tablespoons of butter and twice the olive oil. This slimmer revision has just as much flavor.

INGREDIENTS:

- 3 tablespoons olive oil, divided
- 1 medium-size red onion, finely chopped
- 2 large garlic cloves, minced
- One 28-ounce can tomatoes, drained and chopped
- 1 teaspoon oregano
- $\frac{1}{4}$ teaspoon sugar
- Freshly ground pepper to taste
- 2 pounds prawns, peeled and deveined
- 3 tablespoons Ouzo or Pernod
- 3 to 4 ounces Feta cheese, crumbled
- 2 tablespoons chopped parsley
- 3 to $4\frac{1}{2}$ cups cooked rice ($\frac{3}{4}$ cup per serving)

INSTRUCTIONS: Heat $1\frac{1}{2}$ tablespoons olive oil in a large nonstick skillet or Dutch oven. Add onions and saute until tender; add garlic and cook a couple minutes more. Stir in tomatoes, oregano, sugar and pepper. Simmer, partly covered, for 20 minutes.

Preheat broiler. Coat a baking dish or casserole with nonstick cooking spray. Heat the remaining olive oil in a nonstick skillet. Add the prawns and saute just until pink. Add Ouzo or Pernod. Ignite and cook until flames die out.

Arrange shrimp in the baking dish and top with tomato sauce, Feta and parsley. Broil for a few minutes, until cheese melts. Serve over rice.

Serves 4 to 6.

PER SERVING (with $\frac{3}{4}$ cup of rice): 419 calories, 27 g protein, 48 g carbohydrate, 12 g fat (3 g saturated), 166 mg cholesterol, 478 mg sodium, 2 g fiber.