

Creamy Shrimp Alfredo with Greek Yogurt

A light and creamy shrimp Alfredo sauce made with nonfat Greek yogurt and heavy cream, delivering rich flavor without the heaviness. Perfect for a quick, satisfying seafood dish.



Greek

15 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 100g shrimp, peeled and deveined
- 2 tbsp butter
- 2 tbsp heavy whipping cream
- 3 tbsp nonfat Greek yogurt
- Salt and pepper to taste
- 1/4 tsp garlic powder
- 1/4 tsp dried Italian herbs (optional)

Steps

- 1 Melt butter in a skillet over medium heat.
- 2 Add shrimp and season with salt, pepper, and garlic powder. Cook until shrimp turn pink and opaque, about 2-3 minutes per side. Remove shrimp and set aside.
- 3 Lower heat and add heavy whipping cream to the skillet, stirring to combine with butter and any shrimp juices.
- 4 Stir in nonfat Greek yogurt gradually, whisking to create a smooth sauce. Heat gently without boiling.
- 5 Season sauce with salt, pepper, and Italian herbs if using.
- 6 Return shrimp to the pan to warm through.
- 7 Serve immediately, spooning shrimp and creamy sauce over your choice of pasta or vegetables.