

# Healthy Shrimp Pierogi Casserole

*Printable grocery list · Serves 4*

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- ❑ Mrs. T's potato & cheese pierogies (2 x 16 oz boxes, frozen)
- ❑ Large shrimp, peeled & deveined (2 lbs)
- ❑ Olive oil
- ❑ Garlic (3 cloves)
- ❑ Fat-free half and half (1.5 cups)
- ❑ Fat-free chicken or vegetable broth
- ❑ Grated parmesan cheese
- ❑ Salt & pepper
- ❑ Italian seasoning
- ❑ Lemon juice
- ❑ Fresh parsley
- ❑ Shredded mozzarella (optional)