



SHRIMP SCAMPI

*With Pasta, Spinach and
Cherry Tomatoes*

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SERVES 1

ITEM # INGREDIENTS

1416601 2 Oz. Long thin Spaghetti
1436989 2 teaspoons extra light olive oil
1692029 3 medium shrimp, shelled (tails intact)
1443282 1/2 teaspoon salt
9014951 1 tablespoon finely chopped parsley
9052943 1 clove garlic, finely chopped
9012361 1 cup fresh baby spinach
9018788 3 cherry tomatoes, halved
1415363 1/4 cup low-sodium chicken broth
0523217 2 tablespoons lemon juice
0924126 1 tablespoon grated Parmesan

PREPARATION

1. For pasta

Cook pasta 1 minute less than directed on package; set aside.

2. For shrimp

Heat oil in a medium skillet over medium-high heat. Sprinkle shrimp with salt. Cook shrimp until pink, 5 to 6 minutes; transfer to a plate.

3. For vegetables

Reduce heat to medium; add olives, parsley and garlic. Cook until garlic becomes fragrant but does not brown, 1 to 2 minutes. Add spinach, tomatoes, broth and lemon juice. Cover and cook until tomatoes soften, 2 to 3 minutes. Stir in half of shrimp and half of pasta; sprinkle with Parmesan. Serve.

NUTRITIONAL INFORMATION

468 calories per serving, 15.8 g fat (2.9 g saturated), 35.6 g carbs, 2.6 g fiber, 42.7 g protein