

Skinny Garlic Shrimp Pasta

Ingredients

- 8 oz uncooked multigrain angel hair (capellini) pasta or spaghetti
- 4 cups fresh baby spinach leaves
- 1 ½ cups halved cherry tomatoes
- 3 teaspoons olive oil
- 1 medium onion, finely chopped (1/2 cup)
- 1 ½ lb fresh medium shrimp, peeled, deveined and tail shells removed
- 3 cloves garlic, finely chopped
- ¼ teaspoon crushed red pepper flakes
- ½ cup dry white wine or Progresso™ reduced-sodium chicken broth (from 32-oz carton)
- ¼ cup Progresso™ reduced-sodium chicken broth (from 32-oz carton)
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 3 tablespoons chopped fresh parsley
- 2 tablespoons butter

Directions

1. In 5-quart saucepan or Dutch oven, cook pasta as directed on package. Drain; return to saucepan. Stir in spinach, tomatoes and 2 teaspoons of the oil. Cover to keep warm.
2. While pasta is cooking, in 12-inch nonstick skillet, heat remaining 1 teaspoon oil over medium-high heat. Add onion; cook and stir 1 minute. Add shrimp, garlic and pepper flakes; cook and stir 2 minutes.
3. Stir in wine, broth, salt and pepper; cook 2 minutes or until shrimp are pink and firm. Remove from heat; stir in parsley and butter until butter is melted. Add shrimp mixture to pasta mixture in saucepan; toss to mix

Tips

- Finish off each serving with a generous handful of chopped fresh herbs.
- Sprinkle grated Parmesan cheese on top of pasta before serving.
- Medium shrimp are a good size to team up with cherry tomatoes and other veggies in this dish.
- Whole-grain pastas do take a little longer to cook so be sure to follow package directions for doneness.

Prep Time: 30 Min	Cook Time: 30 Mins	Total Time: 60 Min	Servings:
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Origin : Betty Crocker

URL :<https://www.bettycrocker.com/recipes/skinny-garlic-shrimp-pasta/24cdff36-9444-4d40-88ee-117c268014a7>
