



Garlic Lemon Shrimp Pasta

Makes 6 servings

Ingredients

- 1 pound medium shrimp, peeled and deveined
- 1 ½ teaspoons lemon zest, divided
- ⅛ teaspoon crushed red pepper flakes
- 2 teaspoons chopped rosemary leaves
- 12 ounces dry angel hair pasta
- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic, minced
- 1 ½ cups cherry tomatoes, cut in half
- 5 cups baby spinach
- 2 tablespoons fresh lemon juice

Directions

1. In a medium bowl, combine shrimp with ½ teaspoon lemon zest, red pepper flakes and rosemary. Mix, cover and place in refrigerator.
2. Cook pasta according to package directions.
3. While pasta is cooking, heat oil in a large nonstick skillet over medium-high heat. Once oil is heated, add garlic. Cook for 30 to 45 seconds. Add tomato halves and remaining lemon zest. Sauté for about 2 minutes.
4. Add shrimp to skillet. Cook for 2 to 3 minutes. Turn shrimp over and allow to cook through.
5. Drain pasta, reserving ¼ cup pasta water in a liquid measuring cup. Return the pasta to the pot and toss pasta with shrimp mixture and spinach. Add lemon juice to pasta water, stir and pour over shrimp pasta.
6. Serve warm.



TIP

If you want to make this a gluten-free dish but don't like the taste of gluten-free pasta, try using brown rice instead! It'll be a shellfish stir-fry that's sure to satisfy!

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Nutrition Facts

Serving Size 1 1/2 cup (202g)
Servings Per Container 6

Amount Per Serving

Calories 320 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 460mg **19%**

Total Carbohydrate 46g **15%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 18g

Vitamin A 25% • Vitamin C 20%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat, shellfish

Carb choices per serving: 3