

Lemon Garlic Shrimp Pasta

Whole wheat pasta with a touch of garlic, lemon, and pan-seared shrimp. The best news is this is all created in ONE PAN! Enjoy this tasty, nutrient-packed, balanced meal without the dishes being a burden. Please note that shrimp is usually high in sodium. To keep the sodium low, look for frozen raw shrimp that has less than 200mg per serving. I was able to find this at my local Kroger but had no luck at Wal-Mart.

Ingredients:

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| 8 oz | Whole wheat linguine pasta |
| 2 tbsp | Extra virgin olive oil |
| 6 tbsp | Lite butter (I used "Lite I Can't Believe It's Not Butter") |
| 4 cloves | Garlic, minced |
| 2 tsp | Red pepper flakes |
| 1 ¼ lbs | Raw shrimp, tail off, peeled and deveined (I found an option at Kroger that is lower sodium!) |
| 1 tsp | Ground black pepper |
| 1 tbsp | Italian seasoning |
| 4 cups | Baby spinach |
| 2 tbsp | Chopped parsley (I like using fresh) |
| 1 tbsp | Lemon juice |
| ½ cup | Fresh parmesan cheese, grated |

Directions:

1. In a large pot, add the pasta and fill with water until pasta is covered. Bring to a boil over medium-high heat. Boil until pasta is thoroughly cooked (usually 7-10 minutes). Drain and set aside.
2. Using the same pot (which is now empty), heat olive oil and 2 tbsp butter over medium heat. Once melted, add the garlic and red pepper flakes. Cook until garlic is browned. Add the shrimp and sprinkle with black pepper. Cook until the shrimp is pink and cooked thoroughly. Be sure the turn/stir shrimps frequently.
3. Once shrimp is cooked, add in the Italian seasoning and spinach. Cook until spinach wilts.
4. Add the cooked pasta, remaining butter, parsley, and lemon juice. Toss until all pasta is well coated and mixed with the spinach and shrimp. Fold in the parmesan cheese.
5. Serve hot! Enjoy 😊

Servings: 6
 Serving size: 1 serving (189 grams)

| Lemon Garlic Shrimp Pasta | | |
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| Nutrition Facts | | |
| Serving Size | 1 Serving | |
| Amount Per Serving | | |
| Calories | 363.7 | |
| | % Daily Value* | |
| Total Fat | 14.3 g | 18 % |
| Saturated Fat | 2.9 g | 14 % |
| Trans Fat | 0.4 g | |
| Cholesterol | 150.3 mg | 12 % |
| Sodium | 296.7 mg | 13 % |
| Total Carbohydrate | 32.1 g | 12 % |
| Dietary Fiber | 4.2 g | 15 % |
| Total Sugars | 1.8 g | |
| Added Sugars | 0 g | 0 % |
| Protein | 27.8 g | |
| Vitamin D | 0 mcg | 0 % |
| Calcium | 153.7 mg | 12 % |
| Iron | 3.9 mg | 22 % |
| Potassium | 215.8 mg | 5 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com </>