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:
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)