



Palatable

Skinny Garlic Shrimp Pasta

🕒 Prep: 30m · Cook: 30m · Total: 1h

Ingredients

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

Instructions

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

Notes

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.

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