

SHRIMP SCAMPI RECIPE

So, as we all know, we need to limit how often we go out and shop. This forces (or inspires us!) to look and see what we have on hand. I was lucky enough to have a bag of frozen shrimp, lemon, pasta, and a variety of other vegetables. The vegetables will increase the nutrient density, as well as fill up your plate with a little less pasta. So, again this recipe is wide open, with the important factors being shrimp, pasta, and lemon. Let's see whatcha got!



Ingredients:

- 1 pound pasta, any type is fine; spaghetti or linguine is the usual
- 2 pounds raw shrimp (if you have cooked shrimp, add at the end)
- 2 lemons-juiced
- Chicken broth
- 2 tbsp. olive oil
- 1/4c. fresh or 1 tsp. dry parsley
- 5 cloves garlic finely chopped
- Vegetables chopped or julienned; I used sliced mushroom and julienned zucchini and fresh spinach
- Parmesan cheese

Directions:

- Cook pasta according to package directions (could also use some zoodles-sadly I had left my spiralizer at the Y, hence the julienned zucchini).



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- **Heat up a large skillet, add olive oil then garlic. Sauté about 1 minute, careful not to burn the garlic. Add the remaining vegetables except any greens. Cook and stir until veggies are almost done.**
- **Add shrimp, stirring and cooking until cooked through. This shouldn't take too long, perhaps 2-3 minutes.**
- **Add lemon juice (about ¼ c. juice) and 1 tbsp. dried parsley or ¼ c. fresh parsley and any greens you may have. Check sauce and add salt/pepper. You can also add some hot pepper flakes. Add about ½ c. grated parmesan cheese.**
- **If you don't have enough sauce, add chicken broth or water until desired amount of sauce is achieved.**
- **Put about 1 c. pasta on a plate and top with shrimp mixture and sauce and top with more parmesan cheese.**
- **Enjoy!**