



SHRIMP SCAMPI

From the Kitchen of: Kathy

Prep Time:

Category: Dinner

Servings: 6

INGREDIENTS

6 oz. uncooked capellini
1 tbsp. olive oil
2 lbs. large uncooked shrimp, peeled and deveined
1 tbsp. minced garlic
1/4 cup chopped shallots or green onions
2 tbsp. lemon juice
2 tbsp. brandy or sherry, optional
1/4 cup chopped parsley
1/4 tsp. salt
ground black pepper, to taste
4 tbsp. trans-free margarine

INSTRUCTIONS:

1. Fill a large pot with water and bring to a boil. Add capellini and cook until al dente about 5-6 minutes, or according to package directions. Drain pasta thoroughly.
2. While the pasta is cooking, heat olive oil over medium heat in a large saucepan. Add the shrimp and cook for about 3 minutes. Turn the shrimp and cook until pink and opaque throughout, about 2 minutes longer. Transfer to a bowl and keep warm.
3. Add the garlic and shallots to the saucepan and cook until fragrant, about 10 seconds. Add the lemon juice, brandy or sherry, if desired, parsley, salt and pepper. Remove the saucepan from the heat and add the margarine and cooked shrimp. Toss to coat with the sauce.
4. Divide the pasta among warmed individual bowls. Top each serving with shrimp sauce and serve immediately.

PER SERVING: 335 calories, 36 g. protein, 8g. total fat, 1 g. sat. fat, 233 mg. cholesterol, 405 g. sodium

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