

Shrimp Scampi



1 lb. angel hair pasta
1 Tablespoon olive oil
2 Tablespoons butter, divided
1 lb. large shrimp, peeled and deveined
Salt and pepper to taste

3 garlic cloves, minced
1/2 teaspoon red pepper flakes
1/2 cup dry white wine or chicken broth
1 lemon, juiced
1/4 cup finely chopped parsley

Instructions: Cook pasta according to package directions, omitting salt. Drain. Meanwhile, heat oil in a large skillet over medium heat. Add shrimp; sprinkle with salt and pepper. Sauté for 2–3 minutes or until shrimp is opaque. Transfer to a plate; cover and keep warm. Add garlic and red pepper flakes to skillet; sauté until garlic is fragrant, about 1–2 minutes. Add the wine or broth. Squeeze lemon over a strainer to catch the seeds and add juice to the skillet. Bring to a boil. Reduce heat to simmer. Add remaining tablespoon of butter and stir to melt. Return shrimp to the skillet; add cooked pasta. Stir well and sprinkle with parsley.

Yield: 8 servings

Nutrition Facts (per serving): 300 calories, 6 grams fat, 440 milligrams sodium, 42 grams carbohydrate, 0 grams fiber, 15 grams protein