

Lemon & Rosemary *Shrimp Pasta*

To reduce the carbs in this meal, try serving this over riced cauliflower or spaghetti squash, or simply use less pasta.

INGREDIENTS

- 8 ounces uncooked whole wheat spaghetti
- 1 tablespoon olive oil
- 1 pound uncooked shrimp (31-40 per pound), peeled and deveined
- 2 garlic cloves, minced
- 1-1/2 teaspoons minced fresh rosemary or 1/2 teaspoon dried rosemary, crushed
- 2 cups fresh baby spinach
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup crumbled feta cheese

DIRECTIONS

STEP 1

Cook spaghetti according to package directions. Once cooked, drain and reserve 1/2 cup of pasta water.

STEP 2

Meanwhile, in a large skillet, heat oil over medium heat. Add shrimp, garlic and rosemary; cook and stir 3-4 minutes or just until shrimp turn pink. If using already cooked shrimp, heat enough to warm the shrimp thoroughly. Stir in spinach; cook, covered, until slightly wilted.

STEP 3

Add spaghetti, lemon juice, salt and pepper; toss to combine, if dry, add pasta water (this may not be necessary.) Remove from heat and sprinkle cheese. Serve and enjoy!

NUTRITION FACTS

Serving Size: 1 1/2 cups | Total servings: 4
Per Serving: 349 calories, 5g fat, 2g saturated fat, 142mg cholesterol, 366mg sodium, 46g carbohydrates, 2g sugars, 8g fiber, 29g protein



Wisconsin Athletic Club

www.thewac.com/recipes