

Classic Shrimp Scampi

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Servings: 4

Kosher salt

12 ounces linguine

*1 1/4 pounds large shrimp,
peeled and deveined*

1/3 cup extra-virgin olive oil

5 cloves garlic, minced

*1/4 to 1/2 teaspoon red
pepper flakes*

1/3 cup dry white wine

juice of one lemon

*4 tablespoons unsalted
butter, cut into pieces*

*1/4 cup fresh parsley, finely
chopped*

lemon wedges (for serving)

Bring a large pot of salted water to a boil. Add the linguine. Cook according to package directions. Reserve one cup of the cooking water, then drain.

Meanwhile, season the shrimp with salt.

In a large skillet over medium-high heat, heat the olive oil. Add the garlic and red pepper flakes. Cook until the garlic is just golden, 30 seconds to 1 minute. Add the shrimp. Cook, stirring occasionally, until pink and just cooked through, 1 to 2 minutes per side. Remove the shrimp to a plate.

Add the wine and lemon juice to the skillet along with the linguine, butter and one-half cup of the reserved cooking water. Continue to cook, tossing, until the butter is melted and the shrimp is hot, about 2 minutes, adding more of the cooking water as needed.

Season with salt. Stir in the parsley.

Serve with lemon wedges.

Per Serving (excluding unknown items): 745 Calories; 33g Fat (41.2% calories from fat); 40g Protein; 66g Carbohydrate; 2g Dietary Fiber; 247mg Cholesterol; 221mg Sodium. Exchanges: 4 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 6 Fat.