

Creole Shrimp Saute

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Servings: 4

*1 tablespoon fresh Italian
parsley, finely chopped
juice from one lemon (one
tablespoon)
4 slices thick-cut bacon
8 ounces angel hair pasta
12 ounces shrimp, peeled
and deveined
2 tablespoons blackening
seasoning
1 cup diced fresh tomatoes
3/4 cup white wine (or
chicken broth)
2 teaspoons minced garlic
1/2 teaspoon crushed red
pepper (optional)
1/2 cup scampi sauce*

Bring water to a boil for the pasta. Chop the parsley. Squeeze the lemon for juice, Cut the bacon into bite-size pieces. (wash hands).

Place the bacon in a large saute' pan on medium-high. Cook and stir for 5 to 7 minutes or until the bacon is almost done. Cook the pasta following package directions.

Sprinkle the shrimp with blackening seasoning. Add to the bacon. Cook for 1 minute. Stir in the tomatoes, wine, garlic and pepper flakes (if using). Cook for 2 to 3 minutes and just until the shrimp turn pink and opaque.

Stir in the scampi sauce and lemon juice. Top with parsley and serve over the pasta.

Per Serving (excluding unknown items): 312 Calories; 2g Fat (7.3% calories from fat); 25g Protein; 46g Carbohydrate; 2g Dietary Fiber; 129mg Cholesterol; 135mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.