
Pasta Primavera with Shrimp

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 30 minutes

2 tablespoons olive oil

1 pound medium peeled and deveined raw shrimp

3/4 teaspoon Kosher salt

1 large (1-1/2 cups) red bell pepper, chopped

5 ounces (1-1/2 cups) snap peas, diagonally halved crosswise

1/4 cup (one medium) chopped shallot

10 ounces cooked gemelli pasta

4 cups unsalted chicken stock

4 ounces (four cups) baby spinach

1 1/2 cups (four ounces) chopped Broccolini

2 tablespoons white wine vinegar

1/2 ounce (two tablespoons) Pecorino Romano cheese, shredded

1/2 teaspoon crushed red pepper

Heat one tablespoon of the oil in a Dutch oven over medium-high heat. Sprinkle the shrimp with 1/4 teaspoon of the salt. Add the shrimp to the Dutch oven. Cook until cooked through, about 3 to 4 minutes, stirring once. Remove the shrimp and set aside.

Pour off any remaining drippings from the Dutch oven. Add the remaining one tablespoon of oil. Add the bell pepper, snap peas and shallot. Cook, stirring often, until the vegetables are tender, about 4 minutes. Add the bell pepper mixture to the shrimp. Cover to keep warm.

Add the pasta, stock and remaining 1/2 teaspoon of salt to the Dutch oven. Bring to a boil over medium-high heat. Boil the pasta, stirring occasionally, until the pasta is almost tender and the stock is almost absorbed, about 9 minutes. Add the spinach and Broccolini. Cook until the spinach is wilted, 1 to 2 minutes. Stir in the shrimp mixture and vinegar. Remove from the heat.

Divide evenly among four bowls. Top with cheese and crushed red pepper.

Seafood

Per Serving (excluding unknown items): 69 Calories; 7g Fat (84.8% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 353mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.