Shrimp Scampi with Roasted Peppers and Spinach

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Servings: 4

Start to Finish Time: 20 minutes

3 cloves garlic, thinly sliced
1 cup roasted red peppers, finely chopped
1 ounce (1/3 cup) deli Parmesan cheese, finely grated
8 ounces linguine pasta
2 tablespoons olive oil
12 ounces shrimp, peeled, deveined, tails removed
1/4 teaspoon crushed red pepper
1/2 teaspoon Kosher salt, divided
1/2 teaspoon pepper, divided
1/2 cup reduced-sodium chicken broth (or stock)
3 tablespoons unsalted butter
5 ounces (4 cups) baby spinach leaves

Bring water to a boil for the pasta. Cook and drain the pasta following package directions.

Preheat a large saute' pan on medium for 1 to 2 minutes. Place the oil and garlic in the pan. Cook for 3 to 4 minutes or until the garlic edges begin to turn golden. Add the peppers, shrimp, pepper flakes, 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Cook and stir for 1 minute.

Add the broth. Cook for 2 to 3 minutes or until reduced by about one-half and the shrimp have just turned pink and opaque. Reduce the heat to low. Stir in the butter, spinach. cheese, pasta and the remaining 1/4 teaspoon each of salt and pepper. Toss until the butter and cheese melt and the spinach wilts.

Serve.

Seafood

Per Serving (excluding unknown items): 237 Calories; 17g Fat (64.5% calories from fat); 18g Protein; 3g Carbohydrate; 1g Dietary Fiber; 153mg Cholesterol; 363mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.