

Shrimp, Tortellini and Spinach

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*1 package (9 ounce)
cheese tortellini
1/4 cup roasted red pepper
with italian parmesan
dressing
2 cloves garlic, minced
1 can diced tomatoes with
juice
3/4 pound cleaned medium
shrimp
1 bag baby spinach leaves
1/4 cup chopped fresh basil
grated Parmesan cheese*

Cook the tortellini according to package directions. Drain and set aside.

In a saucepan, heat the dressing on medium heat. Add the garlic. Cook for 1 minute.

Add the tomatoes and shrimp. Mix well. Bring just to a boil. Stir in the spinach and cover. Simmer for 1 or 2 minutes until the spinach is wilted.

Stir in the tortellini and basil. Simmer for 3 or 4 minutes.

Serve topped with grated Parmesan cheese.

Per Serving (excluding unknown items): 252 Calories; 5g Fat (18.3% calories from fat); 14g Protein; 37g Carbohydrate; 3g Dietary Fiber; 60mg Cholesterol; 341mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fat.