
Spicy Shrimp Linguine

Mary A Garofalo

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

2 tablespoons olive oil
2 green onions, chopped
2 cloves garlic, minced
1 can (14-1/2 ounce) spicy stewed tomatoes
1 pound large shrimp, peeled and deveined
1 red pepper, diced
1/2 teaspoon red pepper flakes
1 package (8 ounce) linguine pasta, cooked
grated Parmesan cheese

In a large skillet, heat the olive oil over medium heat. Saute' the onions and garlic until fragrant, about 2 minutes. Add the tomatoes with their juice. Bring to a boil. Simmer uncovered, stirring occasionally, for about 10 minutes or until slightly thickened.

Add the shrimp, red pepper and red pepper flakes. Cook for about 5 minutes or until the shrimp are opaque.

Stir in the hot pasta. Toss until well coated. Garnish with Parmesan cheese.

Pasta

Per Serving (excluding unknown items): 771 Calories; 35g Fat (41.8% calories from fat); 94g Protein; 16g Carbohydrate; 3g Dietary Fiber; 690mg Cholesterol; 680mg Sodium. Exchanges: 13 Lean Meat; 2 Vegetable; 5 1/2 Fat.