

I love this spicy shrimp and pasta dish. Feel free to use zoodles or spaghetti squash in place of the linguine to reduce calories even further. However, at only 343 calories and 2 carbohydrate servings, even with regular pasta, I can fit this into my meals.

Shrimp Arrabbiata

Ingredients:

6 ounces fresh linguine

2 TBLS olive oil, divided

1 pound large shrimp, peeled and deveined

¼ teaspoon salt

½ cup pre-chopped onion

2 teaspoons minced garlic

½ teaspoon dried basil

½ teaspoon crushed red pepper

2 TBLS tomato paste

1 (14.5 ounce) can diced tomatoes, undrained

2 tablespoons chopped fresh parsley

Preparation:

Cook pasta according to the package directions, omitting salt and fat. Drain and keep warm.

Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Sprinkle shrimp with salt; add shrimp to pan. Cook 2 minutes on each side or until shrimp are done, Transfer shrimp to bowl,. Heat remaining 1 tablespoon oil in pan. Add onion, minced garlic, basil and crushed red pepper to pan; sauté 1 minute. Add

tomato paste and tomatoes; bring to boil. Cook 3 minutes or just until sauce begins to thicken. Return shrimp to pan; cook 1 minute or until thoroughly heated. Add parsley to the pan, stirring well to combine. Serve over pasta.

4 servings (serving size approximately 1 cup shrimp mixture and 1 cup cooked pasta)

Amount per serving

Calories 343

Carbs 33.1g