

BASIL, SHRIMP & ZUCCHINI PASTA

Shrimp is one of the quickest-cooking proteins available; keep some stocked in your freezer so you're ready for an easy meal like this one on a busy or low-energy day. With bright flavors of fresh basil and tender-crisp zucchini, you'll have a one-dish light meal in about as much time as it takes to boil pasta. *Recipe by Nancy Baggett for EatingWell.*

- ½ cup chopped fresh basil leaves, divided
- 1 8-ounce can tomato sauce
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon ground pepper, or more to taste
- Pinch of cayenne pepper, or to taste
- 1 pound peeled and deveined raw shrimp (31-40 per pound)
- 2 cups orecchiette or other small pasta, preferably whole-wheat
- 2 medium zucchini or summer squash or 1 of each

1. Combine ¼ cup basil, tomato sauce, 2 teaspoons oil, garlic, salt, pepper and cayenne in a medium bowl. Stir in shrimp; let stand for at least 10 minutes and up to 30 minutes.
2. Meanwhile, cook pasta in a large pan of boiling water until just tender, 8 to 11 minutes or according to package directions. Drain.
3. Quarter squash lengthwise and cut into ¼-inch-thick slices. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat until hot but not smoking. Add the shrimp mixture along with the squash. Cook, stirring, until the shrimp are pink and just barely cooked through, 3 to 4 minutes. Stir in the pasta and heat, stirring, until piping hot, 1 to 2 minutes. Stir in the remaining ¼ cup basil and season with pepper.

SERVES 4: ABOUT 1¼ CUPS EACH

Calories 315, **Fat** 8g (sat 1g), **Cholesterol** 143mg, **Carbs** 40g, **Total sugars** 6g (added 0g), **Protein** 24g, **Fiber** 7g, **Sodium** 622mg, **Potassium** 687mg.

ACTIVE: 35 MINUTES

TOTAL: 35 MINUTES

 HIGH PROTEIN

 DAIRY FREE

GOT LEFTOVER PASTA
from another meal? Use it
and skip Step 2.
