

Shrimp Artichoke Pasta



Elevate simple whole-grain pasta to delight both the palate and the eyes! Steam your artichokes earlier in the day and this beautiful, flavorful dish assembles easily.

Ingredients

- 2 Tbsp olive oil
- 1 Tbsp unsalted butter, room temperature
- 6 cloves garlic, minced
- 1 Tbsp fresh lemon juice (approximately ½ large lemon)
- 1 tsp smoked paprika
- 1 14-oz can low-sodium diced tomatoes, drained
- 24 raw, large shrimp (about 1 lb), peeled
- 8 oz whole wheat pasta
- 2 steamed artichokes*, quartered with choke and tiny inner leaves removed

Method

1. In a large bowl, mix marinade ingredients. Add shrimp and toss well. Let set, up to 10 minutes.
2. Cook pasta according to package.
3. While pasta is cooking, spread shrimp mixture on a cookie sheet in a single layer. Broil in oven for five minutes on second rack from the top. Check to keep from burning.
4. When pasta is done, save ½ cup of pasta water and drain noodles into a colander. Return pasta to pot, add pasta water and shrimp. Mix well.
5. Plate pasta and shrimp. Add artichokes, garnish and serve.

Per serving: 450 calories, 27g protein, 57g carbohydrate (7g fiber), 15g fat (4g sat, 11g mono/poly), 564 mg sodium

Seasoned Cook

To steam artichokes: Run water over the top to clean between leaves, cut top of leaves to fit under pot lid, cut off the stem, cut an X in the bottom and place in a steaming basket. Steam until a leaf pulls out easily, usually 30-40 minutes.