

What's Cooking? Recipe

Shrimp and Squash Scampi

Recipe from "Eating Well Through Cancer" by Holly Clegg

Shrimp, squash, and orzo pasta partner together for a simple superb meal.

Makes 4 servings

Ingredients

- 1 (8-ounce) package orzo or small pasta
- 2 tablespoons olive oil
- 1 pound zucchini, halved lengthwise and sliced
- 1 pound yellow squash, halved lengthwise and sliced
- 1 pound medium shrimp, peeled
- 1 tablespoon minced garlic
- $\frac{3}{4}$ cup fat-free chicken broth
- 2 tablespoons lemon juice
- 2 tablespoons chopped parsley
- $\frac{1}{4}$ cup grated Parmesan cheese, optional

Preparation

- 1) Cook pasta according to package directions. Drain; set aside.
- 2) Meanwhile, in large nonstick skillet, heat oil over medium-high heat and stir-fry zucchini and squash until crisp tender, about 5 minutes. Add shrimp and continue cooking another 5 minutes or until shrimp are almost done.
- 3) Add garlic, broth, and lemon juice, cooking until shrimp are done, 3-5 minutes. Add parsley, pasta, and Parmesan cheese, if desired, tossing to mix well.

Terrific Tip: You can always substitute chicken for shrimp, if desired.

Nutrition Nugget: An easy, healthy way to add protein and calories to many dishes is by adding nonfat instant dry milk to a variety of dishes, such as casseroles, sauces, cream soups, mashed potatoes, custards, and milk-based desserts.

Nutrition Information per serving: 412 calories, 11 g fat, 3 g saturated fat, 140 mg cholesterol, 582 mg sodium, 52 g carbohydrates, 5 g fiber, 27 g protein