



## **Shrimp Scampi** **Serves 4**

1 lb. jumbo shrimp, rinsed, peeled and deveined  
1 Tbsp. olive oil  
6 cloves garlic, finely chopped  
2 cups chicken broth (or vegetable broth)  
2 Tbsp. cornstarch  
¼ cup chopped fresh parsley  
Salt and pepper to taste

8 ounces spaghetti or angel hair whole wheat pasta.

- Prepare pasta according to package instructions.
- Heat olive oil in medium nonstick skillet over medium high heat; add shrimp and chopped garlic.
- Reduce heat to medium and cook until garlic is soft and shrimp is bright pink (5 minutes).
- In a small bowl, whisk together broth and cornstarch until smooth; add to shrimp, reduce heat to medium low and simmer until sauce is thickened (5 minutes).
- Add salt and pepper to taste. Serve over whole wheat pasta. Sprinkle fresh parsley on top.

### Nutritional information:

Calories: 330

Fat: 5g

Saturated fat: .9g

Carbohydrates: 49g

Fiber: 5g

Protein: 23g

Recipe from Chris Foley