

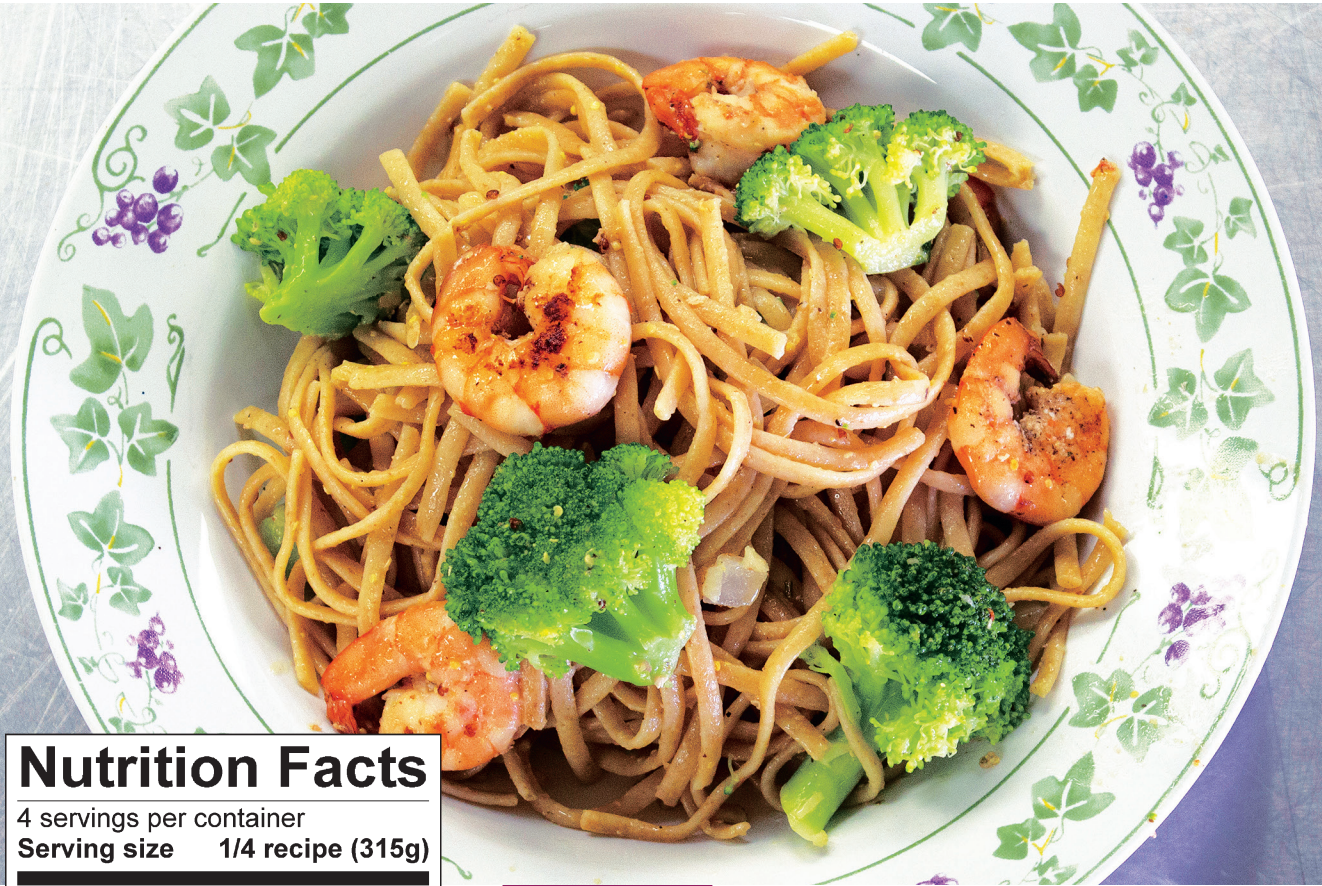


Shrimp Scampi

Prep time: **10** MINUTES

Cook time: **35** MINUTES

Servings: **4**



Nutrition Facts

4 servings per container
Serving size **1/4 recipe (315g)**

Amount per serving
Calories 600

% Daily Value*

Total Fat 19g	24%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 205mg	68%
Sodium 550mg	24%
Total Carbohydrate 77g	28%
Dietary Fiber 9g	32%
Total Sugars 13g	
Includes 9g Added Sugars	18%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 138mg	10%
Iron 4mg	20%
Potassium 911mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



Ingredients:

- 12 ounces whole-wheat linguine pasta
- 2 tablespoons olive oil
- 3 tablespoons salted butter
- 2 tablespoons Dijon mustard
- 1 tablespoon lemon juice
- 2 cloves garlic
- 1 tablespoon fresh parsley
- 1 pound medium raw shrimp (deveined with tails attached)
- ¼ teaspoon salt
- 1 teaspoon ground black pepper
- 3 cups broccoli florets
- 2 tablespoons honey
- ½ cup chopped onion
- 1 teaspoon red pepper flakes (optional)

Recipe adapted from Eastside High School
Institute of Culinary Arts





Instructions:



1. Cook pasta

In a large pot, bring water to a boil. Submerge pasta and cook uncovered for approximately 10 to 12 minutes or until tender. Drain pasta using a colander, return to pot, and toss with 1 tablespoon olive oil to prevent sticking.



2. Prep produce

Rinse fresh produce. Mince garlic cloves. Roughly chop parsley. Cut large broccoli florets into smaller pieces.



3. Cook shrimp

Heat 1 tablespoon oil in a large skillet on high heat. Add shrimp, and occasionally stir until cooked (about 5 minutes until shrimp are pink and opaque). Remove from skillet and set aside.



4. Cook broccoli

Bring 2 cups water to a boil in a medium pot. Add broccoli florets to the pot of boiling water. Cover the pot and cook for about 2 minutes, or until broccoli is bright green. Drain and set aside.



5. Make scampi sauce

In a small saucepan over medium heat, combine butter, Dijon mustard, lemon juice, garlic, honey, chopped onion, and parsley. When the butter melts completely, remove from heat.

6. Final touches

Combine shrimp, pasta, broccoli, and scampi sauce in a large skillet over medium heat. Use tongs to help mix and sprinkle red pepper flakes.

Did you know ?

- » The amount of grain foods needed in your diet depends on your age, sex, and level of physical activity; at least half of the grains you eat should be whole grains.
- » Broccoli is an excellent source of vitamin C.

Try these tips!

- » Use smaller size shrimp for a shorter cooking time.
- » Combine the garlic and parsley with the butter first for more enhanced flavor!