

Creamy Shrimp Pasta and Mushrooms

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Serves 4

Blue – 10 points

Purple – 6 Points

Green – 11 Points

- 8 oz linguine pasta **see note below
- 1/2 cup pasta water
- 1 Tbsp olive oil
- 1 lb shrimp
- 3 cloves garlic, minced
- 1/4 tsp dried basil
- 1/4 tsp paprika
- 1/4 tsp salt
- 1/4 tsp red pepper flakes
- 8 oz mushrooms, thinly sliced
- 1 cup fat free half and half
- 2 oz fresh block parmesan cheese, grated
- 1/2 cup part skim mozzarella

1. Cook pasta according to package directions, reserving at least 1/2 cup pasta water
2. Heat a large skillet until hot – add olive oil and immediately add garlic and shrimp.

3. Cook on one side for about 1 minute until pink (medium high heat)
4. Flip the shrimp to the other side. Sprinkle the top of the cooked shrimp with basil, paprika, crushed red pepper flakes and salt. Cook another 1-2 minutes, stirring occasionally, until shrimp is pink on both sides.
5. Remove the shrimp from the skillet. If it is a bit under cooked, it's fine, it will continue to cook in the sauce.
6. To the same skillet, add sliced mushrooms. Add a bit more oil if necessary.
7. Cook on medium high for about 2 minutes, occasionally stirring until mushrooms become soft and release juices. Sprinkle with a small amount of salt midway through
8. To the skillet with the mushrooms, add cooked shrimp. Immediately add half and half. Bring to a boil.
9. Add half the cheeses. Bring to a boil and immediately reduce to medium-simmer. Cook, constantly stirring, until the cheese melts
10. Gradually start adding remaining cheese while stirring. Do not add all of remaining cheese at once. Add just enough for the sauce to get creamy without getting too thick. You might not use all of the remaining cheese.
11. Remove from heat. Taste and adjust seasonings.
12. Add cooked and drained pasta from step 1 to the skillet with the shrimp and mushroom and cream sauce. Heat through on medium heat. Stir well
13. If the sauce is too thick, you can add the reserved pasta water a bit at a time until you reach the desired

consistency

14. Season with more salt and add more crushed red pepper flakes and basil, if desired.

NOTE: On purple plan, use whole wheat pasta. On green or blue, use Ronzoi 150 or Barilla Protein Plus.