

Penne a la Betsy

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adapted from The Pioneer Woman

Serves 6, 8 FSP per serving

- 12 oz Barilla Protein Plus penne pasta
- 2 pounds shrimp, raw, peeled, deveined. I used medium or large
- 1 Tbsp light butter
- 1 Tbsp olive oil
- 1 cup diced onion
- 2 cloves garlic, minced
- 3/4 cup white wine
- 8 oz can tomato sauce
- 1 cup fat free 1/2 and 1/2
- salt and pepper to taste
- 12 whole fresh basil leaves, chiffonade (rolled and cut into ribbons)

1. Heat butter and olive oil in a large skillet over medium-medium high heat. Add the shrimp and cook for a couple of minutes, stirring, until just opaque. Remove them from the pan with a slotted spoon. When cool enough to handle, cut in half or however big you want them. Set aside. Cook pasta according to package directions.
2. To the same skillet, add the onion and garlic and saute, stirring occasionally for 3 minutes. Pour in the wine and let reduce for a few minutes, stirring occasionally. (Can substitute chicken broth for the wine, but the

flavor will change)

3. Add the tomato sauce and stir until well combined. Cook for 3 minutes, then stir in 1/2 and 1/2. Add salt and pepper to taste. Add the shrimp, then turn down the heat and let simmer for a few minutes. Stir in the pasta then add basil on top.
4. ****I mix a 1/2 Tbsp of corn starch with a little water/broth/wine to make a slurry and add it after the 1/2 and 1/2 to make the sauce thicken a bit (add after bringing mixture to a gentle boil, it will thicken quickly)****