

Shrimp Mozzarella Pasta

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Adapted from Julias Album. Serves 4, 9 FSP per serving

You can reduce the points if you use fat free mozzarella. CHECK POINTS ON YOUR PASTA! The pasta I use is 4 FSP per serving.

Pasta

- 8 oz Ronzoni 150 penne pasta

Shrimp

- 1 Tbsp olive oil (you can omit this and use spray to save 1 point per serving!)
- 1 pound shrimp (peeled and deveined)
- 3 cloves garlic, minced
- 1/4 tsp salt

Sauce

- 4 oz sundried tomatoes (dry or packed in water)
- 4 cloves garlic, minced
- 1 cup fat free half and half
- 1 cup shredded, part skim mozzarella cheese (can use fat free to reduce points)
- 1 Tbsp dried basil (if using fresh, add 3 Tbsp)
- 1/4 tsp red pepper flakes
- 1/8 tsp paprika
- 1/2 cup reserved cooked pasta water (or more)
- 1/4 tsp salt

Pasta

1. Cook pasta according to package directions. Reserve some cooked pasta water. Drain the pasta

Shrimp

1. Heat 1 Tbsp olive oil (or use cooking spray) in a large skillet on medium high heat
2. Add the shrimp with the minced garlic. Cook the shrimp on one side for about 1 minute, until the shrimp turn pink on that side. While it cooks, sprinkle salt on shrimp.
3. Do not crowd the shrimp in the skillet – otherwise there will be too much moisture and the shrimp will not sear.
4. After 1 minute, flip the shrimp over to the other side and cook 30 seconds to 1 minute. The shrimp should be golden or pink on both sides and not overcooked.
5. Remove the shrimp to a plate, being careful to leave all the oil in the skillet

Sauce

1. To the same skillet, add the sun-dried tomatoes and more minced garlic
2. Saute the tomatoes in the remaining oil on medium heat, stirring for 1 minute until the garlic is fragrant. The skillet should be hot.
3. Add half and half to the hot skillet with the sundried tomatoes and bring to a boil.
4. Add the shredded cheese to the skillet and quickly stir in while boiling. Immediately reduce to simmer

5. Continue cooking the sauce on low simmer, constantly stirring, until all the cheese melts and the creamy sauce forms
6. If the sauce is too thick, add a small amount of the reserved pasta water.
7. Add basil, crushed red pepper flakes, paprika. Stir
8. Add 1/4 tsp of salt gradually, stirring on low heat and testing – you may need less salt.

Assembly

1. Add cooked pasta to sauce and reheat gently on medium.
2. Add the cooked shrimp, stir
3. Taste and adjust seasonings, if needed
4. If the sauce is too thick, add reserved pasta water.
5. Let simmer for a few minutes to heat through and for flavors to combine.