



Penne with Shrimp & Pesto

By Dena McDowell, MS, RD

Servings: 4

Ingredients	Nutrient value per serving: 2 oz. pasta with 3/4 c. shrimp & pesto mix per person
<p>1 c. fresh spinach leaves 2 c. fresh basil leaves 6 T. pine nuts juice of 1/2 med. lemon 1/4 t. salt 1/2 t. ground black pepper 1 oz. Parmesan cheese, grated 1 clove garlic 1 1/2 T. extra virgin olive oil (divided) 8 oz. penne pasta 1 lb. large (31/35 count) shrimp, peeled and deveined 1 c. fresh green beans, cut into bite-sized pieces 1 c. grape tomatoes, sliced in half</p>	<p>Exchanges 2 starch 1 vegetable 1 protein 3 fat Calories 294 Calories from Fat 115 Total Fat 16 g Saturated Fat 1 g Cholesterol 48 mg Sodium 232 mg Carbohydrate 24 g Fiber 4 g Sugar 3 g Protein 7 g</p>
Instructions	Notes
<ol style="list-style-type: none"> Make the pesto sauce by combining spinach, basil, pine nuts, lemon juice, salt, pepper, Parmesan cheese, garlic and 1 T. olive oil in food processor. Blend until smooth. Chill in fridge. Cook penne pasta according to directions. Rinse and cool. In a saucepan, heat remaining oil and sauté shrimp for 1-2 min. on each side until done. Set shrimp aside. In the same saucepan, sauté green beans and tomatoes together. Add pepper to taste. Mix shrimp, vegetables and pesto evenly together. Divide pasta into 4 bowls. Add shrimp and pesto mix on top of pasta. Serve. 	<p>Prep time: 45 min.</p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change. For simplicity's sake, count other carbohydrates (other carbs) as starches.</p> <p>If you have dietary restrictions, always check the ingredients list on packaged foods to make sure they do not contain wheat or animal products.</p>