



Shrimp and Broccoli Pasta

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 6 servings | Serving Size: 2 cups

Ingredients

10 ounces uncooked whole-wheat short pasta (e.g. rotini, penne, macaroni elbows)

2 tablespoons olive oil

2-3 large garlic cloves, minced (about 1½ teaspoons)

½ teaspoon ground black pepper

1 pound (16 ounces) frozen broccoli florets

2-3 tablespoons lemon juice

1 pound (16 ounces) shrimp, deveined and peeled, thawed if frozen

¼ teaspoon red pepper flakes

2 tablespoons shredded Parmesan cheese

Directions

1. Cook pasta according to directions on box. Do not add salt to the water. Before draining, remove 1 cup of the pasta cooking water and set aside.
2. While the pasta is cooking, heat a large skillet or sauté pan over medium heat.
3. Add the oil, garlic, and pepper and sauté until fragrant, about 30-60 seconds.
4. Add frozen broccoli and lemon juice, cover with a lid and cook for 2-3 minutes or until broccoli is thawed.
5. Add the shrimp. Cook, stirring often, until the shrimp is cooked and broccoli is heated through, about 3-5 minutes.
6. Add the cooked pasta, along with the reserved pasta water.
7. Stir in shredded Parmesan cheese and red pepper flakes.
8. Serve warm.

Recipe Notes

- Store leftovers in refrigerator up to 4 days. Leftovers can be reheated in the microwave or served cold.
- Another protein can be substituted for the shrimp if desired (e.g. cooked leftover chicken, chicken sausage, white beans, or chickpeas).

**Nutrition Facts Per Serving: Calories: 340 | Total Fat: 8 g | Saturated Fat: 1.5 g
Sodium: 250 mg | Total Carbohydrate: 42 g | Dietary Fiber: 6 g | Protein: 26 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs