



Garlic Lemon Shrimp with Broccoli

Servings: 4

Prep: 15 minutes
Cook: 20 minutes
Ready: 35 minutes

Ingredients

8 oz uncooked whole wheat vermicelli pasta

3 TBSP olive oil

2 cups broccoli florets

2 cups red bell peppers, chopped

¼ cup garlic, minced

1 lb. raw 16-20 count shrimp, thawed, patted dry
(For vegetarian option, substitute 15 oz can cannellini beans, drained, rinsed)

½ teaspoon kosher salt, divided

½ teaspoon black pepper, divided

¼ cup half and half
(For dairy-free option, substitute vegetable broth)

½ cup low-sodium vegetable broth

2 TBSP lemon juice, or to taste

½ cup fresh parsley, chopped



Making Recipes Work for You



Dairy-free? No problem. Omit the half and half and use vegetable broth.

If you're looking to take a recipe with meat and make it vegetarian, try using garbanzo or cannellini beans instead of the meat.



If you have a gluten sensitivity, try brown rice pasta. Many gluten-free pasta options are available at the grocery store.



Be an artist and try substituting an ingredient even if you aren't sure it will turn out. You will soon be more comfortable changing any recipe.

What you'll need



measuring spoons



measuring cups



pot



large sauté pan

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Instructions

1. Cook pasta (8 oz) according to package directions.
2. While pasta is cooking, heat olive oil (3 TBSP) in a large sauté pan over medium heat.
3. Add broccoli (2 cups) and red bell peppers (2 cups) and cook, stirring frequently, until broccoli turns bright green, about 2 minutes.
4. Add garlic (¼ cup) and shrimp (1 lb.) and season with half of the salt (¼ tsp) and black pepper (¼ tsp). Cook, stirring frequently, until garlic is aromatic, about 1 minute.
5. Add liquids (¼ cup half and half, ½ cup vegetable broth). Bring to a simmer and reduce liquid by one fourth, about 2-4 minutes, stirring periodically.
6. Add cooked pasta and heat through.
7. Add lemon juice (2 TBSP), parsley (½ cup) and remaining salt (¼ tsp) and black pepper (¼ tsp) and gently mix before serving.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories **400**

% Daily Value

Total Fat 19g **29%**

Saturated Fat 3g **14%**

Monounsaturated Fat 8g

Polyunsaturated Fat 1g

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 174mg **7%**

Potassium 205mg **6%**

Total Carbohydrate 46g **15%**

Dietary Fiber 5g **20%**

Sugars 6g

Protein 22g **44%**

Vitamin A **27%**

Vitamin C **90%**

Calcium **33%**

Iron **2%**