

## **Shrimp and Spinach Pasta**

- Submitted by Dawn Edwards, Wellness Ambassador

- 1lb shrimp, peeled and deveined
- 2oz fresh baby spinach, rinsed and drained
- 2oz unsalted butter
- 3 tablespoons olive oil
- 6 garlic cloves, minced
- 1/4 cup low-sodium vegetable stock
- 1 teaspoon ancho or cayenne pepper
- 1/2 teaspoon black pepper
- 1/2 teaspoon red chili pepper flakes
- 1/2 teaspoon [Italian seasoning](#) ([Homemade Italian Seasoning](#))
- 1/2 lb. Spaghetti pasta
- 1 tablespoon grated parmesan

### **DIRECTIONS**

1. Cook spaghetti pasta al dente, according to package directions. Add shrimp, 1 tablespoon olive oil, ancho or cayenne pepper, minced garlic, and black pepper. Toss to coat the shrimp and set aside for 10 minutes.
2. Heat the remaining 2 tablespoons of olive oil in a large skillet over medium-high heat. Place the shrimps in a single layer and sear for 1 minute. Flip shrimp and sear the other side for 1 minute.
3. Deglaze the skillet with vegetable stock, and cook for 1 minute, scraping any browned bits with a wooden spoon.
4. Add butter to the shrimp and stir until melted. Sprinkle with Italian seasoning and red chili pepper flakes.
5. Add spinach to the shrimp and toss until wilted, about 30 seconds.

6. Arrange the garlic shrimp over the cooked and drained spaghetti pasta. Add a sprinkle of red chili pepper flakes and parmesan on top. Serve your garlic shrimp pasta immediately. Enjoy!