RECIPE

Shrimp Scampi

A quick dinner of pink shrimp and whole-wheat spaghetti in a garlic, lemon and olive oil sauce, about 400 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

30 min

Ingredients

- [ ] 12 oz whole-wheat spaghetti
- [ ] 1 lb large raw shrimp (21–25 count), peeled and deveined, thawed; buy bags whose label lists only shrimp, with no salt, sodium or phosphate added
- [ ] 4 tbsp olive oil
- [ ] 1 ½ tsp garlic powder
- [ ] ½ cup low-sodium chicken broth
- [ ] 3 tbsp lemon juice
- [ ] ¼ tsp black pepper
- [ ] ¼ tsp salt
- [ ] ¼ cup chopped fresh parsley
- [ ] 4 cups baby spinach
- [ ] 1 tsp salt for the pasta water
- [ ] 1 cup of the pasta water, saved

Method

1. If the shrimp are frozen, put them in a bowl of cold tap water for 15 minutes, then drain and pat dry with a towel. Dry shrimp brown; wet shrimp steam.

2. Bring a large pot of water to a boil. Salt it lightly with the 1 tsp, add the spaghetti, and cook it 1 to 2 minutes past the package time, because water boils at only about 203 °F a mile up. Save 1 cup of the pasta water, then drain.

3. While the pasta cooks, warm the olive oil in a 12-inch skillet over medium heat. Stir in the garlic powder and cook 30 seconds, until it smells sweet. Do not let it brown.

4. Pour in the broth and lemon juice and let it bubble 2 minutes.

5 Lay the shrimp in the pan in one layer. Sprinkle with the salt and pepper. Cook 2 minutes, flip, and cook 1 to 2 minutes more, until each shrimp is pink and opaque all the way through. The safe temperature for shellfish is 145 °F.

6 Add the spaghetti, the spinach and the parsley. Toss for 1 to 2 minutes, until the spinach wilts, adding pasta water a splash at a time until the sauce coats the noodles. Serve right away.