



Healthy Food for a Wealthy Mood



Shrimp Scampi Linguini

1 Tbsp. Olive oil
1 Garlic clove, minced
½ lb. Shrimp
¼ Cup Dry white wine
1 Tbsp. Lemon juice
½ tsp. Basil
1 Tbsp. Parsley, chopped
4 oz. Linguini, dry

Heat oil in a large skillet. Add garlic and shrimp. Cook and stir until shrimp turns pink. Add wine, lemon juice, basil, and parsley. Cook 5 minutes longer.

Meanwhile, boil linguini in unsalted water until tender. Serve linguini topped with shrimp.

Yield: 4 servings (1/2 cup per serving)

CALORIES 208 / CARBOHYDRATES 26g / PROTEIN 15g
FAT 5g / SODIUM 86mg / POTASSIUM 189 / PHOSPHOROUS 167

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