

# Shrimp Scampi



Try this healthy version of classic shrimp scampi.

**Total Time:** 22 min. | **Prep Time:** 10 min. | **Cooking Time:** 12 min. | **Yield:** 2 servings

**Ingredients:**

- 3 oz dry whole wheat pasta
- 2 Tbsp. olive oil, divided use
- 8 oz medium shrimp, peeled, deveined
- 1 clove garlic, crushed
- 1 Tbsp. yellow bell pepper, finely chopped
- 1 Tbsp. red bell pepper, finely chopped
- 2 Tbsp. fresh lemon juice
- ¼ cup low-sodium, organic vegetable broth
- 2 Tbsp. white wine
- Ground black pepper (to taste; optional)
- Crushed red pepper (to taste; optional)
- 3 fresh parsley sprigs, finely chopped
- 2 fresh basil leaves, finely chopped

**Preparation:**

1. Bring large pot of water to boil for pasta.
2. Cook pasta according to package directions; drain. Set aside.
3. While pasta is cooking, heat 1 Tbsp. oil in large nonstick skillet over medium-high heat.
4. Add shrimp and garlic; cook, stirring frequently, for 2 to 3 minutes, or until shrimp is opaque and firm. Remove shrimp from pan. Set aside.
5. Heat remaining 1 Tbsp. oil over medium-high heat. Add bell peppers; cook, stirring frequently, for 3 to 4 minutes or until soft.
6. Add lemon juice, broth, wine, black pepper, and red pepper; cook, stirring frequently, for 1 to 2 minutes.
7. Add shrimp, parsley, and basil; cook until heated through.
8. Divide pasta between 2 plates; top evenly with shrimp mixture.

## Nutrition Facts

Amount Per Serving	
Calories	413
Total Fat	16 g
Saturated Fat	2 g
Cholesterol	173 mg
Sodium	583 mg
Total Carbohydrate	36 g
Dietary Fiber	0 g
Sugars	1 g
Protein	30 g

## Portions (per serving)

P90X® + P90X2®		
1 Carb/Legume + Tuber	1 Protein	1 Fat
P90X3®		
2 Carbs	1 Protein	3 Fats
Body Beast®		
2 Starches	2 Proteins	3 Fats
21 Day Fix®		
2 Yellow	1 Red	3 tsp.