Shrimp & Broccoli Alfredo

Ingredients:
- 1 (9-ounce) package whole wheat angel hair pasta
- 1 pound peeled and deveined small shrimp
- 2 green onions, chopped
- 3 garlic cloves, minced
- 2 teaspoons olive oil
- 1/2 cup grated low sodium parmesan cheese
- 2 cups broccoli florets (frozen or fresh)
- 2 cups of fresh cauliflower florets
- 1 cup of skim milk
- Season to taste

Directions:
1. Cook the pasta according to the package directions. Drain pasta using a colander over a bowl. Combine shrimp, onions, and garlic in a small bowl. Heat a large skillet over medium-high heat. Add olive oil, swirl to coat. Add shrimp mixture, and sauté for 4 minutes or until shrimp are done.
2. Steam thawed broccoli in microwave for 1 minute or until cooked.
3. Take cauliflower, half the Parmesan and place in a blender with the milk and blend until creamy. Pour into skillet with shrimp and cooked pasta and begin to heat on low-medium heat for 1 minute. Add pasta water to skillet if sauce is too thick.
4. Add steamed broccoli to skillet and mix until well coated. Add salt and pepper to taste. Sprinkle with remaining parmesan cheese.

Nutrition Facts
Serving Size: About 1 cup (285g)
Servings Per Container: 5

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 360</th>
<th>Calories from Fat 70%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 7g</td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat: 2.5g</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
<td>13%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 125mg</td>
<td>42%</td>
<td></td>
</tr>
<tr>
<td>Sodium: 580mg</td>
<td>24%</td>
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<tr>
<td>Total Carbohydrate: 46g</td>
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</tr>
<tr>
<td>Dietary Fiber: 7g</td>
<td>28%</td>
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<tr>
<td>Sugars: 6g</td>
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<td></td>
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<tr>
<td>Protein: 27g</td>
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</tbody>
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Vitamin A 20% • Vitamin C 70%
Calcium 30% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
- Calories: 2,000 • 2,500
- Total Fat: Less than 65g • 80g
- Saturated Fat: Less than 20g • 25g
- Cholesterol: Less than 300mg • 300mg
- Sodium: Less than 2,400mg • 2,400mg
- Total Carbohydrate: 305g • 375g
- Dietary Fiber: 25g • 30g

Calories per gram:
- Fat: 9
- Carbohydrate: 4
- Protein: 4