Dinner Tonight!

Spicy Garlic Shrimp, Spinach and Pasta

1 Tablespoon olive oil
2 Tablespoons minced garlic
1 red chile (thinly sliced, seeded for less heat)
1 pound medium-size frozen or fresh shrimp, peeled and deveined
1/2 cup low sodium chicken broth
4 cups fresh spinach
16 ounces thin spaghetti or angel hair pasta
1/4 teaspoon salt
1/4 teaspoon pepper

In large stock pot, bring water to a boil for pasta; add pasta when boiling. Cook pasta according to package directions. Heat oil in a large skillet over medium heat. Add the garlic, chile, salt and pepper; Add shrimp and cook for 2 minutes. Turn shrimp, add the chicken broth and bring to a boil. Reduce heat and simmer until the shrimp are opaque throughout, 2 to 3 minutes.

Add the spinach and cook, tossing, until beginning to wilt, 1 to 2 minutes. Drain pasta and mix in large skillet with shrimp and spinach, about 1 to 2 minutes. Serve immediately.

Preparation Time: 15 minutes
Cook Time: 15 minutes
Serves: 4
Cost per serving: $3.38

Nutrition facts per serving
Calories: 336
Total Fat: 5.8
Cholesterol: 221 mg
Sodium: 288 mg
Total Carbohydrate: 37.6 g
Protein: 31.7 g
Fiber: 2.8 g

Serve with: Side salad, garlic bread