

HEALTHY SHRIMP SCAMPI

Preparation: **25** minutes | Cooking: **12** minutes | Servings: **5**

INGREDIENTS

3/4 pound large shrimp
6 ounces chickpea pasta spaghetti
6 black olives, chopped
1 shallot
1 garlic clove
1/4 cup dry white wine
1/4 cup low-sodium chicken broth

1/4 cup multi-grain croutons
1/4 cup chopped parsley
1 1/2 tablespoons grated lemon zest
1 tablespoon olive oil
1 tablespoon lemon juice
1/4 teaspoon salt
1/4 teaspoon crushed red pepper



INSTRUCTIONS

Cook the spaghetti according to package directions. Drain; set aside. Meanwhile, combine the croutons, 1/2 tablespoon of the parsley, and 1 tablespoon of the zest in a small bowl; set aside. Heat the oil in a large nonstick skillet over medium heat. Add the shallot, garlic and red pepper. Cook, stirring until the shallots are soft, about 1 minute. Add the shrimp and salt. Cook, over medium-high heat, turning occasionally, until the shrimp are opaque, 1 to 2 minutes. Stir in the broth, wine, lemon juice and olives. Bring to a boil and cook for 1 minute, then reduce the heat to medium. Stir in the spaghetti, the remaining 3 tablespoons of parsley, and the remaining 1/2 tablespoon zest, tossing to coat well; remove from the heat. Transfer to a large bowl. Sprinkle with the crouton mixture. Serve right away.