

# Shrimp and Pasta Salad

1 lb uncooked shell macaroni  
12 oz frozen baby shrimp  
6 scallions, thinly sliced  
3 small zucchini, sliced  
10 cherry tomatoes, halved  
1 Tbsp, dried Italian seasoning  
1 Tbsp minced fresh garlic  
Fresh ground pepper  
1 Tbsp Romano cheese  
¼ cup olive oil  
⅓ cup red wine vinegar  
1 small head butter lettuce

- 1** Cook the shell macaroni in boiling water for 6 to 7 minutes, adding the frozen shrimp after 4 minutes. Drain.
- 2** In a large bowl, combine the macaroni, shrimp, scallions, zucchini, and tomatoes. Sprinkle with Italian seasoning, garlic, pepper, and cheese and mix well.
- 3** Drizzle the olive oil and vinegar on top and toss until well coated; refrigerate until chilled. To serve, line a clear glass bowl with lettuce leaves and spoon mixture into the bowl.

## NUTRITION FACTS

8 Servings

Serving Size 1 cup

### AMOUNT PER SERVING

#### Exchanges

3 Starch

1 Medium-Fat Meat

<b>Calories</b>	329
Calories from fat	77
<b>Total Fat</b>	9 g
Saturated fat	1 g
<b>Cholesterol</b>	72 mg
<b>Sodium</b>	105 mg
<b>Total Carbohydrate</b>	47 g
Dietary Fiber	3 g
Sugars	5 g
<b>Protein</b>	16 g

*Providing guidance and support to make the "healthy choice the easy choice!"*



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