

SPICY SHRIMP AND FETTUCCINE

April 5, 2010

This dish is an appealing, affordable option for entertaining. We used dried basil in this dish to cut costs, but you can substitute 2 tablespoons fresh basil, if desired. Frozen or previously frozen shrimp is often on sale at supermarkets. Total cost: \$8.30/Cost per serving: \$2.08. (The cost is based on the amount of products used in the recipe).

Yield: 4 servings

8 ounces uncooked fettuccine
1 tablespoon olive oil
½ teaspoon crushed red pepper
4 garlic cloves, minced
1 pound large shrimp, peeled and deveined
2 cups chopped plum tomato (about 5)
2 tablespoons reduced-fat sour cream
1 tablespoon tomato paste
1 teaspoon dried basil
½ teaspoon kosher salt
¼ cup freshly grated Parmesan cheese

1. Cook pasta according to the package directions, omitting salt and fat. Drain.
2. Heat oil in a Dutch oven over medium-high heat. Add red pepper and garlic to pan; sauté 1 minute. Add shrimp; sauté 1 minute. Stir in tomatoes and next 4 ingredients (through salt); bring to a boil. Reduce heat, and simmer 5 minutes. Stir in pasta; cook 1 minute or until thoroughly heated.
3. Place 1 ½ cups pasta mixture on each of 4 plates; top each serving with 1 tablespoon cheese. Serve immediately.

Nutrition Information

CALORIES 414 (19% from fat); FAT 8.7g (sat 2.5g, mono 3.5g, poly 1.3g); IRON 5.1mg; CHOLESTEROL 180mg; CALCIUM 153mg; CARBOHYDRATE 49.4g; SODIUM 494mg; PROTEIN 34.1g; FIBER 3.3g

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