



Skinny Shrimp Scampi

344 Calories

Ingredient List

- 1 lb shrimp, peeled and deveined
- 1 1/2 tsp old bay seasoning or another seafood seasoning
- 1/2 lb protein pasta (linguine or spaghetti)
- 3 tbsp whipped or light butter
- 1 tsp olive oil
- 4 tbsp lemon juice
- 4 tsp garlic powder
- 1-quart water
- 1/4 tsp salt
- 1 cup of pasta water reserved
- Dried or fresh parsley (for topping)

Cooking Instructions

1. Fill a pot with water and add 1/4 tsp of salt. Bring it to a boil and then add the pasta, cooking it according to the package directions. Remember to reserve 1 cup of the pasta water before draining the pasta.
2. In a bowl, toss the shrimp with olive oil and sprinkle with Old Bay seasoning. Stir until the shrimp are evenly coated.
3. Preheat a pan over medium-high heat. Add the seasoned shrimp and cook for 1-2 minutes on each side, or until they're pink and opaque. Remove the shrimp from the pan and set aside.
4. Reduce the heat to medium-low and deglaze the pan with 1/2 cup of the reserved pasta water. Add 2 tbsp of whipped butter, 3 tbsp of lemon juice, and the 4 tsp of garlic powder to the pan. Stir to combine.
5. Add the drained pasta to the pan, tossing it with the sauce to ensure it's well coated.
6. Add 1/4 cup of reserved pasta water and another 1 tbsp of whipped butter to the pan. Stir well to mix everything together.
7. Return the cooked shrimp to the pan, mixing them with the pasta. Drizzle the remaining 1 tbsp of lemon juice over the top and garnish with parsley.
8. Plate 6 ounces of the cooked shrimp with about 1 cup of the pasta and enjoy!

MACROS

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● Fat	8g
● Carbs	38g
● Protein	33g