

Thrive Across America**healthwörks**
by KAISER PERMANENTE.

Shrimp and Pesto Pasta



The spring flavors of asparagus and pesto combine beautifully with fettuccine and shrimp in a light and simple pasta dish that works for family or casual entertaining. Make it a meal: Serve with a tomato-and-arugula salad tossed with mustard-balsamic vinaigrette and fruit sorbet for dessert.

Makes 6 servings**Active Time:** 35 minutes**Total Time:** 35 minutes**Course:** Dinner**Ingredients**

- 8 ounces of whole-wheat fettuccine
- 1 pound of asparagus, trimmed and cut into 1-inch pieces (about 4 cups)
- 1/2 cup of sliced jarred roasted red peppers
- 1/4 cup of prepared pesto
- 2 teaspoons of extra-virgin olive oil
- 1 pound of raw shrimp, (21-25 per pound), peeled and deveined
- 1 cup of dry white wine
- Freshly ground pepper, to taste

Directions

1. Bring a large pot of water to a boil. Add fettuccine and cook for 3 minutes less than the package directions specify. Add asparagus and continue cooking until the pasta and asparagus are just

tender, about 3 minutes more. Reserving 1/4 cup of the cooking water, drain the fettuccine and asparagus and return to the pot. Stir in peppers and pesto. Cover to keep warm.

2. Heat oil in a large skillet over medium heat. Add shrimp and cook, stirring occasionally, until pink, about 3 minutes. Add wine, increase heat to high and continue cooking until the shrimp are curled and the wine is reduced, about 3 minutes. Add the shrimp and the reserved cooking water to the pasta; toss to coat. Season with pepper and serve immediately.

Nutrition Information

Per serving: 307 calories; 33 g carbohydrates; 8 g fat (2 g sat, 4 g mono); 21 g protein; 115 mg cholesterol; 6 g dietary fiber; 327 mg potassium; 284 mg sodium. Nutrition bonus: Iron (20% daily value), Folate & Magnesium (16% dv), Calcium & Vitamin A (15% dv).

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