

Shrimp and Vegetable Pasta



Cookwell™
Healthy Cooking Oils

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INGREDIENTS

- 3 Tbsp. Cookwell Canola Oil & EVOO Blend
- 2 Tbsp. Butter
- 2 Tbsp. Garlic, minced
- 3 Tbsp. Onion, minced
- 1 cup Cherry Tomatoes
- 2 tsp. Lemon Juice
- ¼ cup Fresh Parsley, chopped
- 8 oz. Whole Wheat Spaghetti
- 1 lb. Shrimp, peeled and deveined
- ¼ tsp. Black Pepper
- ¼ cup Parmesan cheese, grated

COOKING INSTRUCTIONS

1. Prepare whole wheat spaghetti according to package directions, drain.
2. Place butter, olive oil, garlic and onion into a skillet over medium heat, sauté for 2 minutes.
3. Add shrimp and tomatoes, cook until pink, about 4 minutes.
4. Add remaining ingredients, including pasta and toss all to coat well.

