



Healthy Dad Recipes

SHRIMP SCAMPI

Very quick and easy!

Yield: 4 servings

Ingredients:

8 ounces	linguine
2 tbsp	unsalted butter
1 pound	medium shrimp peeled and deveined
3	cloves garlic minced
½ tsp	red pepper flakes
¼ cup	white wine or chicken broth
¼ cup	lemon juice, preferably fresh squeezed
	Salt and pepper to taste
	Zest of 1 lemon
2 tbsp	parsley chopped
¼ cup	grated parmesan cheese



- In a large pot of boiling salted water, cook pasta as per directions and drain.
- While pasta is cooking, melt butter in large skillet over medium heat.
- Add shrimp, garlic and red pepper flakes and cook until shrimp are pink, stirring occasionally (2 – 3 minutes).
- Stir in wine or broth, lemon juice and season with salt and pepper to taste. Bring to a simmer then remove from heat.
- Stir in pasta, lemon zest and parsley.
- Serve with parmesan.