



Southern Shrimp Scampi *Serves 3*

A traditional scampi is made with lemons and butter. This one is made heart-healthy by replacing these with olive oil and vegetable broth, then loading up on southern vegetables.

The result is a beautiful dish that is low in saturated fat and sodium and big in flavor.

Ingredients

1/2 package	Whole Wheat Spaghetti
1 Tablespoon	Olive Oil
1 1/2 Tablespoons	Garlic, Minced
8 medium	Okra pods, chopped into 1-inch pieces
1 cup	Vegetable broth, Low-Sodium, <i>divided</i>
1/4 cup	White Wine, <i>divided</i>
5 large	Kale leaves (Dino/Lacinato), stems removed, cut into 1-inch squares
6 medium	Button Mushrooms, sliced
15 medium	Raw Shrimp, peeled, deveined, each one cut into 3 pieces
To taste	Garlic Powder
To taste	Italian Seasoning
To taste	Pecorino-Romano Cheese, grated



Directions

1. Begin spaghetti by boiling water. Add spaghetti and cook to desired tenderness. Drain and set aside until sauce is prepared.
2. While pasta water is coming to a boil, begin sauce by heating oil in saucepan. When heated, add garlic and sauté 1 minute – do not let it brown.
3. Add okra and cook, stirring frequently for about 2 minutes.
4. Add *half* of vegetable broth and white wine and simmer, stirring frequently until okra begins to soften, about 5 minutes.
5. Add kale and mushrooms and cook until kale begins to wilt.
6. Add shrimp and the remaining vegetable broth and white wine. Simmer and stir frequently until shrimp is pink and cooked through.
7. Sprinkle liberally with garlic powder, Italian seasoning and stir to combine.
8. To serve: top 3/4 cup of spaghetti (there will be leftover) with 1/3 of southern shrimp scampi sauce, sprinkle with a small amount of pecorino-romano cheese. Serve hot.

Nutrition per Serving: 290 calories, 7 grams fat, 1.5 grams saturated fat, 0 grams trans fat, 48 milligrams cholesterol, 120 milligrams sodium, 39 grams carbohydrates, 2 gram fiber, 17 grams protein