**Shrimp Scampi**  
Serves 4. Total time 25 minutes.

Shrimp Scampi  
Shrimp are simmered with lemon, garlic, white wine, and a touch of butter. When tossed with red and yellow bell peppers, mushrooms, and whole wheat linguine, this one pot meal can be prepared in under 30 minutes.

- 8 oz. uncooked whole wheat linguine
- 1 T. extra virgin olive oil
- 1 T. butter or olive oil
- 4 oz. sliced baby portobello mushrooms
- 1 large red bell pepper, sliced into ½” strips
- 1 large yellow pepper, sliced into ½” strips
- 3 garlic cloves, finely chopped
- 1 lb peeled uncooked shrimp
- 1/3 cup reduced-sodium chicken broth
- 1/3 cup white wine or chicken broth
- Juice of one lemon (~3 T.)
- 1/8 tsp. salt
- 1 Tbsp. cornstarch
- Freshly ground black pepper to taste
- ¼ cup chopped fresh parsley

Fill a large pot with water; cover and bring to a boil over high heat. Add linguine, lower to medium-high heat, and gently boil 8 minutes until al dente; drain. Place pasta in a serving dish.

Meanwhile, warm olive oil and butter in a large skillet over medium-high heat. Add mushrooms, sauté for about 3 minutes until they begin to soften. Add bell peppers and garlic, sauté 2 minutes. Stir in shrimp, chicken broth, wine, lemon juice, and salt; cover and simmer 3-4 minutes until the shrimp are pink. Use a slotted spoon to transfer the shrimp and vegetables to the pasta dish. Place cornstarch in a small bowl and whisk in about ¼ cup of cooking liquid until the cornstarch dissolves. Stir the cornstarch mixture into the liquid in the pan; simmer for a few minutes until it thickens. Drizzle the sauce over the shrimp, vegetables, and pasta; toss to combine. Top with black pepper and chopped fresh parsley.

Nutrition Information (per 1/4 recipe): 414 cal, 33 g protein, 10 g fat, 3 g sat. fat, 0 g trans fat, 49 g carb, 9 g fiber, 180 mg chol, 309 mg sodium. 1 serving equals: 2 vegetables, 2 whole grain, 1 protein/ dairy, 1.5 fat

**Peaches and Raspberries with Fresh Mint**

- 2 large peaches, sliced  
- 2 cups fresh raspberries

For each serving, fan peach slices on serving plate. Sprinkle with ½ cup raspberries. Garnish with fresh mint, if desired.

Nutrition Information (per 1/4 recipe): 66 cal, 1 g protein, 0 g fat, 0 g sat. fat, 0 g trans fat, 15 g carb, 6 g fiber, 0 mg chol, 0 mg sodium. 1 serving equals: 2 fruits

Total Meal Nutrition Information (per ½ of each recipe): 480 cal, 34 g protein, 10 g fat, 3 g sat. fat, 0 g trans fat, 64 g carb, 15 g fiber, 180 mg chol, 309 mg sodium. 1 serving equals: 2 vegetables, 2 fruits, 2 whole grains, 1 protein/ dairy, 1.5 fat

By Kelly Frazier, M.A., Furman University, Department of Health Sciences
# Shrimp Scampi

## Shopping List

### Produce Section
- 4 oz. sliced baby portobello mushrooms (see tip #1)
- 1 large red bell pepper (see tip #2)
- 1 large yellow pepper
- 3 garlic cloves
- Juice of one lemon (~3 T.)
- ½ cup chopped fresh parsley
- 2 large peaches, sliced
- 2 cups fresh raspberries
- Fresh mint to garnish, optional

### Dry Goods Section
- 8 oz. uncooked whole wheat linguine (see tip #3)
- 1 T. olive oil
- 1/3 cup reduced-sodium chicken broth
- 1/3 cup white wine or chicken broth
- 1 Tbsp. cornstarch

### Seafood Section
- 1 lb peeled uncooked shrimp

### Dairy Section
- 1 T. butter or olive oil (see tip #4)

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**Smart Shopper Tip #1:**
Portobello mushrooms offer a meaty texture and rich flavor to these quesadillas. You can substitute cremini mushrooms (also called baby portobellos) or button mushrooms if you prefer.

**Smart Shopper Tip #2:**
The combination of red and yellow peppers offers a beautiful presentation. Feel free to substitute any variety of bell pepper including orange, green, or purple.

**Smart Shopper Tip #3:**
Whole wheat spaghetti has a hearty flavor and offers more fiber, vitamins, and minerals than refined white spaghetti. Example brands include Mueller’s Whole Grain, Ronzoni Healthy Harvest, Hodgson Mills Whole Wheat, and Whole Foods 365 Whole Wheat.

**Smart Shopper Tip #4:**
Scampi recipes usually call for generous amounts of butter, which is high in saturated fat. This version relies on the lighter flavors of the lemon juice, garlic, and wine but adds a small amount of butter for richness.

One tablespoon of butter contains 100 calories and 7 grams of saturated fat (32% daily value).