

Shrimp Primavera - 4 servings 306 calories per serving

1 TB plus 1 tsp olive oil	1 TB cornstarch
1 ½ cups broccoli florets	15 oz., shelled deveined lg. shrimp
½ cup thinly sliced carrots	2 cups hot bow-tie pasta
1 cup sliced mushrooms	2 TB grated Parmesan cheese
2 garlic cloves minced	2 TB chopped fresh parsley
1 cup low-sodium chicken broth	¼ tsp crushed red pepper flakes

1. In a large skillet, heat oil: add broccoli and carrot. Cook over medium heat, stirring frequently, until carrot is tender-crisp about 2 minutes. Stir in mushrooms and garlic; cook 1 minute longer.
2. Whisk in broth and cornstarch; add shrimp and cook, stirring occasionally, until shrimp begins to turn pink about 3 minutes.
3. Stir in remaining ingredients; toss to combine.

Submitted by Marissa Kobylenski