



## **Angel Hair Pasta with Lemon Infused Shrimp**

Recipe courtesy of Chef Bryan Woolley

4 cups cooked angel hair pasta  
2 cups medium sized shrimp, peeled and deveined  
Juice from one large sized lemon  
2 tsps lemon zest  
1 cup sliced button mushrooms  
2 garlic cloves, minced  
6 green onions, chopped  
¼ cup grated Parmesan cheese  
Salt and freshly cracked pepper  
Extra virgin olive oil

1. Cook pasta as directed on package. Drain, rinse and set aside until ready to use.
2. Heat a large sauté pan and add about 2 Tbsps of olive oil.
3. Add shrimp, green onions, mushrooms and garlic. Sauté for about 5 minutes
4. Add lemon juice and lemon zest. Sauté for about 4 minutes.
5. Add angel hair pasta and gently mix to combine all ingredients.
6. Transfer pasta to a large serving platter. Sprinkle with Parmesan cheese and freshly cracked pepper.
7. Serve and enjoy.

Makes 4 Servings

### **Nutritional Analysis**

One Serving = 1 cup pasta, ½ cup shrimp

Calories	400
Fat	12g
Saturated Fat	2.5g
Cholesterol	135 mg
Sodium	400mg
Carbohydrates	45g
Protein	28g

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### **Diabetic Exchanges**

Protein	4
Carbohydrate	3
Fat	2