



Penne with Shrimp and Roasted Tomatoes



the ingredients (serves 4-6)

- 1 pound medium-sized (17-21 ct) shrimp, uncooked, peeled/deveined tails on or off
- 1 pint (small container) of cherry tomatoes
- 1/2-3/4 of a 1 lb box of penne pasta
- Olive oil
- Pesto (see recipe)

the method

- Heat the oven to 400°F .
- Thaw frozen shrimp in fridge overnight or thaw day of using package instructions.
- On a large sheet pan or cast iron skillet arrange shrimp and tomatoes in a single layer. Drizzle with olive oil and salt and pepper.
- Place in oven for about 6-8 minutes until shrimp turns from gray to pink and tomatoes have gotten soft and blistered. Pull out of oven and set aside.
- Cook penne according to box instructions, in boiling water usually for about 11 minutes, then drain RESERVING 1 cup of pasta water.
- Place in a large bowl and add pesto and a little bit of pasta water gradually to the bowl while mixing to coat all of the noodles. Once coated with preferred amount, place in serving bowl and top with roasted shrimp and tomatoes. Can also garnish with toasted pine nuts as desired.

the nutrition

1 serving (includes 3 oz shrimp, olive oil, 1/4 cup tomatoes, 1/2 cup pasta-no pesto)

KCAL: 410

FIBER: 3 g

SATURATED FAT: 2 g

PROTEIN: 27g

ADDED SUGARS: 0 g