

Shrimp & Feta Cheese (makes 4 servings)

8 oz Dry spaghetti or linguini pasta
1-1/2 lb Shrimp, peeled and deveined
1-1/2 cup Fresh snow peas, strings removed
4 Green onions, sliced
1/4 cup Vinaigrette (oil/vinegar) salad dressing
1/4 tsp Black pepper, freshly ground
1/2 cup Feta cheese, crumbled

Cook spaghetti or linguini according to package instructions. Place prepared snow peas in a colander and drain hot pasta water over top of peas. Meanwhile saute shrimp in a non-stick pan coated lightly with vegetable oil spray until shrimp turn pink, about 3-4 minutes. Place drained pasta, snow peas, cooked shrimp into a large bowl. Add all other ingredients. Toss lightly to mix. Serve warm.

Recipe Nutrition per Serving

524 calories; 46 gm protein; 49 gm carbohydrate; 16 gm total fat; 5 gm saturated fat; 275 mg cholesterol; 2 gm fiber; 584 mg sodium