



Shrimp and Pasta with Basil Walnut Pesto

Angel hair pasta sautéed with shrimp, corn and tomatoes with basil walnut pesto

Yield: 6

8 oz	Spaghetti, Barilla Plus
2 Tbsp	Olive Oil
1 lb	Raw Shrimp, Peeled and Deveined
2 Tbsp	Minced Garlic Cloves
6 Cups	Cherry Tomatoes, Halved
3/4 Cup	Chablis Wine
3/4 Cup	Water
2-1/2 Cup	Fresh Corn Kernels
1-1/2 Cup	Green Onions, Sliced
1/4 tsp	Kosher Salt
1/4 tsp	Ground Black Pepper
3/4 Cup	Basil and Walnut Pesto



Cook pasta according to directions until al dente; drain, rinse and set aside. In a hot sauté pan, drizzle olive oil and cook shrimp half way and remove shrimp from pan to avoid overcooking. Add garlic to the pan and cook for another 30 seconds. Add half of the cherry tomatoes and cook for another minute. Mix the wine and water and pour into the pan. Add corn kernels and scallions. Season with salt and freshly ground black pepper. Mix in cooked pasta and reserved shrimp along with pesto. Stir to mix and heat through. Make sure the shrimp is cooked all the way. Serve immediately.

Chef Notes: Instead of shrimp, try sliced raw chicken breast. Make the dish vegetarian by adding some sliced mushrooms instead of shrimp. Garnish with fresh basil.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
591.7	34.6	55	26.3	164.3	338.4	3.9	7.7+

+ Indicates partial nutritional value