

SHRIMP WITH CONFETTI ORZO



Makes 4 servings

Ingredients

- 1 lb frozen medium shrimp, thawed in cold water and patted dry
- 1 tsp salt, divided
- ½ tsp black pepper
- 1 Tbsp minced garlic
- 2 Tbsp olive oil
- 1 14.5-oz can of low-sodium chicken broth
- 1¼ cup dry orzo pasta
- 1 small yellow summer squash, diced
- 2 cups fresh spinach
- 1 cup grape tomatoes, halved
- 3 Tbsp lemon juice
- 3 Tbsp fresh basil plus more for garnish, chopped

Directions

- 1** In a large bowl, combine shrimp with ½ tsp salt, pepper, and garlic.
- 2** In a large skillet, heat olive oil over medium heat. Add shrimp and cook for 2 minutes. Remove from pan and keep warm. Wipe skillet clean.
- 3** In same pan, bring chicken broth to a boil with remaining ½ tsp salt and stir in orzo and squash. Return to boil then reduce heat and simmer, covered for 8-10 minutes or until tender.
- 4** Stir in spinach, tomatoes, lemon juice, and basil. Cook until spinach is wilted.
- 5** Add shrimp to orzo and heat briefly for 1-2 minutes or until pink and cooked through.

Nutrition information:

373 calories	4 g fiber
47 g carbohydrates	1273 mg sodium
0 g added sugar	106 mg calcium
25 g protein	3 mg iron
10 g fat	601 mg potassium
1.5 g saturated fat	

