

## Shrimp Puttanesca

Makes 4 servings

1/4 c chopped olives  
2 T chopped garlic  
1 jalapeno, minced  
5 minced anchovy fillets  
1 lemon cut into quarters  
2 T fresh parsley, minced  
~20 medium Shrimp  
shelled and deveined

1 small zucchini sliced 1/2" thick  
2/3 c yellow bell pepper, diced  
1/4 t salt  
1 14oz. Can no salt added diced  
tomatoes, drained  
2/3 cup pasta sauce  
1 T unsalted butter  
3 cups cooked penne pasta



Heat olives, garlic, jalapeno, anchovy, juice from 1 lemon wedge, and half the parsley for 30 seconds on medium high heat. Add shrimp and cook covered for 3 minutes. Turn shrimp and cook for an additional 2 minutes. Remove the shrimp from the pan and set aside. Add juice from 2 more lemon wedges, zucchini, bell pepper, and salt and cook covered for 2 minutes. Add tomatoes and cook uncovered for an additional 2 minutes. Add pasta sauce, cover and heat to a simmer. Continue simmering for about 3 minutes or until vegetables have reached desired doneness. Turn off heat, add remainder of the parsley, juice from the last lemon wedge, reserved shrimp, and the butter. Incorporate the butter until it has melted and serve over pasta.

Nutrition information per serving (1/4 of recipe): 400 calories, 8g fat (4.5 g saturated fat), 22g protein, 56g carbohydrate, 470 mg sodium, 8g dietary fiber. Excellent source of vitamins A and C and

