

Tomato-Basil Garlic Shrimp

Ingredients

8 oz fettuccine

3/4 cup low-sodium chicken broth, divided

3/4 t cornstarch

1 T peanut or vegetable oil

1 T minced garlic

1/2 t finely chopped and seeded jalapeno chilies (optional)

1 lb large shrimp, peeled, deveined and patted dry

1 medium zucchini, cut in half lengthwise and then into 1/4-inch-thick slices (about 8 ounces)

3 ripe tomatoes, cut into 1/4-inch-thick wedges (about 1 pound)

1/2 t salt

1/8 t ground black pepper

1/4 cup chopped fresh basil

Directions

Prepare pasta according to package directions. In a small bowl combine cup broth and cornstarch.

Heat a 14-inch flat-bottomed wok or a 12-inch skillet over high heat until hot. Swirl in oil, garlic, chilies and shrimp and stir-fry 1-2 minutes or until shrimp just begin to turn pink. Transfer shrimp to a plate.

Add zucchini, tomatoes and remaining cup chicken broth a few tablespoons at a time and stir-fry for 2-3 minutes or until vegetables begin to soften. Add a few more tablespoons of broth as the pan becomes dry. Return shrimp to wok and add salt, pepper and basil. Restir broth mixture before adding to wok. Cook 1 minute or until shrimp and vegetables are cooked through and sauce has thickened slightly. Divide fettuccine among 4 plates and top with the shrimp mixture.

Serves: 4 @ 8 points, 10 pointsplus (save 2 points and 3 pointsplus if you use Smart Taste Pasta)

Nutrition Score per serving:

397 calories, 16% fat (7 g; 1 g saturated), 51% carbs (51 g), 33% protein (33 g), 4 g fiber, 81 mg calcium, 5 mg iron, 488 mg sodium