

Shrimp and Edamame Rotini

Stacy Lundy

Edamame ups the protein content of this dish while adding color and a slightly nutty flavor.

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| 8 oz. (about 3 cups) dry whole wheat rotini or whole wheat blend rotini, such as fiber-enriched Barilla PLUS | 1 lb. large raw shrimp, shelled and deveined |
| 1 ½ cups frozen shelled edamame, thawed | 1 (15 oz.) can diced tomatoes (<i>fire-roasted is really good</i>) |
| 1 Tbsp. olive oil | ⅓ cup grated Parmesan cheese |
| 4 cloves garlic, minced | 3 Tbsp. chopped fresh parsley |
| | Salt and pepper to taste |

Cook rotini in large saucepan according to package directions. Add edamame for the last 5 minutes of cooking. When the pasta and edamame are done, drain and return to the saucepan.

While the pasta is cooking, heat olive oil in large nonstick skillet over medium heat. Add garlic and cook until golden 30 seconds to 1 minute. Add shrimp, and cook over high heat for 1 minute per side; add diced tomatoes and bring to a boil. Lower the heat and simmer for an additional 2 minutes.

Combine the shrimp mixture with the cooked pasta and edamame. Toss with the Parmesan cheese and parsley. Season with salt and pepper. *Makes 5 servings.*