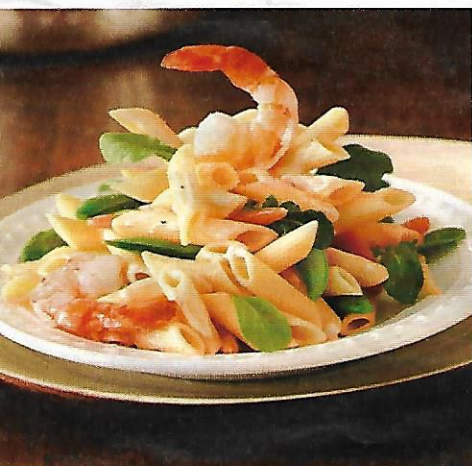


The Delicious Way to Eat Healthy

Guaranteed great taste...without all the carbs



Directions:

[1] Bring 2 quarts of water to a boil in a large pot. Add carrots and snap peas and cook for 3 minutes. Remove with a slotted spoon. Add pasta to the boiling water and cook according to package directions.

[2] Over medium-high heat in a large skillet, heat oil. Add garlic and sauté for 1 minute. Add carrots, snap peas, salt and pepper and cook for 2 minutes. Add shrimp and wine and cook until wine has evaporated. Add half & half and lemon juice, reduce heat and simmer for 3 minutes.

[3] In a large bowl, toss together hot pasta with shrimp and vegetable mixture, arugula and Parmesan cheese. Serve immediately.

Penne Primavera with Shrimp

SERVES: 4

Ingredients:

- 1½ cups baby carrots
- 1½ cups sugar snap peas, about 12 oz.
- 8 oz. Dreamfields® Penne Rigate (3 cups uncooked)
- 1 tbsp. olive oil
- 2 cloves garlic, minced
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- 12 oz. fresh shrimp, peeled & deveined
- ¼ cup white cooking wine
- ½ cup half & half
- 1 tbsp. lemon juice
- 3 cups baby arugula (or spinach)
- ¼ cup grated Parmesan cheese

Nutritional Facts Per Serving:

Calories:	419
Protein:	30g
Fat:	11g
Fiber:	7g
Total Carbohydrates*:	53g

*When Dreamfields is used, Digestible Carbohydrates are 20g

Visit trydreamfields.com/2 for more healthy pasta recipes

