



The Sprinter's Shrimp & Pesto Pasta

Macros: 440 Calories; 35g Protein; 45g Carbs; 14g Fat

Ingredients

- 5 oz large shrimp, peeled and deveined
- 2 oz (dry weight) whole wheat penne pasta
- 1/2 cup cherry tomatoes, halved
- 1 tbsp basil pesto
- 1 cup zucchini, spiraled or diced
- 1 tsp olive oil

Directions

- Boil the pasta according to package directions. Drain and set aside.
- Heat olive oil in a skillet over medium heat. Sauté the shrimp for 2-3 minutes per side until pink and opaque.
- In a large mixing bowl, toss the warm pasta, cooked shrimp, and zucchini with the basil pesto.
- Gently fold in the cherry tomatoes just before serving to maintain their shape and color.