
THE SPRINTER'S SHRIMP & PESTO PASTA

440 Calories | 35g Protein | 45g Carbs | 14g Fat



INGREDIENTS

- 5 oz large shrimp, peeled and deveined
- 2 oz (dry weight) whole wheat penne pasta
- ½ cup cherry tomatoes, halved
- 1 tbsp basil pesto
- 1 cup zucchini, spiraled or diced
- 1 tsp olive oil

DIRECTIONS

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