



HIGH FIVE RECIPES

Spaghetti with Shrimp, Spinach and Artichokes

Serves 6. Prep time: 15 minutes total.

The High Five

- 1 pound shrimp, peeled and deveined
- 4 ounces baby spinach, coarsely chopped
- 1 15-ounce can artichoke hearts, drained and trimmed
- 1 pound whole wheat spaghetti
- 1 ½ cups shredded Parmesan cheese

Pantry and Kitchen Items

- ¼ cup olive oil
- ½ teaspoon salt
- Freshly ground black pepper

Preparation

Boil a pot of water for the spaghetti. Prep the shrimp and pat dry with paper towels.

In a large sauté pan, heat the olive oil over medium high heat for about a minute, then add the shrimp and salt. Stir and turn the shrimp until they turn pink. Add the spinach and artichoke hearts and stir until the spinach is just wilted and the artichoke hearts are heated through.

While you sauté the shrimp, cook the spaghetti according to package directions. Drain well.

Add the drained spaghetti to the sauté pan, and toss to mix well. Sprinkle in the Parmesan as you toss, coating the hot pasta with cheese. Grind pepper over the pasta to taste and serve hot.

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Ingredient checklist

PRODUCE

- Baby spinach

GROCERY

- Olive oil
- Canned artichoke hearts
- Whole wheat spaghetti

MEAT/SEAFOOD

- Shrimp

REFRIGERATED/DAIRY

- Parmesan

SPICES/SEASONINGS

- Salt
- Pepper

Serving suggestion

Try adding a quarter teaspoon of red pepper flakes while sautéing the shrimp for a punch of heat and serve with lemon wedges to pass at the table. Serve this hearty pasta dish with a simple side salad of mixed baby greens dressed in balsamic vinaigrette to round out the meal.

Nutritional information per serving

500 calories	56 g. carbohydrate
18 g. fat	12 g. fiber
115 mg. cholesterol	30 g. protein
1010 mg. sodium	

The nutritional values and information provided are approximations.

