

# Healthy Whole Grains

## Wholesome main dishes and sides

### Whole Wheat Pasta with Seafood and Greens

- 6 ounces (about 2 cups) uncooked whole wheat penne pasta
- 12 ounces large shrimp, peeled and deveined
- ½ cup dry white wine
- 2 tablespoons extra-virgin olive oil
- 1 cup onion, sliced
- 4 cloves garlic, finely chopped
- 1 to 2 teaspoons red pepper flakes (optional)
- 1 pound mixed greens (collard, kale and/or Swiss chard), washed and drained
- ½ teaspoon salt
- Grated Parmesan cheese (optional)

1. Bring large pot of water to boil; add pasta and cook 9 minutes or until al dente. Reserve 1 cup pasta water

and set aside. Drain and rinse pasta.

2. Heat large skillet to medium heat, add shrimp and wine. Cover and cook 1 to 2 minutes until shrimp are pink and opaque. Transfer to bowl and set aside.

3. Heat oil in same skillet on medium-high heat. Add onions and cook 2 to 3 minutes until onions are translucent. Add garlic, red pepper flakes, if desired, and stir 1 to 2 minutes. Stir in greens and salt. Add reserved pasta water and cover with lid. Cook 2 to 3 minutes until greens are wilted. (Taste the greens and sauce and adjust salt and red pepper flakes to taste.)

4. Toss in pasta and shrimp. Garnish with Parmesan cheese, if desired. Serve immediately.

*Makes 5 to 6 servings  
(1 to 1½ cups per serving)*

#### Dietary Exchanges:

3 Meat, 2 Starch

Calories 305, Total Fat 7g, Saturated Fat 1g, Protein 21g, Carbohydrate 34g, Cholesterol 100mg, Dietary Fiber 6g, Sodium 369mg

