

Lemon Artichoke Shrimp Pasta

This dish is perfect for a quick dinner that is hearty, flavorful, and best of all, easy to clean up. Any whole wheat pasta shape will work for this dish. Stir occasionally to prevent sticking and to gauge if more liquid is needed. Exchange cannellini beans for any other bean you like. Kale is a hearty green and helps to add volume to this dish, but other vegetables could also work here. Depending on the vegetable you use, you may want to add it earlier in the cooking process. This recipe makes 8 servings, but could easily be cut in half if you need.

Serves 8

Serving size: 1½ cups

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Ingredients

- 16 ounces whole-wheat pasta
- 1, 15.5-ounce can cannellini beans, drained and rinsed
- 1 lemon, zested and juiced
- 1 Tablespoon olive oil
- 1, 14-ounce can quartered artichoke hearts, drained
- 4 cups low sodium chicken or vegetable broth
- 1/2 teaspoon crushed red pepper flakes
- 1 to 1½ cups water
- 1 bunch kale, roughly chopped
- 1 pound shrimp, peeled and deveined
 - *Can use frozen shrimp that has been thawed, rinsed, peeled, and deveined.*
- Optional toppings: lemon slices, chopped green onions, crumbled feta cheese



Directions

1. In a large pot, add pasta, beans, lemon, olive oil, artichoke hearts, broth, red pepper flakes, and water.
2. Bring items to a boil and cook for 6 minutes. Stir occasionally to prevent sticking.
3. Add shrimp and kale. Cook until shrimp is no longer pink, or about 2–4 minutes. Stir occasionally to prevent sticking.
4. Optional: finish with lemon slices, chopped green onions, or crumbled feta cheese.

Nutrition Facts

Serves 8

Serving size 1½ cups (351g)

Amount per serving

Calories 293

% Daily Value*

Total Fat 5g	7%
Saturated Fat 1g	3%
<i>Trans Fat</i> 0g	
Cholesterol 71mg	24%
Sodium 501mg	21%
Total Carbohydrate 46g	15%
Dietary Fiber 9g	38%
Total Sugars 2g	
Protein 21g	41%
Vitamin D 1mcg	0%
Calcium 78mg	8%
Iron 5mg	26%
Potassium 358mg	10%
Phosphorus 215mg	22%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.