

Shrimp Pasta with Sun Dried Tomato Pesto

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I will give you the original recipe and healthier changes I have made in parenthesis. You can use either shrimp or chicken as the protein. Haven't looked, but you may be able to buy a pre made tomato pesto.

Sun Dried Tomato Pesto

4 cups sun dried tomatoes
4 bunches scallions chopped
2 Tbl breadcrumbs
2 cups basil leaves, rinsed,dried and chopped
4 bunches parsley or cilantro (chopped)
2 cups grated Asiago cheese
olive oil as needed

Place all ingredients in food processor or blender and puree, adding oil slowly until mixture has a paste consistency. Store unused pesto in a covered container in the frig.

Pasta Recipe

2Tbl olive oil
1 cup sun dried tomato pesto
24 large shrimp, lightly floured
1/2 cup white wine
1 cup chopped fresh asparagus
1 cup quartered artichoke hearts(can used canned)
1 cup sun dried tomato pesto
3 cups heavy cream(I substitute 2% condensed milk and fat free Greek Yogurt. I've also used skim milk)
1 1/2 cups grated Asiago cheese
1/2 cup fresh basil, chopped
1 pound penne pasta, cooked

Heat olive oil in large saute pan. Add shrimp, asparagus, artichoke hearts and tomato pesto. Saute for 2 minutes. Deglaze pan with wine. Add cream and reduce by half. Season with salt and pepper if desired. Add grated Asiago cheese and basil. warm pasta in boiling water, drain and add to pan. Toss well to coat. If desired you can dust serving dished with grated Asiagio cheese and fresh basil. Serve immediately.

Serves 4

Cooke's note: This recipe makes large servings. I doubled the recipe and we had lots left over.