

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Zesty Pasta Primavera With Shrimp

Fresh shrimp with fresh vegetables; a summer medley that's easy on the wallet and not too bad on the waistline either...

1 package (16 ounces) linguine
2 Tbsp flour
1¼ cup half-and-half
¼ cup grated Parmigiano cheese
sea salt and freshly ground black pepper
¾ cup low-sodium chicken broth
1 pound uncooked shrimp, peeled, deveined
2 cup chopped fresh broccoli

1 cup sliced fresh carrots
1 cup fresh green beans, in 2-inch pieces
1 medium zucchini, in ¼-inch slices
1 sweet red pepper, julienned
2-3 Serrano chiles (red, green), sliced across
grated Parmigiano cheese, for garnish
sliced red Serrano chiles, for garnish
chopped parsley, for garnish

Begin cooking the linguine in a pasta cooker with plenty of salted, boiling water. Meanwhile, combine flour, half-and-half and broth in a small saucepan over medium heat and whisk until creamy. Add the cheese and bring just to a boil, then reduce heat and stir for a couple of minutes until thickened. Season to taste.

About 4 minutes before the linguine is done, add the shrimp and vegetables and maintain a boil until linguine is *al dente* and the shrimp are pink. Drain the linguine, shrimp and veggies into a large mixing bowl and pour the cheese sauce over the pasta mix. Toss to coat, garnish and serve immediately.

Yield: About six servings
Preparation time: 15 minutes
Cooking time: 12-15 minutes

