

Nutty Pasta Toss with Shrimp

To save time, use bottled minced fresh ginger and bottled minced garlic.

1 tablespoon minced fresh cilantro
1 tablespoon grated peeled fresh ginger
3 tablespoons low-sodium soy sauce
2 tablespoons crunchy peanut butter
1 teaspoon sugar
1 teaspoon rice vinegar
1/4 teaspoon hot sauce
1 garlic clove, minced
1 teaspoon dark sesame oil
8 ounces medium shrimp, peeled and deveined
1 cup vertically sliced onion
1/2 red bell pepper, cut into (1/4-inch) strips
1 cup bagged prewashed spinach
2 cups hot cooked rigatoni (about 1 1/4 cups uncooked pasta)

Combine first 8 ingredients in a medium bowl, stirring well with a whisk.

Heat oil in a large nonstick skillet over medium-high heat. Add shrimp, and sauté for 3 minutes or until done. Remove shrimp from pan. Add onion and bell pepper to pan; sauté 3 minutes. Add soy sauce mixture, shrimp, and spinach. Reduce heat to medium; cook 2 minutes or until spinach wilts. Serve shrimp mixture over pasta.

Yield: 2 servings (serving size: 1 cup shrimp mixture and 1 cup pasta)

CALORIES 483(25% from fat); FAT 13.4g (sat 2.4g,mono 5.1g,poly 4.4g); PROTEIN 36.1g;
CHOLESTEROL 172mg; CALCIUM 108mg; SODIUM 1003mg; FIBER 4.8g; IRON 6.2mg;
CARBOHYDRATE 55.1g
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