

Palmini Pasta Shrimp Stir Fry

Ingredients:

- 1 can (2 cups) Palmini pasta or riced Palmini (sold at The Diet Center)
- 8 oz pre-cooked shrimp
- 2 teaspoons olive oil
- ½ teaspoon black pepper
- 1 teaspoon garlic powder or minced garlic
- ¼ teaspoon salt
- Add any other seasonings you like such as seafood seasoning
- 3 scallions (optional garnish)

Directions:

1. Drain and rinse palmini noodles and set aside.
2. Mix shrimp with salt and pepper in a mixing bowl.
3. Heat olive oil in pan
4. Pour in palmini noodles, black pepper, salt, and garlic
5. Let cook for about 5 minutes.
6. Garnish with scallions and enjoy!

Servings: 1

Uses: 6 oz lean protein;; 2 cup occasional vegetables; 1 serving healthy fat and salt