

## Going Lo-Co Shrimp Scampi with Spinach and Lemon Serves 2

### Ingredients

- 2-3 Tablespoons Extra Virgin Olive Oil
- 10-12 peeled and deveined large shrimp, raw (about 1/2 pound)
- 3-4 cloves garlic, minced OR pressed through a garlic press
- 1/4 teaspoon red pepper flakes (or more if you like it zesty)
- 1/4 - 1/2 cup dry white wine
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 - 1 Tablespoon butter
- 5-6 large handfuls of baby spinach, washed and any long stems removed  
(Alternative: 1/4 cup fresh flat leaf parsley, chopped)
- Lemon, cut in half to juice
- Fresh pasta, cooked. Angel hair is traditional; I prefer linguini.
- Parmesan cheese to taste, preferably freshly grated

**NOTE:** If using fresh pasta, put it in to cook after starting the shrimp. If using boxed pasta, cook pasta before the shrimp. Either way, when pasta is done, drain and reserve about 1/2 cup of cooking water.

### Directions

- Bring pot of salted water to boil for pasta.
- Put pasta in to cook as per directions above – either before or after the shrimp.
- In a large, heavy skillet on medium-high heat, heat olive oil. When the oil is very hot (but not smoking) saute the shrimp about 1 minute per side until just barely cooked through, turning only once. Remove shrimp to a plate.
- To the hot oil remaining in skillet, add the garlic, red pepper flakes, and spinach and stir until spinach starts to wilt, about 1 minute - taking care not to burn the garlic. Then add the wine, salt and pepper and saute all on medium heat for about 1-2 minutes. Add butter and when melted, add the shrimp back to the skillet and remove from heat.
- Toss the cooked pasta with the shrimp and spinach (or raw, chopped parsley if not using spinach) either in skillet or serving bowl. Add the hot, reserved cooking water if needed to moisten.
- Squeeze lemon atop portions, if desired. Sprinkle with parmesan cheese.