

Shrimp and Garlic Pasta

Ingredients:

1/4 cup olive oil

1/4 teaspoon crushed red pepper flakes

1 pound medium shrimp, peeled and deveined

1/2 pound asparagus, trimmed, cut into 1 inch length's

1 1/2 cups sliced mushrooms

1/2 small red bell pepper, slivered

3 green onions, cut into thin rings

1 clove garlic, minced

seasoned salt to taste

1 pound fettuccine, cooked according to directions on package

1/2 cup lobster stock or chicken broth

3 tablespoons minced fresh parsley

1/4 cup grated parmesan cheese



Method:

Heat the oil and red pepper flakes in a large skillet. When hot, add shrimp and cook over high heat about 3 minutes until shrimp are cooked. Remove shrimp with a slotted spoon and set aside.

Add the asparagus, mushrooms, red pepper, green onion, garlic, and seasoned salt to the same pan. Cook, stirring often, 4 to 5 minutes until vegetables are tender but still crisp.

Add cooked pasta, stock or broth, and cooked shrimp. Heat to simmer. Drizzle

Add cooked pasta, stock or broth, and cooked shrimp. Heat to a simmer. Remove from heat and toss in parsley and adjust seasoning.

Serve sprinkled with Parmesan cheese.

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