



Episode 205

GLUTEN-FREE SHRIMP BASILICO PASTA WITH ITALIAN GREEN TOMATOES

1 serving

GLUTEN-FREE SHRIMP BASILICO PASTA

INGREDIENTS

5 oz peeled and deveined shrimp, size small (60/70 count), approximately 20-25 shrimp	3 oz gluten-free angel hair pasta
½ tsp olive oil	1 oz white wine
1 tbsp minced garlic	1 tsp low fat parmesan or mozzarella cheese
2 tbsp fresh basil, julienned	
5 cherry tomatoes, cut in half	

DIRECTIONS

Cook pasta al dente (approximately 4 minutes). In a separate pan, place oil and heat garlic and shrimp until pink. Add 1 tbsp of basil and cherry tomatoes. Deglaze with wine and add cooked pasta to pan. Top with cheese to serve.

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GLUTEN-FREE SHRIMP BASILICO PASTA WITH ITALIAN GREEN TOMATOES

1 serving

ITALIAN GREEN TOMATOES, BAKED NOT FRIED

INGREDIENTS

½ green tomato
½ tsp garlic powder
1 pinch black pepper
½ tsp white pepper

½ tsp onion powder
¼ cup whole-flaxseed, ground golden flaxseed
(only 2 tbsp adheres to tomatoes)
1 egg white
½ cup skim milk

DIRECTIONS

Mix egg white and skim milk in a small bowl. In a separate small bowl, mix flaxseed and all seasonings. Carefully slice green tomatoes in ¼ inch slices and dip into egg mix. Remove and dredge in breadcrumb mix. Place on a baking pan that is sprayed with zero fat spray. Spray tomatoes and bake for 8-10 minutes at 450 degrees until brown and crisp. Place tomatoes around edge of a plate and place pasta in the middle with shrimp sauce on top and the last tbsp of basil as garnish.

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