

## ***Shrimp Pasta in Cauliflower Sauce***

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 25 minutes

Serves: 4

***CChints:*** The cauliflower adds a healthy twist to a pasta sauce. The herbs add a lot and if you don't have fresh herbs but if you don't have them you can substitute dry. One tablespoon fresh is equal to 1/3 teaspoon dry herb.



1/2 pound whole wheat penne pasta  
salted water

1 pound shrimp, peeled and deveined

2 tablespoons olive oil, divided

1/2 cup red onion, finely chopped

3 gloves minced garlic, fresh or from a jar

1 cup reduced sodium chicken broth

2 tablespoons fresh rosemary, minced

1 tablespoon fresh oregano, minced

1 tablespoon fresh thyme leaves

1 head of cauliflower, heads only chopped

1/2 cup mozzarella cheese, shredded

1/2 cup grated parmesan cheese

Salt and pepper to taste

Serve with a side salad and your favorite dressing or a green vegetable.

Bring a large pot of salted water to a boil and add the pasta. Cook according to package directions. When the pasta is done save 1 cup of pasta water and drain the rest.

Peel and devein the shrimp. Add 1 tablespoon oil to a large nonstick skillet over medium heat. Add the shrimp and stir occasionally until they turn opaque in color in about 3-4 minutes. Remove the shrimp from the pan and set them aside. Add the rest of the oil, onions and cook for 4 minutes stirring occasionally. Add the garlic and cook for 1 minute. Slowly pour in the chicken broth and all of the herbs. Add the cauliflower, cover the pan and cook for 15 minutes. Stir occasionally during this time and get your side salad or vegetable ready and you might have some time do a little clean up.

Remove the cover on the pan and mash the cauliflower with a potato masher or a head resistant hard spoon, being careful not to hard the nonstick skillet surface. Add the cheese and stir. The sauce will be thick, so now is the time to add some of the pasta water back in. Stir in half a cup to start and if you think it is saucy enough add in the shrimp, pasta and salt and pepper. If the sauce is still too thick, slowly blend in a little more pasta water until it is the way you like it.

Serve with a side salad.