

Shrimp and Walnut Pasta

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 15 minutes

Serves: 4

CChints: Shrimp is measured from small to extra large and larger and with that comes a number of shrimp it takes to make up a pound.

Medium = 41 to 50 per pound, Large is 31-35,

Jumbo is 21-30 pieces.



4 servings of spaghetti or angel hair pasta cooked according to package directions.

1/3 cup chopped walnuts

1-1/4 cup skim milk, divided

1 tablespoon of wheat flour

1/2 teaspoon Dijon mustard

1/4 teaspoon ground cumin

Pinch of Salt and pepper

1 pound of peeled and deveined medium shrimp

1/2 cup freshly grated Asiago cheese

1/4 cup chopped fresh oregano

2 tablespoons chopped fresh basil

Side vegetable of your choice

Cook the pasta according to package directions. The water will come to a boil faster if the pot is covered.

Heat a large nonstick skillet over medium heat. Add the walnuts to the dry pan and roast them for 2-3 minutes until lightly toasted. Remove the pan from the heat and the nut from the pan.

In a small mixing bowl, whisk together 1 cup milk and the flour. Slowly pour into the large skillet and turn the heat to medium. Stirring constantly and slowly, pouring in the rest of the milk and the mustard through pepper. Bring to a boil and then reduce the heat to medium-low. Stir continuously and slowly while the sauce thickens in about 5 minutes.

Start your side vegetable while you are waiting for the sauce to thicken and check to see if the pasta is done.

The pasta should be done by now, so drain it well and add it to the pan. Add the shrimp, cheese and herbs and continue to stir occasionally until the shrimp is done. You will know the shrimp is done when they turn an opaque color and begin to curl up in about 3 minutes. Transfer to a serving bowl and sprinkle with the nuts and serve with your side vegetable.