



Elliott Evans Nutrition, LLC
Prevent and Protect
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SHRIMP, LEEK, AND SPINACH PASTA

(WWW.REALSIMPLE.COM)

Makes 4 servings

- 12 ounces gemelli, fusilli, or some other short pasta**
- 2 tablespoons unsalted butter**
- 2 leeks (white and light green parts only), cut into half-moons**
Kosher salt and black pepper
- 1 pound peeled and deveined medium shrimp**
Finely grated zest of 1 lemon
- $\frac{3}{4}$ cup heavy cream**
- 10 ounces baby spinach (about 12 cups)**

Preparation:

- **Cook the pasta according to the package directions; drain and return it to the pot.**
- **Meanwhile, heat the butter in a large skillet over medium heat. Add the leeks, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring occasionally, until the leeks have softened, 3-5 minutes.**
- **Add the shrimp and lemon zest and cook, tossing frequently, until the shrimp is opaque throughout, 4-5 minutes more.**
- **Add the cream and 1/2 teaspoon salt to the pasta in the pot and cook over medium heat, stirring until slightly thickened, 1-2 minutes.**
- **Add the shrimp mixture and the spinach and toss to combine.**