

Recipe serves: 6 people



Ingredients-

- ♥ 20oz shrimp (peeled and deveined)
- ♥ 2 Tablespoon **Olive Oil**
- ♥ 3 cups **Spinach Orzo**
- ♥ 4 cups cherry tomatoes
- ♥ 6 cups baby spinach, chopped
- ♥ 4 garlic clove, finely chopped
- ♥ 2 Tablespoon lemon juice
- ♥ 2 Tablespoon **Raw Pine Nuts**
- ♥ ½ cup parmesan cheese

PREPARATION:

1. In skillet heat 1 Tbsp olive oil, add shrimp and cook for 2 minutes on each side.
2. Add spinach, tomatoes, raw pine nuts, and garlic, cook for another 2 minutes.
3. In a large saucepan bring 5 cups of water to boil. Cook orzo for 8 minutes or until tender. Drain and add to skillet.
4. Stir in lemon juice and parmesan cheese. Simmer and cover for 5 minutes to allow cheese to melt before serving.

Nutrition Facts			
Serving Size: 1 serving (325.0g)			
Servings: 6			
Amount Per Serving		Calories from Fat 90	
Calories	480		
		% Daily Value*	
Total Fat	10g		15%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	125mg		41%
Sodium	700mg		29%
Total Carbohydrate	67g		22%
Dietary Fiber	5g		20%
Sugars	4g		
Protein	29g		
Vitamin A	80%	•	Vitamin C 40%
Calcium	20%	•	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g