

## Low Fat Fiesta Shrimp Pasta



### INGREDIENTS

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|---|--|
| 5 Shrimp (16-20 count)                  |  |
| 4 oz Broccoli, blanched                 |  |
| 4 oz Multi Grain Rotini                 |  |
| 2 oz Ranchero Sauce                     |  |
| 2 oz Garlic Herb Sauce (any herb sauce) | Pinch Chef Nicole Spice (or any spicy blend) |
| 1 oz Pico De Gallo                      | Sprinkle Parmesan Cheese, Shredded           |
| 1 oz Tomatoes, Chopped                  | Sprinkle Fresh Parsley, Chopped              |

### PREPARATION

1. Heat sauté pan over med high heat until hot
2. Season shrimp with Chef Nicole Spice (or your choice) and place in dry pan (no oil)
3. When shrimp is almost done, add broccoli, rotini, garlic herb sauce and ranchero sauce.
4. When shrimp are fully cooked, remove from pan and set aside. Add pico and chopped tomatoes to pan and toss.
5. Serve pasta mixture in a decorative bowl and top with shrimp, shredded parmesan, and chopped parsley.

**After Work** with Chef Nicole™