

A TASTE OF
ITALY



Pasta and Spot Prawns Peperonata

Serves 6

Preparation and cooking time: 60 minutes

- 1 pound penne or other pasta
- 3/4 teaspoon salt
- 2 tablespoons olive oil
- 1 medium onion, minced
- 3 garlic cloves, minced
- 1/2 cup thinly sliced celery
- 2 green or red bell peppers, cut into 1/2" strips
- 3 yellow banana chile peppers, seeded, deveined, and cut lengthwise into 1/4" strips
- 2 Roma tomatoes, peeled, sliced lengthwise into 1/2" wide strips
- 1 pound peeled and deveined Monterey spot prawns or rock shrimp
- 1/2 cup bottled clam juice
- 1/4 teaspoon black pepper

◆ Bring 4 quarts of water to a boil. Add 1/2 teaspoon of salt and pasta, stirring well to prevent pasta from sticking. Follow package directions for cooking pasta. While waiting for water to boil and pasta to cook, go to step 2. When pasta is done, drain in a colander, reserving 1 cup of liquid. Do not add oil to pasta or rinse it as either will prevent sauce from sticking to pasta.

◆ Heat oil in a large non-stick skillet. Add onions and cook until soft. Add garlic, celery, bell peppers, chile peppers, and tomatoes. Simmer over low heat. When bell peppers are still slightly crisp, add prawns and clam juice. Bring to a simmer. Add remaining 1/4 teaspoon salt and pepper. Cover and cook 3-5 minutes, until shrimp are just cooked through.

◆ Add drained pasta to skillet with shrimp and vegetables. Toss all together. If sauce seems too dry, add a little of the reserved cooking liquid from the pasta, a few tablespoons at a time.

ENJOY LEAN ITALIAN CUISINE

Pasta is a great low fat food. Top it with broth or tomato based sauces instead of butter and cream sauces.

Use garlic and basil to add spice to your food. They'll add flavor without fat.

Nutritional Analysis per serving

Calories	425
Cholesterol	101mg
Fat	7g
Sodium	404mg

Recipe
 Courtesy of:

Bert Cutino
 of the Sardine Factory in Monterey

