

Weight Watcher's Shrimp and Artichoke Pasta

4 Servings

Double Recipe

Triple Recipe

2 t. olive oil	4 t.	6 t.
½ cup thin sliced onion	1 cup	1 ½ cups
½ cup thin sliced green/red peppers	1 cup	1 ½ cups
1 clove garlic-chopped	2 cloves	3 cloves
2 cups drained canned tomatoes	4 cups	6 cups
2 bay leaves	4	6
1/8 t. pepper	¼ t.	½ t.
Several dashes crushed red pepper – to taste		
12 oz. shrimp-peeled	24 oz.	36 oz.
1 cup artichokes (in water) quartered	2 cups	3 cups
2 cups spinach pasta-cooked (or angel hair)	4 cups	6 cups

In skillet heat oil and sauté onion, pepper and garlic – 5 minutes.
 Add tomatoes, bay leaves and seasonings. Cover & simmer 10 minutes.
 Add shrimp & artichoke. Cook until shrimp is hot.
 Discard leaves. Serve over pasta.

Each serving=282 calories

2 vegys
 3 protein
 ½ fat
 1 bread