

Shrimp Kale & Brussels with Lentil Pasta



PREP TIME:
10 MINUTES

COOK TIME:
20 MINUTES

TOTAL TIME:
30 MINUTES

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Recipe type: Gluten Free
Yield: 4 Servings

Ingredients:

- 1 lb. Frozen Organic/Wild Raw Shrimp – Thawed Out
- 2 Tablespoons Olive Oil
- ½ Medium Red Onion, sliced thin
- 4-5 Garlic Cloves Minced
- 1 14.5 oz. Can Organic Diced Seasoned Tomatoes (*BPA Free Lining*)
- 2 Cups Shredded Brussels Sprouts
- 3 Cups Tuscan (Lacinato) Kale - Sliced Thin
- ¼ Cup Vegetable Broth
- 2 Teaspoons Italian Seasoning
- 1 Teaspoon Sea Salt
- Black Pepper to Taste
- 5 Basil Leaves
- 8 oz. Box Yellow Lentil Pasta (or GF pasta of choice)
- **Optional: Grated Romano Cheese (sheep's milk derived)**

Instructions:

1. In a large sauté pan, add 1 tablespoon olive oil. Warm on medium heat and then add the onions. Allow to cook down 3-5 minutes.
2. In the meantime, prepare pasta according to package instructions.
3. Next add garlic and let cook about 30-60 seconds – make sure and stir so doesn't scorch/burn.
4. Next add the shredded brussels sprouts. Drizzle with remaining 1 tablespoon olive oil. Cook & stir for 2 minutes.
5. Add the kale and allow to cook another minute. Pour in the contents of the diced tomatoes and vegetable broth. Add Italian seasoning, sea salt, and cracked black pepper. Stir until all incorporated.

6. Warm until base becomes bubbly. Then add the shrimp – stirring until incorporated in sauce. Cover for 5-7 minutes.
7. Stir again and add in the basil leaves. Can simply tear them with your hands into small pieces to toss in.
8. Allow to simmer about 3 more minutes until shrimp is no longer pink and completely cooked through.
9. When straining pasta, reserve about $\frac{1}{4}$ cup liquid for each serving bowl.
10. I use about $\frac{1}{2}$ cup pasta per serving bowl and will add some more kale or spinach to base of bowl before adding pasta and shrimp/veggie mixture.
11. Optional: Top with grated or shredded Romano cheese. Can also do nutritional yeast as a dairy free option.

***Try and use all organic ingredients if possible.**

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