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Farfalle Shrimp Newburg

Serves: 4 Time: 23 min Cost Per Serving: \$2.48

- * 12 oz farfalle (bow-tie) pasta
- * 1 bunch (about 1 lb) asparagus, woody ends snapped off, spears cut in 2-in. lengths

Sauce:

- * 1 tablespoon butter
- * 12 oz raw deveined, peeled medium shrimp
- * 1/2 cup dry sherry wine
- * 1/4 cup each thinly sliced white and green part of scallions
- * 3/4 cup bottled Alfredo pasta sauce
- * 1 can (14 1/2 oz) diced tomatoes in juice, drained, juice reserved

Bring a large pot of lightly salted water to a boil. Add pasta and cook as package directs, adding asparagus 6 minutes before pasta will be done.

Meanwhile heat butter in a large nonstick skillet over medium-high heat. Add shrimp; saute 3 to 4 minutes until cooked through. Remove with a slotted spoon to a plate.

Add sherry and white part of scallions to skillet. Bring to a boil, reduce heat and simmer uncovered until liquid is reduced by half. Add Alfredo sauce and reserved juice from tomatoes; stir until blended and hot.

Drain pasta and asparagus; return to pot. Add sauce, shrimp and tomatoes; toss to mix and coat. Sprinkle with green part of scallions.

Per serving: 554 cal, 34 g pro, 75 g car, 4 g fiber, 13 g fat (7 g saturated fat), 167 mg chol, 627 mg sod