

# Olive Garden Shrimp Scampi (Lightened Up)

*Printable grocery list · Serves 4*

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- ☐ Whole wheat spaghetti
- ☐ Light butter (unsalted)
- ☐ Extra virgin olive oil
- ☐ Onion
- ☐ Garlic
- ☐ Large raw shrimp, peeled and deveined
- ☐ Fat free chicken broth or dry white wine
- ☐ Fresh parsley
- ☐ Lemons
- ☐ Reduced fat Parmesan or Romano cheese
- ☐ Salt & pepper