

GROCERY LIST

LIGHTENED-UP SHRIMP SCAMPI

Makes 4 servings | deeedoes.com

WHAT TO BUY

- ☐ 1 16 oz box Whole Wheat Spaghetti (or any whole wheat pasta)
- ☐ 2 Tbl Light Butter (unsalted preferably)
- ☐ 2 tsp Extra Virgin Olive Oil
- ☐ 1/2 large Onion, diced or minced
- ☐ 3-4 cloves Garlic, minced
- ☐ Salt / Pepper to taste
- ☐ 1.5 lbs Large Raw Shrimp, peeled and deveined
- ☐ 1/2 cup Fat Free Chicken Broth or Dry White Wine
- ☐ 3 Tbl Fresh Parsley, chopped
- ☐ 2 large Lemons, wedged and divided
- ☐ 1/3 cup Reduced Fat Parmesan or Romano, finely grated