



Palmini Pasta Shrimp Stir Fry

Ingredients:

- 1 can (2 cups) Palmini pasta or riced Palmini (sold at The Diet Center)
- 8 oz pre-cooked shrimp
- 2 tsp olive oil
- ½ tsp black pepper
- 1 tsp garlic powder or minced garlic
- ¼ tsp salt
- Add any other seasonings you like such as seafood seasoning
- 3 scallions (optional garnish)

Directions:

1. Drain and rinse Palmini noodles and set aside.
2. Mix shrimp with salt and pepper in a mixing bowl.
3. Heat olive oil in pan
4. Pour in Palmini noodles, black pepper, salt, and garlic
5. Let cook for about 5 minutes.
6. Garnish with scallions and enjoy!

Servings: makes 1 serving.

Each serving = 6 oz. lean protein, 2 cups occasional vegetables, daily healthy fat, daily salt.

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