



## Shrimp Pasta Salad

**Serves six**

**FOR THE SHRIMP:**

3/4 pound of raw, peeled and deveined shrimp  
2 TBS fresh lemon juice  
Lemon pepper or black pepper or white pepper  
1/4 tsp. salt  
Olive oil

Place the shrimp into a bowl and add the lemon juice, pepper and salt. Toss and allow marinating for about 30 minutes in the fridge.

Heat the oil in a skillet and add the shrimp. Do not over crowd the pan. Work in batches if necessary. Allow the shrimp to change color and turn pink and flip. Cook until the other side changes color as well. This should take 2 to 3 minutes per side.

Remove the shrimp from the skillet and cool down. Cut in half or thirds depending on the size and set aside.

**FOR THE DRESSING:**

1/4 cup olive oil  
1/2 tsp. lemon zest  
1 TBS grated Parmesan cheese  
1 TBS lemon juice  
Salt and pepper

Place all the ingredients except for the salt and pepper in a bowl and whisk until emulsified. Taste it for salt and add as needed. Add pepper. Whisk to mix and set aside.

**FOR THE SALAD:**

12 oz. (340 grams) small pasta – I used whole wheat penne pasta  
3/4 cup cherry tomatoes -- halved  
3/4 cup fresh mozzarella  
1/2 cup sliced red onion  
2 TBS chopped parsley  
2 TBS chopped fresh basil

Mix the pasta with all the other ingredients and salad dressing. Toss to coat well and serve.

If you have left overs the pasta might absorb the dressing. Simply make a little more and doctor it if needed.

**CALORIES 402.79; FAT 16.81 grs (sat 4.52; mono 9.40; poly 1.76); PROTEIN 20.38 grs ; FIBER 5.20 grs; CARBS 46.28 grs; CHOLESTEROL 83.13 mg; IRON 2.48 mg; SODIUM 803.75 mg; CALCIUM 141.43 mg**

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