One Pot Quick Shrimp Lo-Mein

Yield: 4 Servings

Ingredients
8 oz. whole-grain (wheat) spaghetti
12 oz. shrimp, uncooked
12 oz. bag of frozen broccoli, carrots and snap peas blend
1/3 c. low-fat sesame-ginger salad dressing
4 oz. Parmesan cheese, shredded

Directions
1. In a large pot, cook the spaghetti according to directions.
2. After the pasta has cooked for about two minutes, add the shrimp and frozen broccoli, carrots, and snap peas.
3. Bring mixture to a boil and cook until shrimp and vegetables are cooked and tender (about six to eight minutes).
4. Remove the pot from the heat. Drain mixture in a colander and return to the mixture to the pot.
5. Gently mix in the salad dressing
6. Divide the Lo-Mein equally between four plates and top with Parmesan cheese.

Notes
• If you are allergic to shrimp, use 8-10 oz. of cooked chicken. Add it in step 5 with the salad dressing.
• Serve with a side of fresh, sliced apples.