

## Creamy Shrimp and Broccoli Fettucine

- Ingredients:**
- 4 ounces fettucine, uncooked
  - 1  $\frac{3}{4}$  cup broccoli florets
  - $\frac{3}{4}$  pound frozen medium shrimp (no phosphates added)
  - 1 garlic clove
  - 10 ounces cream cheese
  - $\frac{1}{2}$  teaspoon garlic powder
  - $\frac{1}{4}$  cup lemon juice
  - $\frac{3}{4}$  teaspoon ground peppercorns
  - $\frac{1}{4}$  cup half & half creamer
  - $\frac{1}{4}$  cup red bell pepper

**Preparation:**

Cook pasta according to directions, omitting salt.  
Add broccoli during last 3 minutes of cooking. Drain. Keep warm.  
Over medium heat, cook and stir shrimp and garlic to 2-3 minutes in a large nonstick skillet until shrimp are heated through.  
Add cream cheese, garlic powder, lemon juice, ground peppercorns and half & half.  
Cook and stir 2 minutes.  
Toss pasta and shrimp mixture. Sprinkle with bell pepper.

**Portions:** 4

**Serving Size:** 1  $\frac{1}{4}$  cups

**Renal & Diabetic Food Choices:** 3 meat, 1  $\frac{1}{2}$  starch, 1 vegetable (medium potassium) &  $\frac{1}{2}$  dairy.

Adapted from [www.davita.com/recipes](http://www.davita.com/recipes)