
Shrimp Linguine

Gavin Bruce - Peekskill, NY

Windsor Vineyards, Windsor CA

Servings: 4

1 pound shrimp, shelled, deveined and boiled

2 red bell peppers, sliced

1 yellow or green bell pepper, sliced

1 large yellow onion, chopped

4 cloves garlic, chopped

2 tablespoons olive oil

1 cup Johannisberg Riesling

1 package dried linguine

Saute' the sliced bell peppers, onion and garlic in olive oil, adding half of the wine as they simmer.

Add the pre-cooked shrimp and more wine as the mixture cooks down.

Boil the linguine until al dente and top with the shrimp-onion-pepper mixture.

Pasta

Per Serving (excluding unknown items): 211 Calories; 9g Fat (38.2% calories from fat); 24g Protein; 8g Carbohydrate; 2g Dietary Fiber; 173mg Cholesterol; 171mg Sodium. Exchanges: 3 Lean Meat; 1 Vegetable; 1 1/2 Fat.