

# Shrimp and Kale Penne Alfredo

<b>Yield:</b>	2	cups
<b>Serving # &amp; Size:</b>	1	(13.5 oz.) Servings
<b>Meal Part:</b>	Dinner	
<b>Cuisine:</b>	International	
<b>Category:</b>	Culinary Prepared	Hot
<b>Channel:</b>	FSR	
<b>Classification:</b>	Main Course-Pasta	
<b>Prep Time:</b>	2 min.	<b>Cook Time:</b> 6 min.
<b>Cost:</b>	Medium	<b>Difficulty</b> Easy



**Description:** Gluten free pasta is tossed with satisfying shrimp and healthful kale for a dish even gluten lovers would go for.

Ingredients	Weight	Metric	Measure
Olive oil		4 g	1 tsp.
Shrimp, peeled, deveined	2 oz.	57 g	5 each
Bell peppers, red, julienne	1 oz.	28 g	
Kale, Tuscan, chopped	1.5 oz.	42 g	1 cup
<b>Stouffer's® ALFREDO SAUCE</b> , thawed	4 fl. oz.	113 g	1/2 cup
Penne pasta, gluten free, cooked	5 oz.	142 g	1-1/4 cups

## Procedure

1.	Heat olive oil in a sauté pan over medium high heat. Add shrimp and cook on one side for 1-2 minutes or until they are cooked about half way.
2.	Flip shrimp and add bell peppers. Sauté until shrimp are almost cooked and bell peppers are soft, approximately 2 more minutes.
3.	Add kale and toss 1-2 times to begin to wilt the kale.
4.	Add Alfredo Sauce and toss a few more times to finish wilting the kale.
5.	Add pasta and toss to coat.

**Serving Suggestions:** Top with grated Parmesan cheese.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

