



Spaghetti alla Nicchia

Serves 4

1 pound whole wheat spaghetti
3 medium ripe tomatoes, chopped and seeded
½ cup celery leaves, chopped
1 pound medium shrimp, peeled and de-veined
2 Tbsp olive oil
3 ounces capers, with brine (one small jar)

Cook spaghetti to al dente. Drain well.

While spaghetti is cooking, warm large skillet over medium heat.

Add oil and sauté shrimp for 2 minutes. Add capers. Add drained spaghetti, tomatoes and celery leaves and toss together in the pan, cooking for about 2-3 minutes more.

Serve immediately.

Nutrition Facts

Serving Size: ¼ recipe

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|---------------|-------|
| Calories | 375 |
| Total Fat | 10g |
| Saturated Fat | 2g |
| Cholesterol | 170mg |
| Sodium | 807mg |
| Carbohydrates | 43g |
| Dietary Fiber | 8g |
| Protein | 32g |

Diabetic Exchanges

| | |
|---------------|---|
| Protein | 4 |
| Fat | 2 |
| Carbohydrates | 3 |