Shrimp and Broccoli Penne Pasta

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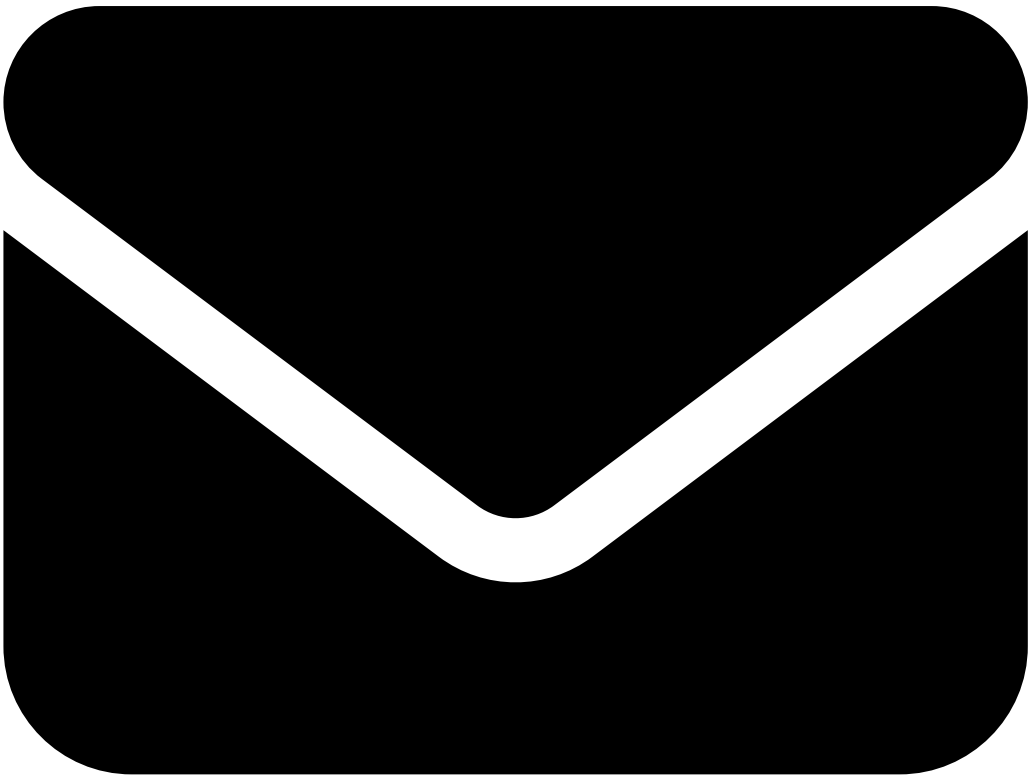




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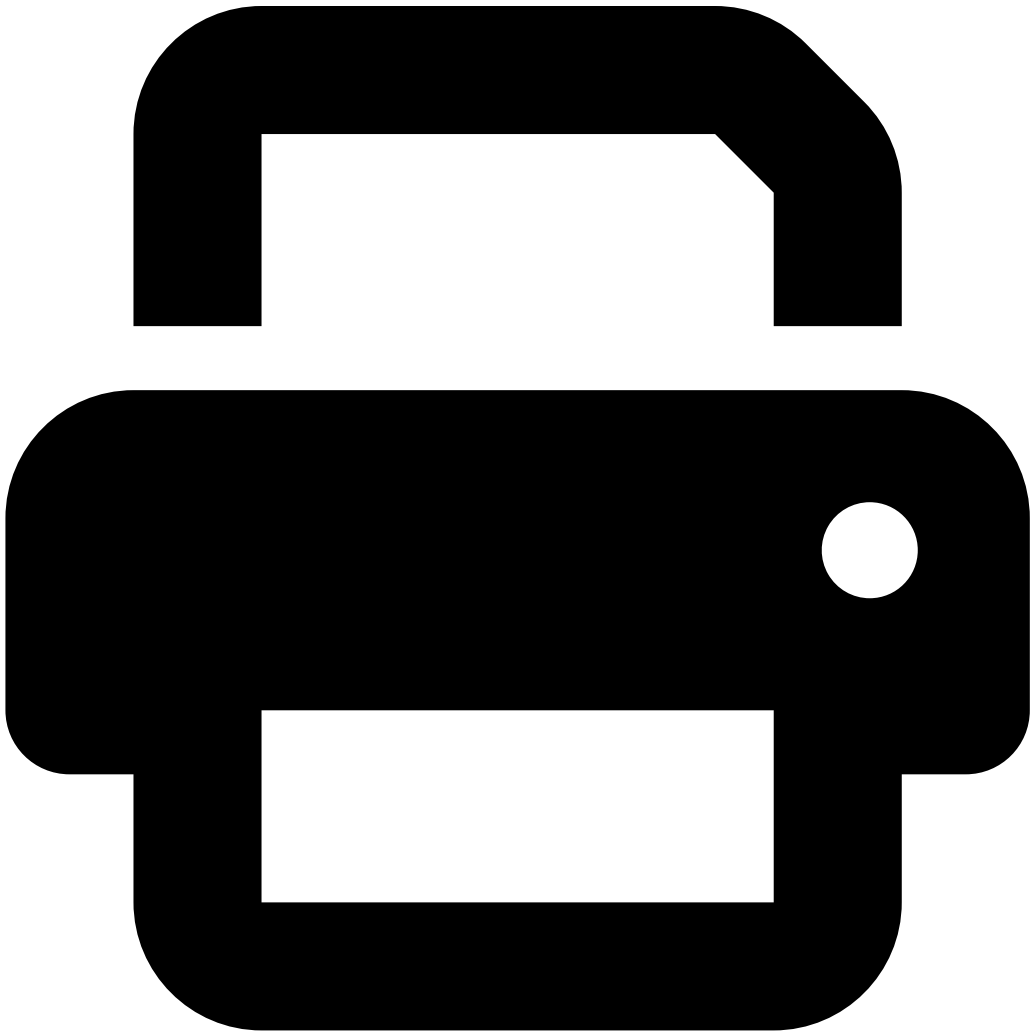

This Shrimp and Broccoli Penne pasta can be on your table in less then thirty minutes, and it’s perfect for last minute dinner or when unexpected company is coming.
I have made a lot of pasta dishes in my life, in the restaurants and in my home kitchen, this is definitely up there in my favorites list, it’s healthy and easy to make.

This recipe takes as long to cook as it takes to boil the pasta, The cheesy sauce is a restaurant quality Mac N Cheese. The key to making this not your average cheesy pasta is using three different kinds of cheese and adding broccoli, spinach and jumbo shrimp.

Things to know about this Shrimp and Broccoli Penne Pasta recipe

Like most of my recipes this Shrimp Broccoli Penne is

customizable to fit your lifestyle and taste. If you don’t like shrimp you can use chicken, if using chicken leave the chicken in the pan to simmer along with the sauce. I used whole milk for a creamer sauce, you don’t have to, low fat works. I don’t recommend using nonfat. You can also change up the broccoli and spinach or leave it out and add something else, like mushrooms.

My family likes penne rigata pasta so that’s what I used in this recipe. plus I like the way the cheesy sauce hangs on to lines in the pasta. (Penne rigata is penne shaped pasta with lines).

Use whatever short shape you like. It’s also a good idea to get in the habit of reserving a cup or two of pasta water. Pasta water is the magic ingredient to change the consistency of your pasta sauce, without adding more milk or cream.

If you make this recipe please leave me a comment and don’t forget to tag me on Instagram, I love hearing for you!!!!

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Tender shrimp, broccoli, and spinach are tossed with penne in a rich, cheesy cream sauce for a hearty Italian pasta that's creamy, comforting, and full of flavor.

- 1 lb Penne pasta
- 1 cup each shredded sharp cheddar, Parmesan, and

mozzarella
- ⅓ cup flour
- 2 cups milk
- ⅓ stick of butter
- 2 tbsp olive oil
- 1 lb large shrimp
- 2 cups chopped broccoli florets
- 2 cups chopped spinach
- 1 cup each shredded mozzarella, parmesan, and sharp cheddar
- ½ cup chopped onion
- 2 tbsp chopped garlic
- 1 tbsp each Italian parsley and thyme
- 1 tsp nutmeg
- salt and pepper to taste

1. Cook pasta according to package directions
2. In a saute pan heat the oil and butter
3. Salt and Saute the shrimp just until cooked through 3 to 5 minutes remove
4. Add chopped onions and garlic saute until tender and just beginning to brown
5. Whisk flour, milk, nutmeg salt and pepper together until smooth
6. Add to saute pan
7. Add cheese simmer for 10 minutes
8. Add broccoli and spinach
9. Simmer 10 more minutes or until sauce is thicken
10. Return shrimp to sauce heat through
11. Add drained pasta toss to blend