

Southern Shrimp Pasta Salad



Serving Size
10



Skill Level
Hard



Diet Type
Dialysis

Ingredients

- 4 cups ice
- 12 oz. uncooked orecchiette pasta (or angel hair pasta)
- 1.5 tbsp lower sodium Old Bay seasoning
- 1 lb. of raw shrimp, peeled & deveined
- 1/4 cup lemon juice
- 1 tbsp Dijon mustard
- 1 tbsp honey
- 1 cup olive oil
- 1 tsp minced garlic
- 1/2 tsp crushed red pepper
- Black pepper to taste
- 2 cups sugar snap peas
- 2 chopped shallots
- 1/2 cup chopped celery
- 1 cup chopped dill
- 1/2 cup chopped parsley

Directions

1. Fill a large bowl with water and ice and set to the side.
2. Boil 12 cups of water and add orecchiette pasta. Cook for 12 minutes.
3. Using a slotted spoon, first transfer the pasta from the boiling water to a paper towel-lined baking sheet. Let the pasta cool completely, but do not remove the remaining boiling water from the heat.
4. Add 1 tbsp of the Old Bay seasoning and the shrimp to the boiling water. Cook for 2 minutes on normal heat, then immediately transfer the shrimp to ice water for 5 minutes.
5. Whisk together Dijon mustard, olive oil, lemon juice, honey, crushed red pepper, minced garlic, black pepper, and the remaining Old Bay Seasoning in a medium bowl.
6. Combine pasta, shrimp, sugar snap peas, shallots, celery, dill, and parsley in a large pot.
7. Combine dressing from a medium bowl and toss in with ingredients from a large bowl and enjoy.

Nutrition Facts

Servings: 10

Amount per serving

Calories 406

Sodium	339 mg
Potassium	205 mg
Phosphorus	99 mg
Carbohydrates	33 g
Protein	17 g