



## Spaghetti with Summer Squash, Tomatoes, and Grilled Shrimp

READY IN



45 min.

SERVINGS



4

CALORIES



747 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup arugula leaves
- 4 servings pepper black freshly ground
- 1 pint cherry tomatoes
- 2 large cloves garlic chopped
- 1 garlic clove chopped
- 16 large head-on shrimp in the shell split
- 4 servings kosher salt
- 4 servings kosher salt and pepper black freshly ground

- 0.3 cup olive oil extra-virgin
- 0.5 cup olive oil extra-virgin
- 0.5 onion finely chopped
- 1 tablespoon oregano leaves fresh chopped
- 0.8 cup parmigiano-reggiano freshly grated plus more for serving
- 1 pound pasta like spaghetti
- 1 summer squash sliced into thin rounds
- 1 zucchini sliced into thin rounds

## Equipment

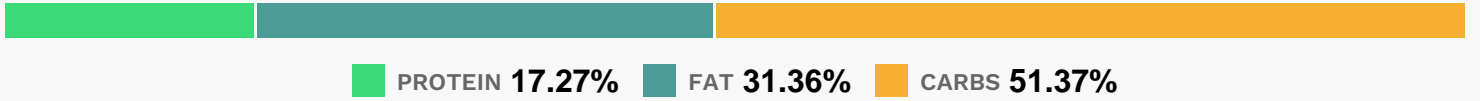
- bowl
- baking sheet
- paper towels
- oven
- pot
- grill

## Directions

- Bring a large pot of salted water to a boil over high heat for the spaghetti.
- Preheat the oven to 400 degrees F.
- Combine the squashes, tomatoes, onion, garlic, and oregano in a large bowl.
- Add the olive oil, sprinkle with salt and pepper, and give it all a good toss. Dump that out onto a baking sheet and roast for 10 to 12 minutes, until the squash is tender and caramelized. Scrape the vegetables into a large pasta bowl and cover with a plate to keep everything warm.
- The pasta water should be boiling by now.
- Add the spaghetti and stir to separate the strands. Cook for 8 to 9 minutes, until al dente.
- To finish, scoop out about 1/4 cup of the pasta cooking water, drain the pasta, and toss gently with the roasted vegetables and Grilled Shrimp.
- Add the pasta water if needed.

- Heat a large outdoor grill and wipe down with oiled paper towel to create a nonstick surface.
- Add chopped garlic to 1/2 cup oil. Season shrimp with salt and pepper and place on grill. Baste with garlic-olive oil and grill 3 minutes each side basting as you go.

## Nutrition Facts



### Properties

Glycemic Index:76, Glycemic Load:35.28, Inflammation Score:-9, Nutrition Score:28.62173909208%

### Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

### Nutrients (% of daily need)

Calories: 746.66kcal (37.33%), Fat: 26.15g (40.23%), Saturated Fat: 6.15g (38.46%), Carbohydrates: 96.39g (32.13%), Net Carbohydrates: 89.96g (32.71%), Sugar: 9.19g (10.21%), Cholesterol: 77.15mg (25.72%), Sodium: 569.49mg (24.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.4g (64.79%), Selenium: 77.14µg (110.21%), Manganese: 1.51mg (75.66%), Vitamin C: 46.57mg (56.45%), Phosphorus: 512.61mg (51.26%), Calcium: 336.01mg (33.6%), Copper: 0.66mg (32.82%), Vitamin K: 32.34µg (30.8%), Magnesium: 118.16mg (29.54%), Potassium: 956.06mg (27.32%), Vitamin E: 3.92mg (26.16%), Vitamin B6: 0.52mg (26%), Fiber: 6.43g (25.71%), Zinc: 3.22mg (21.5%), Vitamin A: 1062.38IU (21.25%), Iron: 3.72mg (20.67%), Folate: 73.6µg (18.4%), Vitamin B2: 0.29mg (17.02%), Vitamin B3: 3.17mg (15.87%), Vitamin B1: 0.21mg (14.2%), Vitamin B5: 0.97mg (9.69%), Vitamin B12: 0.22µg (3.75%)