

Tomato and Feta Baked Shrimp Pasta

READY IN



45 min.

SERVINGS



4

Directions

- ☐ Cook the orzo until al dente.
- ☐ Heat the oil in a pan.
- ☐ Add the onion and saute until soft, about 5 minutes.
- ☐ Add the garlic and red pepper flakes and saute until fragrant, about 30 seconds.
- ☐ Add the white wine, tomato and oregano and simmer until the sauce thickens, about 5 minutes.
- ☐ Remove from heat and stir in the herbs and green onions.
- ☐ Mix the sauce, orzo and shrimp, place in a baking dish topped and top with the feta.
- ☐ Bake in a preheated 425F oven until the shrimp is cooked and the sauce is bubbly, about 10-15 minutes.

Nutrition Facts

PROTEIN

0%

FAT

0%

CARBS

0%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)