

Cleo Coyle's Lighter Shrimp Scampi

Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.

This is our lighter take on the traditional version of Shrimp Scampi, and we use the term "traditional" loosely. Why? Because you will not find "shrimp scampi" in a cookbook of authentic Italian cuisine. This dish was born in America. When you order it in a restaurant, you'll usually be served a gratin of large shrimp that have been split, brushed with an obscene amount of garlic butter and then broiled. We shared this recipe a few years ago, and we're finding ourselves eating it so much this summer that we are happy to reshare it. The recipe itself is not from any particular menu, it's simply our improvised, lighter version. The meal is satisfying yet healthy. Garlic, olive oil, fresh parsley, and seafood: all good stuff. You can make it even healthier by using a spinach, whole wheat, or low glycemic index pasta or even zoodles. When we make it, we practically inhale bowls of it. We hope you enjoy it as much as we do...

Makes about 4 servings

Ingredients:

- 20-24 large shrimp (fresh or frozen)
- 16 ounces spaghetti or angel hair (*see note below**)
- 5 tablespoons olive oil
- 6-8 cloves garlic, roughly chopped
- 1 tablespoon butter
- 1/2 cup chopped fresh parsley
- 1/4 cup Italian seasoned breadcrumbs (*see note below**)
- 1/2 teaspoon oregano

***Note:** To lower calories and carbs even more, choose low-carb noodles or swap the pasta for zoodles. You can also leave out the seasoned breadcrumbs and replace with a generous sprinkling of an Italian dried spice mix.

(Optional finishers) Freshly ground pepper; a quick squeeze of fresh lemon wedge or a bit of lemon zest grated over the top; sea salt; or freshly grated Pecorino Romano or Parmigiano-Reggiano.



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Directions:

(1) First clean and peel your shrimp. If you are using frozen shrimp, defrost the shrimp first. Then make your pasta according to the package directions. We like angel hair but any pasta will work. To make this dish even more healthful, try spinach, whole wheat, or a specialty pasta with a low glycemic index. *While your pasta is cooking, begin step 2.*

(2) Warm olive oil in a large skillet over medium heat. Throw in the chopped garlic cloves and sauté for a minute or two. Toss in your shrimp. In 3 to 5 minutes, when the shrimp turn pink, stop the cooking. Do not overcook or your shrimp may turn tough and rubbery. Leave the oil in the pan but take out the shrimp and the garlic and set it aside in a covered dish (or use foil over a plate) to keep them warm. Remove the pan from the heat until you finish your pasta in the next step.

(3) When the pasta is finished cooking, drain it, and set it briefly aside. Place your pan back over the heat and add the butter to your warmed pan. When the butter melts, add your drained pasta, rolling around to coat well with the remaining garlic-flavored oil and the newly melted butter. Toss in the Italian seasoned breadcrumbs, parsley, and oregano (or replace the seasoned breadcrumbs with a generous sprinkling of an Italian dried spice mix). Now place your cooked shrimp back into the pan to warm them again.

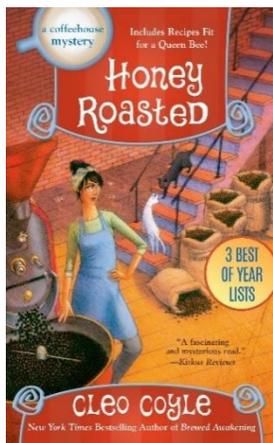
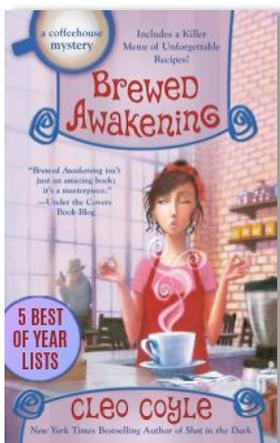
(4) There is no need to add the chunks of garlic back in because by now the garlic has imparted its flavor to the oil. However, if you really like garlic (as we do), then throw that chopped garlic back in there, baby! Toss all ingredients together and serve.

Finish: Although there is much debate about whether to serve seafood pasta dishes with cheese, Marc and I enjoy grating some nice, salty Pecorino Romano over the top. Freshly ground pepper is also nice on this dish and/or a squeeze of lemon. However you finish it, may you...

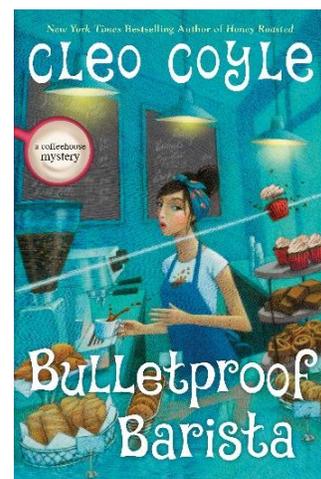


Photo by Cleo Coyle

Eat with joy! ~ Cleo



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