

# 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.

Makes about 4 servings

## Ingredients:

20-24 large shrimp (fresh or frozen)  
16 ounces spaghetti or angel hair (**\*see note**)  
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 (optional)  
1/2 teaspoon oregano



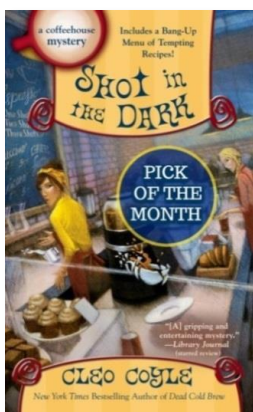
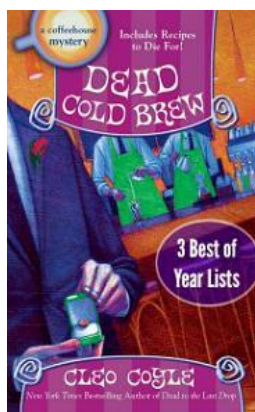
**\*Note: To lower calories & carbs even more, use low-carb noodles or swap pasta for zoodles. You can also swap seasoned breadcrumbs for a bit of Italian dried spice mix.**

**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 Parmesan.

**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. I like angel hair, but any pasta will work. To make this dish even healthier, try spinach, whole wheat, or a specialty pasta with a low glycemic index. Drain well and set aside.

(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 shrimp will be tough and rubbery. Leave the oil in the pan but take out the shrimp and the garlic and set aside.

(3) Add the butter to the pan. When the butter melts, add your drained pasta, rolling around to coat well with the oil and butter. Toss in the Italian seasoned breadcrumbs, parsley, and oregano, and put your shrimp back into the pan to warm again. Toss all ingredients together and serve. **Finish:** Although there is much debate about whether to serve seafood pasta dishes with cheese, I do 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.



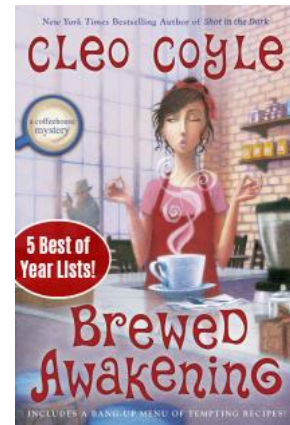
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To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at

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