

Low-Point Shrimp Orecchiette with Cream Herb Dressing

Ingredients:

- 8 ounces uncooked orecchiette pasta
- 1 cup frozen peas
- 1/2 pound medium shrimp, peeled, deveined and cut in half
- 1/3 cup fat-free mayonnaise
- 1/4 cup fat-free buttermilk
- 2 Tbs fresh minced chives
- 1 Tbs fresh chopped dill
- 1/2 tsp. kosher salt or sea salt
- 1/2 tsp. grated lemon rind
- 1 Tbs lemon juice
- 1/4 tsp. pepper
- 1/8 tsp. red pepper flakes
- 2 garlic cloves, minced

Cook pasta according to directions, omitting salt and fat. Add peas and shrimp during the last 3 minutes of cooking. Drain and rinse with cold water. Drain and pour into bowl. In another bowl, mix mayonnaise, buttermilk, chives, dill, salt, lemon rind, lemon juice, pepper, red pepper flakes, and garlic. Combine and pour over pasta. Serve warm or chilled. Enjoy!

Total Servings - 9, (1/2 cups)

Serving size - 1/2 cup

Total points per serving - 2.8

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Blessed are those who can give without remembering and take without forgetting." - Susan J. Decuir