

**Recipe for:** Spicy Shrimp & Zucchini Arabiata

**Ingredients:**

Frozen or fresh raw shrimp  
1 zucchini, halved and sliced  
1 yellow squash, halved and sliced  
1 (28 oz.) can of whole tomatoes  
1 Tbsp. garlic, minced  
1 tsp. basil, minced  
Crushed red pepper to taste (careful this gets really hot!)  
Brown rice pasta (penne)  
Olive oil

**Preparation:**

In a wok or skillet, sauté garlic, olive oil, basil, and crushed red pepper (this will become very spicy). When garlic is brown, add zucchini and yellow squash. Cook vegetables until tender. Crush and break apart tomatoes and add to vegetables. Sauté approximately 20-30 minutes.

In a separate pan, stir fry shrimp in olive oil. Meanwhile, cook pasta in a separate pot, as directed. Add stir-fried shrimp to tomato mix and simmer for 5-10 minutes. Serve shrimp and tomato mix over pasta.