

Mom's Savoury Shrimp and Pasta

This recipe was given to me years ago by my mother-in-law and it's a family favourite. I like the sauce so much that I will have it on a green salad instead of using pasta.

Ingredients:

- 1 tsp olive oil
- 2 cloves chopped garlic
- 1 green pepper – chopped
- 1 large can pureed tomatoes
- 1 tsp basil
- 1 tsp Italian seasoning
- 1 tsp sugar
- 1 pound cleaned shrimp
- 1 onion chopped finely
- 1 package whole wheat angle hair pasta (cook according to directions)

Directions:

Heat oil and sauté garlic, onion and green pepper until soft. Add the rest of the ingredients (except shrimp) and cook covered for 20 minutes at med-low heat. Uncover and cook for a remaining 10 minutes to thicken sauce.

At the same time as sauce is cooking, thread the shrimp on to skewers, season with lemon juice/lime juice/lemon pepper and broil for a few minutes, or until pink. Drain the pasta, add sauce and serve shrimp on the side or on top.