



Pasta with Shrimp and Roasted Tomato Sauce

Serves four

12 oz. thin spaghetti or pasta of choice
8 oz. of cherry or grape tomatoes or about 6 small Roma – split in two (quarter the Roma)
1 head garlic cloves – top cut off
2TBS olive oil
1 TBS dried thyme
½ tsp. fennel seeds
½ tsp. sugar
1 TBS Balsamic vinegar
1 – 14 oz. can of peeled tomatoes with the sauce
1 small onion – peeled
4 small or 2 large garlic cloves
1 tsp. oregano
½ pound shelled and deveined shrimp
¼ cup cream
2 TBS chopped fresh basil
Salt & Pepper

Cook the pasta per package instructions, drain and shock with cold water. Set aside.

Heat oven to 400 degrees F (200 C) and line a roasting pan with aluminum foil if you would like.

Place the tomatoes, skin side down, inside the roasting pan. Place the garlic bulb in a corner of the pan. Generously salt the tomatoes and garlic. Do the same with black pepper. Drizzle 1 TBS of olive oil on all the tomatoes and the garlic bulb. Sprinkle the thyme, fennel seeds and sugar on all the tomatoes and place the pan in the oven for 30 minutes.

Remove the pan from the oven and drizzle the balsamic vinegar on all the tomatoes. Return pan to oven and finish roasting for about 15 more minutes. Remove from oven and separate the garlic bulb from the pan. Place the garlic bulb on a plate and squeeze out the roasted cloves. Make a paste of them with the back of a spoon.

Place the canned tomatoes, onion, garlic, oregano and remaining olive oil in the blender. Add water about half way into the can and swirl the sides to release all the sauce. Add to the blender and blend until uniform.

Heat a skillet and add the blended tomatoes. Add the roasted tomatoes, mix well, and simmer for 10 minutes. Add the mashed roasted garlic and mix well. Add the shrimp and mix. Cook for 2 to 3 minutes and add the cream. Heat through and turn off the heat. Taste and see if you need to readjust the salt and pepper. Add the fresh basil.

Serve on the cooked pasta with extra chopped basil and shredded Parmesan cheese and enjoy.

CALORIES 542.90; FAT 16.39 grs (sat 4.53; mono 7.41; poly 2.67); PROTEIN 25.55 grs ; FIBER 9.07 grs; CARBS 75.43 grs; CHOLESTEROL 91.98 mg; IRON 7.11 mg; SODIUM 1755.66 mg; CALCIUM 159.36 mg