

**Name: Colton Mullins**  
**County: Jasper**

**Age: Senior**  
**Food Category: Main Dish**

### Shrimp and Pasta Primavera

1 1/2 teaspoons dill weed  
1 tablespoon minced garlic  
1 teaspoon minced onions  
1/2 teaspoon course ground black pepper  
1/4 teaspoon thyme leaves

8 ounces linguine  
1 pound large shrimp, peeled and deveined  
4 1/2 cups assorted cut up vegetables, such as broccoli florets, sliced carrots, red bell pepper, peas. You can also use a bag of frozen mixed vegetables.  
1 cup heavy cream  
3/4 cup chicken broth  
1/2 cup grated parmesan cheese  
2 tablespoon butter  
1/2 teaspoon salt

Cook pasta in large saucepan as directed on package, adding shrimp and vegetables during the last 3-4 minutes of cooking. Drain well.

Mix remaining ingredients in same saucepan. Bring to a boil, stirring constantly with whisk. Reduce heat to low; simmer 5 minutes. Add pasta, shrimp and vegetables; toss gently to coat well. Serve immediately with additional parmesan cheese, if desired.

Makes 6 servings

About 451 calories per serving