



Creole Shrimp Pasta

Inspired by Taste of Home recipe by Melissa Cox Bossier City Louisiana

- 1 package penne pasta
- 1 large onion diced
- 3 Tablespoons of olive oil
- 1 1/2 Tablespoons minced garlic
- 1 pound peeled and deveined shrimp
- 2 Tablespoons Old Bay Seasoning
- 1/4 Cup Richs Non Dairy Whipped Topping
- 2 Tablespoons lemon juice
- 2 Tablespoons Worcestershire sauce
- 1 Tablespoon Cajun Seasoning
- 1/4 teaspoon pepper
- Optional for a very hot version
- 1 Tablespoon Louisiana Style hot sauce



This was made with Schar Gluten Free Penne

Cook pasta. While pasta is cooking sauté onion in 2 Tablespoons of oil until tender. Add garlic and shrimp to pan sprinkle with seafood seasoning. Combine cream, lemon juice, Worcestershire sauce, Cajun seasoning, hot sauce and pepper in a measuring cup. Add to shrimp and stir. Take 3/4 cup of cooking liquid from the pasta and stir into the shrimp pan. Drain pasta and toss with a Tablespoon of olive oil. When shrimp is pink, 6 to 8 minutes, stir in pasta and serve.

<http://www.lincolntent.com/GFCF-Meatless.html>