

Mediterranean Shrimp Scampi with Whole Wheat Pasta

A blood sugar-friendly twist on classic scampi using whole wheat pasta, heart-healthy olive oil, and protein-rich shrimp for steady energy without the spike.

Prep: 15 min

Cook: 20 min

Total: 35 min

Servings: 6

GL 12.5 / GI 36

Ingredients

Low GI alternative to white pasta whole wheat spaghetti

Heart-healthy monounsaturated fat extra virgin olive oil, divided

High protein, zero carbs large shrimp, peeled and deveined

Anti-inflammatory properties fresh garlic, minced

Lower GI than onions shallots, finely chopped

Vitamin C, no added sugar fresh lemon juice

Nutrient-dense herb fresh Italian parsley, chopped

sea salt

To taste freshly ground black pepper

Adds depth, alcohol cooks off dry sherry or brandy, optional

Minimal amount for richness unsalted butter

Instructions

Step 1

Bring a large pot of salted water to a rolling boil over high heat. Add the whole wheat spaghetti and cook according to package directions until al dente, typically 9-11 minutes. Reserve 1/2 cup pasta cooking water before draining. Drain pasta thoroughly in a colander and set aside.

Step 2

While the pasta cooks, pat the shrimp completely dry with paper towels to ensure proper browning. Season lightly with a pinch of salt and pepper on both sides.

Step 3

Heat 1 tablespoon of olive oil in a large skillet or sauté pan over medium-high heat until shimmering. Add the shrimp in a single layer, working in batches if necessary to avoid crowding. Cook undisturbed for 2-3 minutes until the bottoms turn pink and golden, then flip and cook another 2 minutes until just cooked through. Transfer shrimp to a clean bowl and tent with foil to keep warm.

Step 4

Reduce heat to medium and add the remaining 2 tablespoons of olive oil to the same skillet. Add the minced garlic and chopped shallots, stirring constantly for 30-45 seconds until fragrant but not browned. If using, carefully add the sherry or brandy and let it bubble for 30 seconds to cook off the alcohol.

Step 5

Add the fresh lemon juice, chopped parsley, salt, and pepper to the skillet. Stir to combine and let the sauce simmer gently for 1 minute. Remove the pan from heat and stir in the butter until melted and incorporated into the sauce.

Step 6

Return the cooked shrimp to the skillet along with any accumulated juices. Toss gently to coat the shrimp evenly with the aromatic sauce. If the sauce seems too thick, add a splash of the reserved pasta water to loosen it.

Step 7

Add the drained whole wheat pasta directly to the skillet with the shrimp and sauce. Toss everything together using tongs until the pasta is well coated and heated through, about 1-2 minutes. Taste and adjust seasoning with additional salt, pepper, or lemon juice if needed. Divide among warmed shallow bowls and serve immediately, garnished with extra parsley if desired.