

One Pot Shrimp & Tomato Pasta (Ovulatory)

1 lb shrimp, skin and tails removed

½ small onion, diced

3-4 cloves garlic, finely chopped

1 can 13.5 oz diced tomatoes

½ lb whole wheat spaghetti noodles

3 cups chicken broth

½ cup peas, optional

Heat EVOO in a medium sized pan, add onion and cook 4-5 minutes. Add garlic (optional red pepper flakes) and cook for additional 1 minute or until fragrant. Add diced tomatoes and chicken broth, cover and bring to boil. Add in spaghetti noodles, pushing to cover so edges don't burn. Lower temperature to simmer, and cover. Stir every 3-5 minutes. When noodles are softened and nearly cooked through (about 10 minutes) add the shrimp and peas if using. Cover and cook additional 5 minutes, until shrimp is cooked through, stirring as needed.

Best for the Ovulatory phase.

