Linguine With Zucchini, Corn and Shrimp
Serves 2-3

- 160 g linguine or other long pasta (uncooked)
- 250 g medium shrimp (about 10–12 shrimp), peeled, deveined, tails removed
- 1 T unsalted butter
- 2 T olive oil
- 2 cloves garlic, minced
- ½ medium onion (about 50g), minced
- Pinch of red-pepper flakes (adjust to taste)
- 1 small zucchini (about 180g), sliced into 6–7mm rounds, then quartered
- 150 g corn kernels (from about 1 large ear of corn)
- 2 T chopped fresh basil
- 2 T chopped fresh mint
- Salt and freshly ground black pepper, to taste
- 6–8 cherry tomatoes, halved (optional but recommended)
- Juice of ½ lemon (optional but recommended)

Instructions

1. **Cook the pasta:**
   Bring a large pot of water to a boil (no salt). Add linguine and cook until al dente (about 9–10 minutes). Reserve 120ml of the cooking water, then drain the pasta and set aside.
2. **Cook the shrimp:**
   Pat shrimp dry and season lightly with salt. In a large pan, heat **1 T olive oil** and **½ T butter** over **medium-high heat**. Add shrimp in a single layer and sauté for about **2 minutes per side**, until just opaque. Remove from pan and set aside.
3. **Sauté aromatics and veg:**
   In the same pan, add **1 T olive oil** and the remaining **½ T butter**. Sauté the **garlic**, **onion**, r**ed-pepper flakes**, and a pinch each of **salt** and **black pepper**. Cook until fragrant and the onion is translucent (**about 3 minutes**).
4. **Add vegetables:**
   Add **zucchini** and cook for **4–5 minutes**, stirring occasionally. Add **corn**, **cherry tomatoes** (if using), and a pinch of **salt**. Stir to combine and cook for **2 more minutes** until just tender but still crisp.
5. **Combine pasta and shrimp:**
   Add cooked pasta and shrimp to the pan along with **60ml of the reserved pasta water** and stir to combine. Add **lemon juice** (if using) and cook for **1–2 minutes** until everything is well coated and hot.
6. **Finish and serve:**
   Remove from heat. Stir in **fresh basil** and **mint**. Adjust seasoning with more salt or lemon as needed. Serve immediately.

✅ Health Tips & Optional Adjustments

- **Butter** was reduced from the original amount to **improve fat balance** without losing flavor.
- **Olive oil** provides healthy fats and enhances absorption of fat-soluble nutrients.
- **Lemon juice** and **cherry tomatoes** add brightness and vitamin C, and help balance richness.
- **No cheese** in this version — optional to add **1 T grated Parmesan** per serving if desired.

📊 Nutritional Breakdown *(per serving, assuming 3 servings total)*

Calories: 463 kcal │ Protein: 25.2 g │ Fat: 17.8 g │ Saturated Fat: 4.0 g │
Carbohydrates: 49.5 g │ Sugars: 6.9 g │ Fiber: 4.8 g │ Sodium: 320 mg

Lighter Linguine with Zucchini, Corn, and Shrimp

Serves: 2
Target: Under 550 kcal per serving

Modifications to Reduce Calories

Original Ingredient	Modified Version	Calories Saved
160 g pasta	➤ 120g whole wheat linguine (60g/person)	100 kcal
2 T olive oil + 1 T butter	➤ 1 T olive oil + 1 tsp butter total	170 kcal
Shrimp (250g)	Keep as-is	–
Add lemon juice + herbs	Boosts flavor without calories	–

Optionally:

- Reduce corn from 150g ➤ 100g (saves ~40 kcal)
- Use **olive oil spray** for cooking instead of poured oil (big calorie control)

Cooking Notes for the Lighter Version

- Use **1 T olive oil** at the beginning to cook the shrimp.
- Wipe the pan lightly and cook garlic, onion, and veggies with **just a splash of water or 1 tsp oil**.
- Add **1 tsp butter** only at the end when tossing everything together, for flavor and gloss.
- Cut pasta slightly and bulk up with more zucchini or a handful of cherry tomatoes.
- Finish with lemon juice, fresh basil, mint, and cracked black pepper.

📊 Nutritional Breakdown – Per Serving (2 servings total, light version)

Calories: 525 kcal ｜ Protein: 35.4 g ｜ Fat: 16.3 g ｜ Saturated Fat: 3.0 g ｜
Carbohydrates: 52.5 g ｜ Sugars: 7.9 g ｜ Fiber: 7.5 g ｜ Sodium: 440 mg

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✅ Summary

- Flavor stays bright thanks to lemon juice, herbs, garlic, and pepper.
- Texture is satisfying from shrimp and just enough oil.
- Calories reduced by ~170 kcal per serving while keeping volume high and taste intact.