

Chilled Shrimp Fettuccine

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This dish is wonderful! It's a no-cook version of warm, creamy Alfredo, made with just a simple blending of mayonnaise and fresh herbs. Make this for a picnic or light lunch. Makes 4 servings.

Ingredients:

8 ounces uncooked fettuccine
8 ounces frozen peeled and deveined cooked medium shrimp, thawed and drained
1 tablespoon lemon juice
3/4 cup fat-free mayonnaise or salad dressing
1/4 cup chopped fresh parsley
1/4 cup finely chopped red onion (about 1 small onion)
1/4 cup fat-free Italian dressing
1 teaspoon Creole or Cajun seasoning
1/2 teaspoon black pepper

Directions:

1. Cook the fettuccine as directed on packaging; drain and set aside.
2. Toss the cooked shrimp and lemon juice in a large bowl. In a separate small mixing bowl, mix all of the remaining ingredients.
3. Add the mayonnaise mixture and cooked fettuccine to the shrimp; toss to coat.
4. Cover and refrigerate for 1 to 2 hours to blend flavors; serve chilled.