

INGREDIENTS

6 oz. linguine	1/2 cup minced garlic	2 cups sliced onions	1 cup chopped green onion
2 sliced red peppers	1 large can crushed tomatoes	3 cups mushrooms	2 tbsp. cajun seasoning
1 tbsp. oregano	1 tsp. cayenne pepper	1 cup white wine	2 lbs shrimp
3 basil leaves	Parmesan cheese to taste		

SUGGESTED COOKWARE

large wok

DIRECTIONS

- 1 Prepare linguine according to package.
- 2 Drizzle olive oil into a large wok, with heat on medium high, add yellow onion and garlic, red onion, and peppers, cook for about 2 minutes, until onions are somewhat translucent.
- 3 Add tomatoes, wine and shrimp. Cook until shrimp turn almost pink. Add spices to taste.
- 4 Mix in strained linguine.
- 5 Serve into a large bowl and sprinkle fresh parmesan cheese over the top. Enjoy!