Shrimp Alfredo Pasta

1 pound medium shrimp, peeled and deveined

2 tablespoons olive oil, divided

Kosher salt and freshly ground black pepper, to taste

8 ounces whole wheat penne pasta

1 (14.5-ounce) can petite diced tomatoes, drained

1/2 cup reduced fat mozzarella cheese

2 tablespoons grated Parmesan

For the Alfredo sauce

2 tablespoons unsalted butter

4 cloves garlic, minced

1 tablespoon all-purpose flour

1 (5-ounce) can 2% evaporated milk

1 ounce light cream cheese

1/4 cup chicken broth, or more, to taste

Kosher salt and freshly ground black pepper, to taste

To make the Alfredo sauce, melt butter in a large skillet over medium high heat.

Add garlic and cook, stirring frequently, until fragrant, about 1-2 minutes.

Whisk in flour until lightly browned, about 1 minute.

Gradually whisk in milk, and cook, whisking constantly, until slightly thickened, about 1-2 minutes.

Stir in cream cheese and chicken broth until smooth, about 1 minute; season with salt and pepper, to taste.

Add more chicken broth as needed until desired consistency is reached.

Heat oil in skillet.  Add shrimp and cook until pink and cooked through.

In a large pot of boiling salted water, cook pasta according to package instructions; drain well.

Reduce oven temperature to 350 degrees F. Lightly coat a baking dish with nonstick spray. In pot, combine shrimp, pasta, tomatoes, mozzarella cheese and alfredo sauce.

Add pasta mixture to prepared baking dish and top with Parmesan.

Place into oven and bake until golden brown and cheese has melted, about 10 minutes.