

THINKING OUTSIDE THE BOX

CAJUN SHRIMP WITH FETTUCCINE



When you are a beginner cook or just plain too busy, fresh produce might prove a challenge. Estimating the amount needed for a recipe or even for your meals throughout the week can be hit or miss. Instead of throwing out produce that has aged past its prime, consider having a fish dishes in your back pocket that are easily adaptable to any kind of produce.

Frittatas, stir fries, soups, and pastas are all dishes that can easily incorporate vegetables and fruits make tasty salad toppings. These meals can be easy vehicles for including nutrient-dense foods like vegetables and contain items from every food group. Another benefit to having multiple dishes that can easily include a variety of fruits and vegetables is that it helps you increase the number of servings you consume with little effort. The average American eats only two to four servings of fruits and vegetables each day when the recommendation is to aim for eight. Consuming a variety of fruits and vegetables is a key strategy in building a healthy eating pattern.

A diet with plenty of fruits and vegetables is important for optimal health and reducing the risk of heart disease, high blood pressure, Type 2 diabetes, and certain types of cancer. They also have compounds in them that keep bones strong to help you physically perform optimally. Some fruits and vegetables have compounds in them that help hydrate your skin and produce collagen, which can help reduce the appearance of wrinkles.

This meal uses zucchini and an onion as fresh produce. If you have any other produce sitting around that you do not have a plan for, consider adding them. Later this week, challenge yourself with some vegetables you don't often or have never cooked with, and add them to one of the recipes mentioned above. It will help you reduce food waste in the future.

MACROS / SERVING SIZE:

Protein 43 g | Fat 20 g | Carbs 75 g

% CALORIES OF MACROS / SERVING SIZE:

Calories 625 | Protein 26 % | Fat 27 % | Carbs 46 %

NUTRIENT / SERVING SIZE:

Fiber 10 g | Sodium 342 mg | Sat. Fat 6 g

INGREDIENTS (Serves 4)

- 1 small onion (diced)
- 2 garlic cloves (minced)
- 1 medium zucchini
- 12 oz. whole wheat fettuccine pasta
- Shelled shrimp
- 1 tbsp. Cajun seasoning
- 3 tbsp. olive oil
- 15 oz. can of diced tomatoes
- 3/4 cup evaporated milk
- 3 oz. grated Parmesan
- Fresh basil (optional)

DIETITIAN TIP

Vary the color of your fruits and vegetables to assist with consuming the many nutrients your body needs. Assess your current intake, of fruits and vegetables and assess how many different colors you regularly consume in a week. Aim to have all the colors of the rainbow represented.

DIRECTIONS:

1. Dice a small onion, mince 2 garlic cloves and slice 1 medium zucchini. Set aside.
2. Begin cooking 12 oz. of whole wheat fettuccine pasta according to package directions. Drain and set aside.
3. While the pasta is cooking, add 12 oz. of uncooked, shelled shrimp to a bowl along with 1 tbsp. of Cajun seasoning. Toss gently to evenly coat the shrimp.
4. In a large skillet, heat 1 tbsp. of olive oil over medium-high heat. Add the shrimp and cook on both sides until pink. Remove the shrimp from the skillet and set aside.
5. Heat 2 tbsp. of olive oil in the skillet over medium heat. Add the onion, garlic and zucchini. Cook for about 5 minutes, stirring occasionally.
6. Using a blender, pulse 1- 15 oz. can of tomatoes until smooth and then add them to the skillet. Bring to a boil and then turn down the heat to simmer for about 15 minutes.
7. Pour 3/4 cup of evaporated milk into skillet and stir gently. Add 3 oz. of freshly grated Parmesan cheese and cook for about 5 more minutes.
8. Add the cooked pasta and shrimp to the skillet and toss until everything is mixed together.
9. Serve by placing 1/4 of the shrimp pasta on a plate and top with fresh basil (optional).



A list of recipes on [commissaries.com/healthy living](https://www.commissaries.com/healthy-living) also has nutrition education.