

# 12 Great Ways to Use...

## Shrimp

*Fish and seafood are an important part of the Mediterranean Diet. Research shows there are many health benefits—particularly cardiovascular—from eating them at least twice a week. Shrimp, the most popular seafood in the U.S., is prized for its mild flavor, quick cooking time, and versatility. It's also low in calories and fat. Visit your local fish market to find the most sustainable options, which include wild-caught and U.S.-farmed shrimp.*

- 1.** Dinner in 10 minutes! Thaw frozen shrimp in cold water and pat dry with a paper towel. Cook whole wheat angel hair pasta according to the package directions. While the pasta is cooking, sauté the shrimp in extra virgin olive oil in a large sauté pan. Drain the pasta, add to the shrimp, and sauté for 1 minute, adding cracked black pepper and a squeeze of lemon.
- 2.** Buy extra large fresh shrimp, clean and devein, and then place in a beautiful bowl along with your favorite accompaniment—cocktail sauce and/or lemon.
- 3.** No need to get take-out for fabulous spring rolls. Take rice paper wrap (found at grocery stores and Asian markets), dip quickly into water and arrange flat on a work surface. Place one piece of bibb lettuce, sprigs of basil and mint, and pieces of cooked shrimp in the middle of the wrap. Roll and enjoy with your favorite dipping sauce.
- 4.** Add cooked shrimp to a bed of your favorite greens and top with chopped avocado, corn, and black beans. Finish with a drizzle of olive oil and cracked pepper.
- 5.** Make shrimp soup, starting with a base of seafood or chicken stock, tomatoes, a variety of herbs, and fresh or frozen shrimp. Simmer just until the shrimp are heated through.
- 6.** Instead of a burger, put some shrimp and sliced vegetables on your grill. Serve in a whole grain bun or with a whole grain side such as quinoa or farro.
- 7.** Go Turkish with shrimp shish-ka-bobs. Alternate shrimp and veggies (your choice) on a skewer and grill or broil. Serve with Middle Eastern specialties such as pita bread, hummus, and tabbouleh.
- 8.** Travel south of the border with shrimp tacos. Take chilled or grilled shrimp, place in a hard or soft taco with shredded lettuce, tomatoes, salsa, sliced avocado, cilantro, and grated cheese.
- 9.** Combine baby shrimp, equal parts Greek yogurt and mayonnaise, dill, pepper and salt, to taste, in a food processor and pulse just until mixed. Serve on whole grain crackers, pita bread or toasts, or as a filling for a sandwich.
- 10.** Take your inspiration from the Far East, and use a wok or skillet to quickly stir fry shrimp in sesame oil with snap peas, ginger, scallions, bell peppers (or other veggies and herbs of your choice). Serve over brown rice or noodles.
- 11.** Marinate shrimp in lemon, garlic, and parsley for a few hours. Grill or broil and top with red pepper flakes and cracked pepper. Serve with your favorite whole grain side.
- 12.** Arrange small- to medium-sized shrimp on half of a whole wheat flour tortilla. Top with grated cheese, and sliced peppers and fold in half to make a quesadilla. Heat in a skillet, flipping so both sides are heated. Serve with guacamole and a salad.



Learn more about healthy food choices at [www.oldwayspt.org](http://www.oldwayspt.org).