



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Marinara Sauce with Shrimp

Serves 4

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, diced
- 4 cloves of garlic, chopped
- 1 28 oz can whole tomatoes
- 1 teaspoon salt
- 2 teaspoons dried thyme
- 1 tablespoon dried oregano
- 8 ounces fusilli pasta (corkscrew shaped) – or any you prefer
- 40 medium frozen shrimp – tail-on, raw
- 30 leaves fresh basil (about ½ cup) or 1 tablespoon dried

Directions

1. In a sauce pan, heat the olive oil on high until shimmering. Add chopped onions and stir to coat with the oil. Cook, stirring frequently until onions become translucent and give up their juice.
2. Add garlic and continue to cook, stirring constantly until you can smell the garlic.
3. Add the tomatoes (and all the juice from the can), salt, thyme, (basil if using dried) and oregano to the pot and stir everything together. Reduce heat to medium low and simmer until the sauce thickens and the tomatoes fall apart – about 20 minutes. Stir occasionally to ensure the bottom is not burning, and crushing the tomatoes with the back of a wooden spoon. Remove from heat.
4. Cook the pasta according to the package directions.
5. Defrost the shrimp by placing in a colander and running under cold water – about 4 minutes. In a non-stick frying pan, fry the shrimp until they just turn pink, turning them over as necessary. Add to the sauce.
6. Stack the basil leaves; roll the long way, and chop, making thin ribbons of basil. Just before serving the sauce, stir the basil ribbons into it.
7. Drain pasta and place on plates. Spoon the sauce over the pasta.

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