



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

#### **DINNER:** Shrimp with pasta and vegetables

Serves 4

#### **Ingredients**

- 6 tablespoons of olive oil
- 3 cloves of garlic, chopped or squeezed through a garlic press
- 1 bag, frozen shrimp, uncooked, without shells (1 lb)
- 2 cups carrots, chopped into small pieces (the same size as peas and corn)
- 2 cups frozen peas
- 2 cups frozen corn (or fresh kernels cut off the cobb)
- ½ lb pasta

#### **Directions**

1. Put shrimp into a colander, and run cold water over them until defrosted
2. Put pasta water on to boil. Add pasta and cook according to package directions.
3. When there are 5 minutes left for the pasta, heat olive oil on medium-high in a sauté or frying pan until shimmering. Add garlic and cook just until you can smell it (about 45 seconds), stirring constantly so it doesn't burn.
4. Add shrimp and carrots and cook shrimp on one side until the tail turns pink – about 2 minutes. Turn shrimp over and add peas and corn. Cook until shrimp are fully pink and vegetables are softened – about 2 more minutes.
5. Put cooked pasta in a bowl and top with sauce, stirring to coat it evenly with the olive oil. Serve immediately.

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