



Shrimp Fra Diavolo

A great quick dinner option.

<u>U.S.</u>		<u>Metric</u>
8 oz	Pasta, Spaghetti or Angel Hair, whole wheat	226 g
1 Tbsp	Olive Oil	15 mL
1 lb	Shrimp, raw, medium to large, peeled, deveined	455 g
1 small	Onion, small dice	1 small
3 cloves	Garlic, minced	3 cloves
1/2 cup	Dry White Wine	118 mL
1 (28 oz) can	Crushed Tomatoes, canned, low sodium	791 g
1 cup	Chicken Stock or Vegetable Stock, no salt added	237 mL
1 tsp	Fresh Oregano, chopped (or 1/2 tsp dried)	1 g or 0.5 g dried
1/2 tsp	Red Pepper Flakes	1 g
1/4 tsp	Kosher Salt	.75 g
To taste	Black Pepper, ground	To taste
3 Tbsp	Parsley, fresh, chopped	12 g
3 Tbsp	Basil, fresh, chiffonade	12 g
2 oz	Parmesan Cheese, grated	12 g

Preparation:

1. Gather all the ingredients and equipment.
2. In a large pot, fill with 3 quarts of water and bring to a boil. When boiling, add pasta and cook until al dente (10-12 minutes). Strain and set aside.
3. Heat a large pan over medium heat. Add oil to the pan and slightly rotate pan from side to side until bottom is evenly coated with oil. Add shrimp and cook for about 2 minutes, flip, and cook for an additional 1 minute, until shrimp are opaque and white throughout. Remove from pan and set aside.
4. Turn heat to medium and add the onions to the pan. Cook onions until translucent and beginning to turn brown, about 3 minutes. Add the garlic and continue to cook for 30 seconds - 1 minute.
5. To deglaze, add white wine and scrape bottom of pan with wooden spoon to release fond (the brown bits stuck to the pan, this is full of flavor).
6. Add the tomatoes, stock, oregano (if you are using dried), pepper flakes, salt and black pepper. Simmer over low-medium heat for about 30 minutes. Remove from heat.
7. Add the shrimp, fresh oregano, parsley, and basil to the sauce. Stir thoroughly.
8. To serve, place 3/4 cup of whole wheat pasta on a medium plate. Scoop 1/2 cup of sauce over the pasta with 5-6 shrimp and sprinkle with grated Parmesan.

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **1/4 of recipe (about 1 cup pasta and 4 oz shrimp)**

Amount per serving

Calories **450**

Total Fat 10 g

 Saturated Fat 2.5 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 10 mg

Sodium 460 mg

Total Carbohydrate 54 g

 Dietary Fiber 9 g

 Total Sugars 8 g

 Includes 0 g Added Sugars

Protein 33 g

Vitamin D 0 %

Calcium 8 %

Iron 20 %

Potassium 435 mg

Phosphorus 53 mg
