

SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



FEATURED RECIPES
CAN BE PAIRED WITH
SIDE DISHES NOTED ON
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Sheet Pan: Shrimp Fajitas

Directions:

1. Preheat oven to 400°F. Line baking sheet with aluminum foil.
2. Toss shrimp, bell peppers, onion, olive oil, chili powder, cumin, and garlic powder. Spread over baking sheet and cook in oven for 10 minutes.
3. Remove from oven and transfer shrimp to separate plate. Cover plate with sheet of foil to keep warm.
4. Return vegetables to the oven and turn broiler on high. Broil for 3-4 minutes until vegetables are turning golden and somewhat charred.
5. Remove vegetables from oven and add shrimp back to sheet pan. Stir shrimp and vegetables together.
6. Top mixture with cilantro and fresh lime juice.
7. Serve over tortillas or over rice.

Ingredients:

- 1 ¼ lbs. large shrimp**
- 1 red bell pepper, ¼" sliced**
- 1 orange bell pepper, ¼" sliced**
- 1 cup red onion, ¼" sliced**
- 3 Tbsp. olive oil**
- 1 Tbsp. chili powder**
- 1 tsp. cumin**
- 1 tsp. garlic powder**
- 1 Tbsp. fresh cilantro,
finely chopped**
- 1 Tbsp. fresh lime juice**

Eat what's in season... *Bell Peppers*

Bell peppers are incorporated into both shrimp recipes shown but can be served in multiple ways. This versatile vegetable can be sliced and eaten raw for a crunchy snack, chopped and used to top pizzas or mix into quesadillas, diced to add flavor to soups, salads, pastas, salsas, and casseroles.

Preparation hint: cut bell peppers in half to remove seeds and membranes from inside the pepper before slicing or chopping into smaller pieces. Seeds and membranes should be discarded.

Selection and Storage:

Choose bell peppers that are firm and brightly colored with green stems. Their skin should be tight with no shriveling. Peppers that feel heavy for their size and have no pitting are best.

Whole bell peppers should be refrigerated and stored in a sealed plastic bag for 5 - 7 days. Cut peppers should be wrapped in plastic, stored in the refrigerator, and used within 3 days.

Shrimp Stir Fry



Ingredients:

4 tsp. vegetable oil
4 cups mixed vegetables
(recommend sliced bell peppers, broccoli, pea pods)
¾ lb. raw, peeled shrimp
1 tsp. garlic powder
Optional: sprinkle with fresh, grated ginger

Sauce:

½ cup chicken broth
1 Tbsp. soy sauce
1 tsp. sesame oil
1 Tbsp. cornstarch

Directions:

1. Whisk together sauce ingredients and set aside.
2. Heat 2 tsp. oil over medium heat. Add shrimp and cook until shrimp is pink, about 3 minutes. Remove shrimp from pan and set aside.
3. Heat remaining 2 tsp. of oil in same pan used for shrimp. Add your choice of vegetables and cook until tender. Edges should begin to char or crisp.
4. Add garlic powder and cook 2-3 minutes.
5. Add shrimp and prepared sauce to vegetables. Cook over medium heat for 1-2 minutes until sauce has thickened.
6. Serve over your favorite rice or noodles!

Side Dish Spotlight

Below are a few side dish ideas to pair with our featured shrimp recipes or to try on their own!

Black Beans & Rice

Ingredients:

1 Tbsp. olive oil

2 medium bell peppers, chopped
(colors of your choice)

1 large yellow onion, chopped

2 garlic cloves, minced

2 cans (15 oz.) black beans, rinsed and
drained

1 pkg. ready to serve brown rice

1 tsp. ground cumin

1 tsp. oregano

1 1/2 cups shredded cheese, divided

2 Tbsp. fresh cilantro, chopped



Heat oil over medium heat in large skillet. Add peppers, onion, garlic and cook for 6-8 minutes or until tender, stirring regularly. Add beans, rice, cumin, and oregano and leave over medium heat until heated through. Adjust to low heat, stir in 1 cup of cheese. Remove from heat, sprinkle with remaining 1/2 cup of cheese, and let stand covered for 5 minutes or until cheese is melted.

Make it into a Meal: Stuffed Bell Peppers

Combine the above rice and bean mixture with a cup of whole kernel corn, scoop into bell pepper halves, and bake!

Oven Temperature: 350°F

Bake Time: 10-20 minutes

Strawberry Corn Salsa

Ingredients:

2 cups fresh strawberries, chopped

2 cups grape tomatoes, chopped

10 oz. of frozen, or fresh/cooked and cooled corn

1/2 red onion, chopped

3 Tbsp. fresh cilantro, chopped

1/3 cup olive oil

2 Tbsp. raspberry vinegar

2 Tbsp. lime juice

1/2 tsp. salt



Mix strawberries, grape tomatoes, corn, red onion, and cilantro in large bowl. Whisk oil, vinegar, lime juice, and salt in separate, small bowl. Drizzle oil mix over strawberry combination, toss to coat. Refrigerate for 1 hour and serve over chips.

Orange & Strawberry Salad

Ingredients:

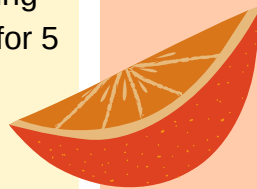
1 lb. strawberries, remove caps and halve or quarter

3 oranges

1 Tbsp. lemon juice

2 Tbsp. light brown sugar

1 Tbsp. fresh mint, chopped



Cut strawberries and place in serving bowl. Cut a slice off the top and bottom so that the orange sits flat. Use knife to carefully remove all skin and pith. Cut or use your fingers to separate segments of orange away from the membrane. Mix lemon juice & brown sugar into a separate bowl and stir until sugar mostly dissolves. Pour mixture over strawberries and oranges and gently toss until combined and sugar continues to dissolve. Sprinkle with fresh mint. Refrigerate for at least 30 minutes before serving.

Selection, Handling, & Storage

Strawberries should be firm, plump, dry, and bright red color. Their skin should be shiny and smooth around the seeds. Avoid shriveled, mushy or leaking berries, and berries that are dull in color or with especially seedy patches. Caps or stems/leaves of berries should be fully attached, still look fresh, and green in color.

Strawberries should be refrigerated immediately after arriving home and used as soon after purchase as possible. For best **quality**, strawberries should not be washed until ready to eat. Rinse under cold water in a colander or move strawberry lightly between your fingers to help remove loose debris.

Fresh **shrimp** should smell fresh and mild, not too fishy, sour, or ammonia-like. In addition to little to no odor, shrimp should be clear & translucent with a light gray color.

If purchasing **frozen**, look for packages without signs of thawing and refreezing. There should be no signs of frost or ice crystals, which may indicate previous thawing or that the shrimp have been stored a long time. For easier peeling, purchase deveined shrimp.

Shop for seafood right before checking out at the supermarket and bring a cooler if refrigeration isn't possible within 30 minutes.

Thaw frozen seafood gradually by placing in refrigerator overnight. If you need to thaw quickly place it in a plastic bag and run cool water over it or microwave on a defrost setting if planning to use right away. Stop defrosting when shrimp is still icy/cool but pliable. Shrimp is **done cooking** when the flesh becomes opaque white with pink & red accents.

Nutrient Profile: Vitamin C

Vitamin C is water soluble. It dissolves in water and is delivered to our body's tissues this way. Water soluble vitamins aren't stored well within our bodies so it's important to eat or drink foods with Vitamin C daily. Vitamin C is important in controlling infections and healing wounds. It is needed to make collagen, part of connective tissues making up parts of nervous and immune systems, bones, cartilage, blood, and more. Vitamin C is also a powerful antioxidant. Antioxidants neutralize free radicals in the body that when active can damage our cells.



Food Sources: Bell Peppers (red/green/orange/yellow), Citrus (oranges, kiwi, lemon, grapefruit), strawberries, tomatoes, broccoli, brussels sprouts, cabbage, cauliflower, white potatoes

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