

SIMILAR INGREDIENTS, MULTIPLE MEALS

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



SHRIMP SCAMPI CAN BE USED IN
THE SHRIMP ALFREDO RECIPE ON
PAGE 2!

Shrimp Scampi

Ingredients:

3 Tbsp. butter

2 Tbsp. olive oil

4 garlic cloves, minced

½ cup chicken or veg. broth

**¼ tsp. crushed red pepper
flakes**

Black pepper to taste

**1¾ lbs. extra large shrimp,
peeled**

¼ cup chopped parsley

**Freshly squeezed juice from
half a lemon or
2 Tbsp. lemon juice**

Directions:

1. Melt butter with olive oil in a large skillet over medium-low heat.
2. Add minced garlic and sauté until fragrant or about 1 minute.
3. Add broth, red pepper flakes, black pepper to taste and bring to a simmer. Let simmer for 2 minutes.
4. Add shrimp and sauté until shrimp flesh becomes opaque white with pink & red accents, about 3-6 minutes depending on their size.
5. Stir in the parsley and lemon juice.
6. Shrimp can be served on its own, over pasta, over rice, steamed vegetables, or on a skewer.

Eat what's in season... *Spinach*

Spinach can be eaten raw or cooked. Cooking methods include sautéing, cooking in the microwave, and steaming on a stovetop. Spinach leaves make a great salad. Leave the leaves whole or tear them into smaller pieces. Spinach leaves can be added to hot soups, pastas, and stews right before serving. Incorporating these bright green leaves adds beautiful color and flavor to your dish!

Food Prep Hint!

If spinach will be used in a cooked dish, steam or microwave it immediately to save space and time later. Cool steamed, spinach leaves in cold water, squeeze it dry, and store in the refrigerator until ready to incorporate into your recipe!

Selection:

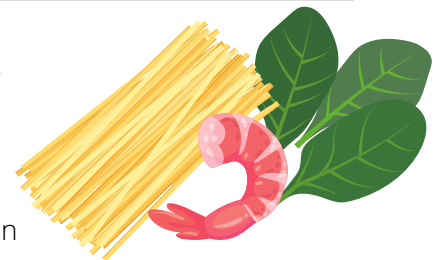
Look for dark green leaves and avoid wilted leaves.

Storage:

Remove any large, tough stems from the leaves. For best cleaning practices, soak leaves in a bowl of lukewarm water and leave them for several minutes to remove dirt. Drain the water and rinse leaves again under light stream of cool water. Allow spinach leaves to dry almost completely on a paper towel prior to storage. Store in a plastic bag with a damp paper towel in the refrigerator for 4-5 days.

Spinach can be frozen for up to 5 months.

Shrimp & Spinach Alfredo



Ingredients:

- 10 oz. cooked noodles**
- 1¼ lbs. extra large shrimp, peeled & deveined**
- 1 tsp. basil**
- Black pepper to taste**
- 2 Tbsp. butter**
- 1 Tbsp. minced garlic**
- ¾ cup low-sodium chicken broth**
- ½ cup heavy cream**
- 2 tsp. cornstarch**
- 2½ cups baby spinach, chopped and packed in cups**
- ½ cup shredded parmesan cheese**

Directions:

1. Cook pasta as directed on package.
2. While noodles are cooking, melt 1 Tbsp. of butter in large skillet over medium heat. Add shrimp, basil, and pepper and cook until shrimp flesh becomes opaque white with pink & red accents. (About 3-6 minutes)
3. Remove shrimp from pan and set aside.
4. Melt 1 Tbsp. of butter over medium heat. Add garlic and sauté for about 30 seconds.
5. Pour chicken broth and chopped spinach into pan and cook for about 1-2 minutes.
6. Stir in cream and cornstarch and cook. Stir constantly until mixture starts to simmer and thicken. (About 3-5 minutes but may take longer)
7. Stir in parmesan cheese until melted. Remove heat and add shrimp back in.
8. Serve over cooked noodles.

Side Dish Spotlight

Below are additional recipes using Spinach. Don't forget to view the nutrient profile on page four.

Simple Spinach Dip

Ingredients:

Dip Base: 16 ounces sour cream OR Greek yogurt and
½ cup mayonnaise
10 ounces, thawed and drained spinach
8 oz. canned water chestnuts, drained
Mix-ins: 1 pkg. dry vegetable soup mix OR ranch dip mix
Combine all and serve with fresh vegetables or bread!



Spinach and Bacon Quiche

Ingredients:

9-inch pie crust
5 large eggs, whisked
1¼ cups half and half
salt and pepper to taste
½ cup onion, diced
1½ cups baby spinach leaves, measured then chopped
5-6 slices of bacon, cooked and crumbled
1¼ cups shredded cheese

Preheat oven to 350°F. Press pie crust into pie plate and pre-bake for 8 minutes. Remove from oven after 8 minutes. Cook bacon, remove from skillet, and chop. Leave a little grease in pan and add onions. Sauté for two minutes and add spinach. Continue to sauté until spinach is wilted. Stir in bacon and shredded cheese until evenly combined. Add mixture to pie crust and level over entire pie plate. Combine and vigorously whisk eggs, half and half, and seasonings. Pour egg mixture into pie plate. Bake for 35-40 minutes or until egg mixture is set. Allow to cool for 5 minutes before slicing and serving.

Note: If you do not have pie weights to use when pre-baking crust, use parchment paper and dried beans to hold crust in place and keep it from shrinking!

Sautéed Spinach

Ingredients:

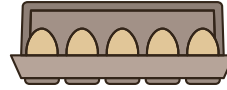
8 oz. fresh spinach, washed
1 medium white onion, chopped
1 Tbsp. olive or canola oil
2 tsp. minced garlic
1 Tbsp. butter
1 tsp. soy sauce
salt and pepper to taste

Heat oil in large skillet over medium heat. Add and cook diced onion until translucent. Add garlic and butter and continue to sauté until onions begin browning. Add soy sauce and stir evenly into onions. Add spinach and gently stir into sautéed onion. Cook spinach until wilted and season with salt and pepper as desired.

Try This!

Sautéed spinach can be incorporated into pasta, stir-fry, and rice or stuffed into chicken breasts and pork chops for a fresh taste to a usual dish!

Selection, Handling, & Storage



When looking at the case of **eggs** in the store, know that the nutritive content of eggs is similar regardless of color (white or brown, blue or green), grade (AA, A or B) or how they are raised (organic, free-range and conventional). Avoid eggs that are cracked and broken. Be mindful of the sell-by date and remember that sell-by is not the same as an expiration date.

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 shrimp in a plastic bag and run cool water over it or microwave on a defrost setting if planning to prepare 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: Riboflavin

Vitamin B2, also known as Riboflavin, is another B vitamin that can be produced by bacteria in our gut. It is not enough to meet dietary needs so it's important to eat foods rich in B vitamins. It works as a coenzyme to facilitate growth of cells, energy production, and breakdown of fats and medications. One sign that you are consuming too much Riboflavin is bright yellow urine that can sometimes happen if supplementing B vitamins.



Food Sources: dairy milk, yogurt, cheese, eggs, beef and pork, chicken breast, salmon, almonds, spinach, fortified cereal and bread

Area 8 Health and Human Sciences Extension Educators can be found in Cass, Carroll, Clinton, Fulton, Grant, Howard, Miami, Tipton, and Wabash Counties.

Facebook: <https://www.facebook.com/PurdueExtensionHealthandHumanSciencesArea8/>