

SIMILAR INGREDIENTS, MULTIPLE MEALS

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



FEATURED RECIPES
CAN BE PAIRED WITH
SIDE DISHES NOTED ON
PAGE 3.

Ingredients:

**¼ cup Old Bay® Seafood
Seasoning**

2 red potatoes, 1" cubed

1 sweet onion, ½" wedges

1 sweet peppers, ½" strips

1 smoked sausage, ½" slices

**2 ears of corn, broken into
thirds**

2 T. lemon juice

1 lb. shrimp, raw peeled

Low Country Boil

Directions:

1. Fill 3 qt. pot with 1½ qt. water. Turn to a med-high heat. Add Old Bay Seasoning and mix into water. Bring to a boil.
2. Gently place potatoes into pot – cook 8 minutes.
3. Add onion, pepper, sausage and corn. Cook for 5 minutes.
4. Add lemon juice and shrimp. Cook for 3 to 4 minutes until shrimp is done.
5. Drain liquid and serve with melted butter and cocktail sauce.
6. Serve immediately.

Notes:

- Left-over shrimp can be used in the:
 - Spinach and Shrimp Salad on page 3
 - Shrimp Dip on page 3
- Other items to add if you prepare in a larger kettle include: canned green beans (remove label on can and poke holes in the top and bottom to drain the liquid); mushrooms; sweet potatoes - peeled and cubed.

Eat what's in season... Red Pears

Pears are available fresh and canned for good nutrition. They are naturally fat-free, cholesterol free and sodium free. Plus, they are a good source of fiber and vitamin C. Pears can be eaten raw, caramelized, baked or grilled.



Selection and Storage: Choose pears that are firm. Avoid pears with cuts and bruises. Red pears ripen from the inside out, so you can't judge their ripeness by looking at the skin. To test if a pear is ripe, apply gentle pressure near the stem end. If it gives slightly, it is ripe. Pears do not ripen on the tree. So if the pear is not ripe, ripen the pears at room temperature. After ripe, store in the refrigerator to slow further ripening.

Preparation tips:

- Wash pears under cool running water just before eating them.
- Pears can be substituted for apples in most recipes.
- Like many fruits, the flesh of the pears will eventually brown. Red pear flesh tends to be slower to oxidize and turn brown than summer pears or apples. However, to avoid browning, apply a mild solution of 50% water and 50% lemon juice to the flesh.



Shrimp and Ravioli for 2

Ingredients:

3 oz. refrigerated fresh Ravioli
1¼ c. water
1 tsp. dried oregano, crushed
½ tsp. minced garlic
½ tsp. olive oil or cooking oil
¼ tsp. ground cumin
⅛ tsp. pepper
dash paprika
6 oz. peeled and deveined medium shrimp
1 c. broccoli and /or cauliflower flowerets
1 T. shredded Parmesan cheese

Directions:

1. In a microwave safe dish, combine the first 5 ingredients. Cook on Hi for 2 min.
2. Combine cumin, pepper and paprika. Toss with shrimp in a sealed bag.
3. Place shrimp and broccoli in microwave safe colander. Place colander in the dish. Cover and cook on Hi for 6 - 8 minutes or until shrimp are pink. Stir shrimp mixture every 3 minutes.
4. Drain pasta. Transfer pasta to serving plates.
5. Spoon shrimp mixture on top. Sprinkle with cheese.

Note: A microwave steamer with a bottom dish / colander was used in the directions above. However, you can prepare this meal in a regular steamer on your cooktop.

Side Dish Spotlight

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

Spinach and Shrimp Salad

Spinach
Red and yellow peppers, diced
Red pears, cubed
Blackberries
Bacon
Shrimp
Hard boiled eggs, sliced

Dressing

¼ cup sugar or Splenda®
¼ cup apple cider vinegar
2 Tbsp. olive oil



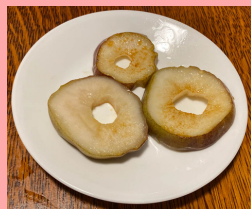
Directions

1. Place spinach, peppers, red pear and blackberries in a bowl.
2. Mix dressing ingredients in a small bowl. Pour over salad and toss together.
3. Top with bacon, shrimp and eggs.

Pan-Seared Red Pear

1 red pear, cut into 3/8" slices

Directions: Heat large skillet on "medium" until a drop of water sizzles. Add pear slices. Cook 1 minute per side to sear the pear.



Shrimp Dip

8 oz. cream cheese
4 Tbsp. ketchup
2 Tbsp. horseradish sauce
2 small cans of shrimp (tiny shrimp)
½ tsp. Worcestershire sauce



Directions: Mix together with electric mixer.

Note: You can use 2 cups of finely chopped left-over steamed shrimp.

Shrimp Cocktail

3 cups apple cider vinegar
3 cups water
4 - 5 Tbsp. Old Bay®
Seafood Seasoning
celery leaves, chopped
2 lb. large or extra large shrimp



Directions

1. In medium saucepan, mix vinegar, water, Old Bay® Seafood Seasoning and celery leaves.
2. Bring to a boil on medium heat.
3. Gently stir in shrimp. Cover.
4. Steam for 2 - 4 minutes until shrimp turn pink.
5. Drain well.
6. Serve immediately with cocktail sauce. Or refrigerate and serve cold.

Note: When serving as an appetizer at a party, peel and devein the shrimp leaving the tails on.

Selection, Handling, & Storage

Selection: Shrimp is highly perishable, so handle with care. It is sold fresh, frozen, previously frozen and canned. The best shrimp are firm and have a mild scent. Any hint of an ammonia aroma, is a sign the shrimp are past their prime. 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 for a long time. For easy peeling, purchase deveined shrimp.

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.

Cooking Safety: Shrimp is done cooking when the flesh becomes opaque white with pink & red accents.

Shrimp Sizes: Below is the average amount of shrimp per pound.

- Jumbo: 11 to 15
- Extra-Large: 16 to 20
- Large: 21 to 30
- Medium: 31 to 35
- Small: 36 to 45

Nutrient Profile: Iodine

Iodine is a trace element that is naturally found in some foods and added to others as a component of salt. Iodine is in the soil which causes varying amounts to be present in plants. Iodine is an important component of the thyroid hormones T3 and T4. Thyroid hormones regulate all kinds of reactions, enzyme activities, and metabolic activities. These hormones are also needed for skeletal and nervous system development in infants!



Food Sources: Iodized salt, seaweed, fish, shrimp, eggs, dairy products: yogurt and cheese

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