



Shrimp Fra Diavolo

A great quick dinner option.

<u>U.S.</u>		<u>Metric</u>
8 oz	Pasta, whole wheat	226 g
1 Tbsp	Olive Oil	15 mL
1 lb	Shrimp, raw, medium to large, peeled, deveined	455 g
1 each	Onion, small, medium dice	110 g
3 cloves	Garlic, minced	3 cloves
1/2 cup	White Wine, dry	118 mL
1 (28 oz) can	Crushed Tomatoes, canned	791 g
1 cup	Low-Sodium Chicken Stock or Vegetable Stock	237 mL
1 tsp	Oregano, fresh, chopped (or 1/2 tsp dried)	1 g or 0.5 g dried
To taste	Red Pepper Flakes	To taste
1/4 tsp	Salt, Kosher	.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. Remove shrimp from pan using a slotted spoon. Set aside.
4. Turn heat to medium and add the onions and garlic to pan. Stir frequently with a wooden spoon and cook until onions are slightly translucent, about 4 minutes. Avoid browning the garlic.
5. To deglaze, add white wine and scrape bottom of pan with wooden spoon to release fond.
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 until the tomatoes are soft. Remove from heat.
7. Add the shrimp, fresh oregano, parsley, and basil to the sauce. Stir thoroughly.
8. To serve, place 1/2 a cup of whole wheat pasta on a medium plate. Scoop 1/3 cup of sauce over the pasta. Then, on top of the sauce, place 3 to 4 shrimp and sprinkle with grated Parmesan.

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **1 cup pasta 2 oz shrimp**

Amount per serving

Calories **210**

Calories from Fat 45

Total Fat 5 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 5 mg

Sodium 220 mg

Total Carbohydrate 23 g

 Dietary Fiber 3 g

 Total Sugars 2 g

 Includes 0 g Added Sugars

Protein 16 g

Vitamin D 0 %

Calcium 4 %

Iron 6 %

Potassium 30 mg

Phosphorus 7 mg