

Athenian Orzo



Excellent dinner!

Athenian Orzo

Orzo, a rice-shaped pasta, makes a delightful base for an authentically Greek combination of shrimp, tomatoes and feta. To serve as a side dish, omit the shrimp and drain the tomatoes before adding them.

Ingredients

1 $\frac{1}{2}$ teaspoons extra-virgin olive oil
1 small onion, chopped
4 cloves garlic, minced
 $\frac{1}{4}$ cup dry white wine
1 28-ounce can diced tomatoes
3 tablespoons chopped fresh parsley, divided
1 tablespoon drained capers
 $\frac{1}{2}$ teaspoon dried oregano
 $\frac{1}{2}$ teaspoon dried basil
 $\frac{1}{2}$ teaspoon salt, or to taste
Freshly ground pepper, to taste
Pinch of crushed red pepper
1 lb. medium shrimp, (30-40 per pound), peeled and deveined
1 cup orzo
 $\frac{1}{2}$ cup crumbled feta cheese

Method

1. Preheat oven to 450°F. Coat a 9-by-13-inch (or other 3-quart) baking dish with cooking spray. Put a large pot of lightly salted water on to boil.
2. Heat oil in a 2-quart saucepan over medium heat. Add onion and garlic and cook, stirring, until softened, 3 to 4 minutes. Add wine and cook for about 1 minute. Stir in tomatoes, 1 1/2 tablespoons parsley, capers, oregano, basil, salt, pepper and crushed red pepper; cook for 5 minutes. Drop in shrimp and cook, stirring, until barely pink, about 2 1/2 minutes.
3. Cook orzo in the boiling water until tender but still firm, 8 to 10 minutes. Drain and transfer to the prepared baking dish. Toss with the tomato-shrimp sauce. Sprinkle with feta and the remaining 1 1/2 tablespoons parsley.
4. Bake, uncovered, until the feta is bubbly, about 10 minutes.

Prep

- Active: 30 Minutes
- Total Time: 50 Minutes

Source: EatingWell.com (4 servings)

[Quick Risotto with Shrimp, Corn & Edamame](#)



Quick Risotto with Shrimp, Corn & Edamame

In this healthy, quick risotto recipe, we use instant brown rice instead of arborio rice, and frozen corn and edamame to speed up the cooking time and add fiber. To get the creamy risotto texture without slow cooking, we stir in cream cheese and Parmesan just at the end of cooking.

Ingredients

1 tablespoon extra-virgin olive oil
1 bunch scallions, sliced, white and green parts separated
2 cups instant brown rice
1 cup dry white wine
2 cups reduced-sodium chicken broth
1 lb. peeled and deveined raw shrimp (see Tip)
1 cup frozen shelled edamame
1 cup frozen corn, thawed
4 ounces reduced-fat cream cheese (Neufchâtel), cut into small pieces
 $\frac{1}{2}$ cup finely shredded Parmesan cheese
 $\frac{1}{4}$ teaspoon freshly ground pepper

Method

1. Heat oil in a large nonstick skillet over medium heat. Add scallion whites and rice; cook, stirring, 1 minute. Add wine and cook on medium-high until most of it is evaporated, 2 minutes. Add broth; return to a boil. Reduce heat, cover and simmer for 5 minutes. Place shrimp on the rice. Return to a simmer. Cover and cook until the shrimp are cooked through, 5

to 7 minutes.

2. Stir in edamame, corn and cream cheese until the cream cheese is incorporated. Simmer, uncovered, stirring occasionally, until most of the liquid is evaporated, 4 to 5 minutes more. Remove from heat; stir in Parmesan and pepper. Top with scallion greens.

Notes

12 WW PointsPlus

Prep

• Active: 30 Minutes

Source: EatingWell.com (4 servings)

[Shrimp and Sausage Jambalaya](#)

Shrimp and Sausage Jambalaya

Depending on your taste and time, other ingredients can be added, such as chicken, tomatoes, clams and herbs. However you make it, this is bayou comfort food at its best! Serve with a tossed salad and you've got a meal.

Ingredients

13 ½ ounces kielbasa, smoked sausage or hot links, sliced 1/4 inch thick

6 medium scallion, trimmed

1 large green bell pepper, chopped

2 medium celery ribs, chopped

3 cups chicken broth

1 ½ cups uncooked long-grain rice

½ teaspoon dried thyme

1 pound raw small to large shrimp, peeled

Freshly ground black pepper

Method

1. In a large heavy saucepan, cook the sausage over moderate heat until browned. With a slotted spoon, transfer the sausage to a plate.
2. Chop the scallions, reserving the dark green parts for garnish; add the white and pale green parts to the saucepan. Add the green pepper, celery, and garlic. Cook over moderate heat, stirring, for 5 minutes. Add the broth, rice, thyme, and reserved sausage. Bring the mixture to a boil. Reduce the heat to a simmer and cook the jambalaya, covered, for 10 minutes. Stir in the shrimp and pepper and cook the mixture, covered, for 10 to 15 minutes more or until the shrimp are just done and the rice is tender.
3. Serve the jambalaya sprinkled with the reserved scallion greens.
4. Note: You don't need to add salt, as it is provided by the canned broth and sausage.

Source: adapted from FoodNetwork.com (6 servings)

Lemon Pepper Shrimp Scampi

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Indulge in the flavor of the Mediterranean with plump shrimp tossed with lemon and pepper. Serve with sautéed asparagus for a fine accompaniment.

Ingredients

- 1 cup uncooked orzo
- 2 tablespoons chopped fresh parsley
- $\frac{1}{2}$ teaspoon salt, divided
- 7 teaspoons unsalted butter, divided
- 2 pounds peeled and deveined jumbo shrimp

2 teaspoons bottled minced garlic
2 tablespoons fresh lemon juice
 $\frac{1}{4}$ teaspoon black pepper

Method

1. Cook orzo according to package directions, omitting salt and fat. Drain. Place orzo in a medium bowl. Stir in parsley and $\frac{1}{4}$ teaspoon salt; cover and keep warm.
2. While orzo cooks, melt 1 tablespoon butter in a large nonstick skillet over medium-high heat. Sprinkle shrimp with remaining $\frac{1}{4}$ teaspoon salt. Add half of shrimp to pan; sauté 2 minutes or until almost done. Transfer shrimp to a plate. Melt 1 teaspoon butter in pan. Add remaining shrimp to pan; sauté 2 minutes or until almost done. Transfer to plate.
3. Melt remaining 1 tablespoon butter in pan. Add garlic to pan; cook 30 seconds, stirring constantly. Stir in shrimp, juice, and pepper; cook 1 minute or until shrimp are done.

Notes

David Bonom, Cooking Light

MARCH 2009

Source: MyRecipes.com (4 servings)

Thai Red Curry Shrimp

Thai Red Curry Shrimp

Serve with rice!

Ingredients

Cooking spray

1 $\frac{1}{4}$ pounds large shrimp, peeled and deveined

14 ounces lite coconut milk

$\frac{1}{2}$ tablespoon Thai Kitchen Red Curry Paste

1 $\frac{1}{2}$ tablespoons fish sauce
4 teaspoons dark brown sugar
1 medium red bell pepper, seeded and thinly sliced
2 teaspoons fresh lime juice

Method

1. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add shrimp; sauté 3 minutes or until done. Remove shrimp from pan; keep warm. Spoon coconut cream (the thick part from top of the can) into pan using a slotted spoon. Add curry paste; cook 2 minutes or until liquid almost evaporates, stirring constantly.

2. Stir in remaining coconut milk, fish sauce, and sugar. Reduce heat to medium; simmer 10 minutes or until sauce thickens, stirring frequently. Add bell pepper; toss to coat. Increase heat to medium-high; cook 5 minutes or until crisp-tender. Add shrimp; cook 1 minute or until thoroughly heated. Remove from heat; stir in lime juice. Spoon 1 cup rice onto each of 4 plates; top each serving with 1 cup shrimp mixture.

Notes

Laraine Perri, Cooking Light

JUNE 2010

Source: adapted from MyRecipes.com (4 servings)