

Meals with Teal #2

Menu:

Shrimp Scampi
Risotto
Zucchini noodles

Recipes:

Shrimp Scampi

1-2 lb large shrimp *peeled and deveined*

½ stick butter (4 TBSP)

2 tsp minced garlic

Juice of 1 lemon or 2-3 TBSP lemon juice

½ teaspoon salt

¼ teaspoon black pepper

1 teaspoon Italian seasoning

1 teaspoon paprika

*Optional: Add ¼ c white wine or dry sherry.

*Melt butter and add garlic. Add shrimp. Once beginning to cook add juice and seasonings.

Stir periodically until shrimp are fully cooked.

Risotto:

2 TBSP olive oil

½ onion chopped

1 ½ c arborio rice

*Optional: Add ¼ c white wine

4 c vegetable broth

½ c grated parmesan cheese

*Saute onion in olive oil (rice cooker or instapot). Add risotto and stir. Add vegetable broth and cover. Once cooked mix in parmesan cheese.

Zucchini:

Spiral 2 zucchini into “noodles”

Place in microwaveable bowl

Spray with olive oil

Season with salt and pepper

*Mix, cover, and microwave for 2 to 2 ½ min

Bonus: Christy's Great Grandmother's brownie recipe:

Mix: 2c sugar
4 eggs

Melt: 1 c butter
4sq bitter chocolate

Add: 2 tsp vanilla
1c cakeflour
1c nuts or chocolate chips (optional)

Butter 9x13 pan and add brownie mix. Bake at 350 for 25-30 min.
Serve with ice cream, whip cream, or alone!

Meals with Teal Video#2:

<https://www.youtube.com/watch?v=eM3arjiH0Y4>

The "bonus" dessert video:

<https://www.youtube.com/video/aRtivrcmdVk/edit>

Grocery List from Safeway:

<u>Shrimp Raw 16 To 20 Count Frozen Service Case - 1 Lb</u>	\$12.99
<u>Signature SELECT Paprika - 2.12 Oz:</u>	\$2.79
<u>Signature SELECT Italian Seasoning - 0.75 Oz</u>	\$2.79
<u>Green Zucchini Squash x 2</u>	\$1.59
<u>Yellow Sweet Onion</u>	\$1.49
<u>Lucerne Cheese Grated Parmesan Tub - 5 Oz</u>	\$3.49
<u>Signature Farms Minced Garlic - 8 Oz</u>	\$3.49
<u>O Organics Organic Broth Low Sodium Vegetable - 32 Oz</u>	\$3.00
<u>RiceSelect Arborio Rice In Jar - 32 Oz</u>	\$8.49
Original price before savings is \$11.49 ea	
<u>Signature SELECT Lemon Juice - 15 Fl. Oz.</u>	\$2.29
<u>Lucerne Butter - 8 OZ</u>	\$2.99
Total (with tax)	\$46.08
Gift Card that will be Provided:	\$50.00

Nutritional Information:

Nutrition Facts: Shrimp Scampi	
Serving Size: 4oz (4 servings per sample)	
Calories 200	
	% Daily Value
Total Fat 12.7g	16.3%
Saturated Fat 7.3g	36.5%
Trans Fat 0.5g	
Cholesterol 180.5mg	60.2%
Sodium 773.1mg	33.6%
Total Carbohydrates 2.5mg	0.9%
Dietary Fiber 0.5g	1.8%
Sugar 0.5g	1.6%
Added Sugars 0g	0%
Protein 20.5g	41%
Vitamin D 0%	Potassium 51.3mg
Vitamin A 13.8%	Vitamin C 9.7%
Calcium 1.9%	Iron 3.3%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts: RisottoServing Size: $\frac{3}{4}$ cup (2 servings per container)**Calories 448****% Daily Value****Total Fat** 21.3g 27.3%

Saturated Fat 6.4g 32%

Trans Fat 0g

Cholesterol 22mg 7.3%**Sodium** 1804.9mg 78.5%**Total Carbohydrates** 49.3mg 17.9%

Dietary Fiber 0.7g 2.5%

Sugar 4.6g 15.3%

Added Sugars 0g

Protein 14.5g 29%

Vitamin D 0% Potassium 217.3mg

Vitamin A 2.2% Vitamin C 8.1%

Calcium 30.2% Iron 15.1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts: For two averaged sized ZucchiniServing Size: $\frac{3}{4}$ cup (about 4 servings)**Calories** 19**% Daily Value****Total Fat** 0.3g 0.4%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%**Sodium** 2mg 0.1%**Total Carbohydrates** 3.9g 1.4%

Dietary Fiber 1g 3.6%

Sugar 0g 0%

Added Sugars 0g 0%

Protein 1g 2%

Vitamin D 0% Potassium 222mg

Vitamin A 0% Vitamin C 32.2%

Calcium 2.1% Iron 2.4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recommend from Amazon:



Veggetti Veggie Slicer, Dual Stainless Steel Blade Vegetable Cutter for Thick or Thin Noodle, Works with Zucchini, Squash, Cucumbers, Carrots, and more, 2.76"L x 2.76"W x 6.32"H, White \$13.29