Mediterranean Pasta with Shrimp

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8 ounces uncooked whole wheat spaghetti
1 T. olive oil
2 garlic cloves, chopped
1 lb. uncooked shrimp, peeled
4 Roma tomatoes, chopped
1/8 tsp. salt
1 (9 oz.) bag fresh baby spinach, chopped (12 cups)
1/2 cup chopped fresh basil
4 T. wheat germ
1/4 cup crumbled feta cheese
Juice and zest of 1 lemon
Freshly ground black pepper to taste

Nutrition Information (per 1/4 recipe): 417 cal, 32 g protein, 11 g fat, 3 g sat. fat, 0 g trans fat, 51 g carb, 11 g fiber, 202 mg chol, 770 mg sodium. 1 serving equals: 3 vegetables, 2 whole grain, 1 protein/dairy, 1.5 fat

Fruit and Yogurt Parfait

2 cups plain low-fat yogurt
2 T. honey
4 cups fresh mixed berries or frozen mixed berries, thawed

Nutrition Information (per 1/4 recipe): 203 cal, 10 g protein, 2.5 g fat, 1 g sat. fat, 0 g trans fat, 36 g carb, 5 g fiber, 7 mg chol, 86 mg sodium. 1 serving equals: 2 fruits, 0.5 protein/dairy

Total Meal Nutrition Information (per 1/4 of each recipe): 620 cal, 42 g protein, 13 g fat, 4 g sat. fat, 0 g trans fat, 87 g carb, 16 g fiber, 209 mg chol, 856 mg sodium. 1 serving equals: 3 vegetables, 2 fruits, 2 whole grain, 1.5 protein/dairy, 1.5 fat

Did you know?
Different colors of berries contain different nutrients so be sure to enjoy a wide variety, such as strawberries, blueberries, raspberries, blackberries, or pitted cherries.

Berries are great sources of fiber and contain the antioxidants ellagic acid and vitamin C. Antioxidants may help reduce the risk of heart disease, some cancers, Alzheimer’s, arthritis, and other conditions.

By Kelly Frazier, M.A., Furman University, Department of Health Sciences
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**Shopping List**

**Produce Section**
- 4 Roma tomatoes
- 1 (9 oz.) bag fresh baby spinach, chopped (12 cups)
- ½ cup chopped fresh basil
- 1 lemon (to yield 3 T. juice and 1 tsp. grated lemon zest)
- 2 garlic cloves
- 4 cups of fresh or frozen mixed berries such as strawberries, blueberries, blackberries, raspberries, or cherries (see tip #1)

**Dry Goods Section**
- 8 ounces uncooked whole wheat spaghetti (see tip #2)
- 1 (4 oz.) can sliced black olives
- 1 T. olive oil
- 4 T. wheat germ (see tip #3)
- 2 T. honey (see tip #4)

**Meat/Dairy Section**
- 1 lb. uncooked shrimp
- 1/4 cup crumbled feta cheese (see tip #5)
- 2 cups plain low-fat yogurt

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**Smart Shopper Tip #1:**
Frozen berries make a great substitute when fresh berries are not in season. Choose frozen berries with no added sugar.

**Smart Shopper Tip #2:**
Whole wheat spaghetti has a hearty flavor and offers more fiber, vitamins, and minerals than refined white spaghetti. Example brands include Mueller's Whole Grain, Ronzoni Healthy Harvest, Hodgson Mills Whole Wheat, and Whole Foods 365 Whole Wheat.

**Smart Shopper Tip #3:**
Wheat germ is a part of a whole grain of wheat. It is a great source of vitamins E and B-complex and has a pleasant nutty flavor. Toasted wheat germ, such as Kretschmers, can usually be found with the oatmeal on the cereal aisle. Raw wheat germ can be found in the refrigerated section of natural foods stores.

If you can’t find wheat germ, try Grape Nuts® cereal or low-fat granola.

**Smart Shopper Tip #4:**
Like most sweeteners, honey doesn’t offer significant amounts of any other nutrients so use it sparingly. By sweetening your own plain yogurt, you can use much less sugar (8 g) than the commercially sweetened varieties (28 g).

**Smart Shopper Tip #6:**
Feta is traditionally used in Mediterranean cooking. Since it provides a strong flavor, only a small amount is needed. This helps save calories and fat without sacrificing flavor.

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