



Tomato-Feta Shrimp with Pasta

YIELD: 4 SERVINGS

INGREDIENTS

- 8 ounces uncooked fusilli (short twisted spaghetti)
- 2 (14 ½ ounce) cans diced tomatoes with garlic and onion undrained
- ½ cup chopped onions
- Olive oil flavored cooking spray
- 1 tablespoon chopped fresh oregano
- ¾ pound frozen, cooked, peeled and deveined medium shrimp, thawed
- ½ cup crumbled feta cheese

DIRECTIONS

1. Cook pasta according to package directions omitting salt and fat; Drain
2. Drain 1 can diced tomatoes; discard liquid. Combine drained tomatoes with remaining can tomatoes and set aside.
3. Place a large nonstick skillet over medium high heat until hot. Coat onions with cooking spray, add to pan sauté 2 minutes or until tenders.
4. Add tomatoes and oregano. Bring to a simmer, cook 5 minutes stirring frequently.
5. Stir in shrimp. Cook 1 minute or until mixture is thoroughly heated.
6. Divide pasta among 4 serving plates, top evenly with shrimp mixture. Sprinkle each serving with 2 tablespoons of cheese.

Cucumber Salad

YIELD: 4 SERVINGS

INGREDIENTS

- 2 ½ cups sliced cucumber
- ½ cup sliced red onion
- ¼ cup plain low-fat yogurt
- ¼ teaspoon salt
- 2 tablespoon chopped fresh parsley

DIRECTIONS

1. Combine ingredients in a medium bowl, stir gently. Serve on lettuce leaves if desired.



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