

Shrimply Delicious

Try jazzing up all your meals with the Dietitian Pick of the Month, Louisiana Gulf shrimp. Gulf shrimp sold at Hy-Vee grocery stores is some of the highest quality seafood in the area. Hy-Vee is one of two retailers in the nation that uses its own U.S. Department of Commerce (USDC) seafood lot inspector to assure the highest standards for quality and taste. Hy-Vee's Gulf shrimp also meets 10 national standards for conservation and management. Not only is Hy-Vee's Louisiana shrimp the best of the bayou, it also fits into a balanced diet.

Shrimp gets a bad rap for being high in cholesterol. The truth is that although shrimp is high in cholesterol, it is relatively low in fat, which is a greater danger to blood cholesterol than dietary cholesterol. A three-ounce serving of shrimp contains only one gram of fat. Shrimp is low in calories and an excellent source of protein, which helps with appetite control. It is also a good source of Vitamin B12 which may support proper nerve function, and selenium that may prevent cell damage.

Louisiana shrimp have a natural sweetness from living and feeding in wild, nutrient-rich Gulf waters. They are a versatile food that can be added to just about anything including omelets, wraps, salads, soups and pasta. Their clean, premium taste complements any recipe. Shrimp can be roasted, sautéed, grilled, steamed or broiled, and cooks quickly - on average in about five minutes. Try these five simple ways to prepare shrimp:

- **Roast** - Toss the shrimp in olive oil and salt, and cook in a 400-degree oven for six to eight minutes.
- **Sauté** - Add a bit of olive oil or butter to a shallow pan and whatever seasoning you prefer. Cook for five minutes, stirring occasionally.
- **Grill** - Pierce shrimp with a skewer in two places. This ensures that all sides get exposed to the heat (and makes them easy to flip). Cook for about five to seven minutes on a hot grill, flipping once halfway through. As soon as the shrimp are white and opaque, they're ready to eat.
- **Steam** - Keep the shrimp on ice until ready to cook. Then, place in a steam insert or pressure cooker and cook for three minutes at most.
- **Broil** - Preheat broiler. Toss shrimp with seasonings in a large bowl. Place shrimp on a shallow baking sheet. Broil seven inches from the heat for about six to seven minutes, turning once.

Here is one of my FAV shrimp recipes! Served with steamed vegetables – it is a great 20 minute meal!

Easy Shrimp Scampi

Serves: 4

All you need

2 garlic cloves, minced
2 T. fresh basil, torn or 1 T. dried basil
1 T. butter
1 T. olive oil
1 pound uncooked medium shrimp, peeled & deveined
2 T. lemon juice
1/4 teaspoon pepper
3 T. grated Parmesan cheese
1/3 cup whole-grain Italian Seasoned dry bread crumbs
2 T. minced fresh parsley (or 1 tsp dried parsley)
Hot cooked whole grain pasta

All you do:

1. In a medium skillet, sauté garlic in butter and oil until tender. Stir in shrimp, lemon juice, basil and pepper. Cook and stir for 2-3 minutes or until shrimp turn pink.
2. Place in an oven-safe casserole dish. Sprinkle with cheese, bread crumbs and parsley.
3. Broil 6 inches from the heat for 2-3 minutes or until topping is golden brown. Serve with pasta.

Show Me Some Greens

What is in season and goes great with your March Madness pizza gatherings? Spring greens! Spring is the season for edible greens like collards, Swiss chard, bok choy, spinach, arugula, mustard greens and many more.

Spring greens are a nutritional gift of nature that provide multiple health benefits. Health experts agree that greens are a gold mine of nutrients, including vitamins A & K, folic acid, magnesium, antioxidants and phytonutrients that may provide protection against cancer, heart disease and osteoporosis and also promote vision health.

When selecting greens, look for brightly colored, crisp leaves. Yellow leaves may indicate aging leaves with an unpleasant flavor. For convenience, grab a bag of pre-washed, pre-cut greens. Your Hy-Vee Produce Department has a wide variety of bagged greens available for your convenience.

Discover how easy it is to create great-tasting and healthful meals with spring greens. Start with a base of Dole Tender Garden mix or Dole Spring mix. Add some grilled chicken or fish, a handful of nuts, more brightly colored vegetables and some berries to top your salad for a complete meal. Drizzle with your own homemade lemon-basil or red wine-oregano vinaigrette for just the right touch.

Here is an easy way to prepare your favorite spring greens with a delicious homemade vinaigrette.

How to Make Your Own Vinaigrette:

Vinaigrettes are a combination of oil and an acidic liquid, such as vinegar, citrus juice or wine, with herbs and spices for flavor.

Often they include an emulsifier (an ingredient that combines substances that normally do not mix) such as mustard, to help prevent the oil and acid from separating.

The traditional ratio is 3 to 4 parts oil to 1 part vinegar – for example: $\frac{3}{4}$ cup oil and $\frac{1}{4}$ cup vinegar or citrus juice – which makes the mixture very high in calories from the oil.

In this recipe, we increased the amount of acidic liquid and also diluted it with a few tablespoons of water to offset some of the calories from the oil. We also want it to have enough body (viscosity or thickness) so it is not too watery. The touch of honey or clear agave nectar also produces a little thicker consistency to help the dressing cling to the salad.

Use extra virgin olive oil (purest and most intensely flavored), assorted vinegars (balsamic, red wine, rice wine), citrus juice (fresh-squeezed lemon, lime or orange juice), or wine (our Certified Wine Specialist recommends an unoaked Chardonnay, a red pinot grigio or a viognier)

Try different herb and spice blends for a variety of delicious flavors: Italian seasoning, lemon pepper, various Mrs. Dash blends or other herbs and spices of your choice.

Recommended ratio – You need about one tablespoon vinaigrette for 2 cups salad greens. Remember to add the vinaigrette gradually, toss and taste. You can always add more dressing if you like.

Make Your Own Vinaigrette

All you need:

1/3 cup extra virgin olive oil (EVOO)
1/2 cup acidic liquid (vinegar, citrus juice or wine)
2 tablespoons water
1 tablespoon minced shallot or onion
1 garlic clove, minced
1 teaspoon honey or clear agave nectar, optional
2 teaspoons dried herbs
 $\frac{1}{2}$ teaspoon sea salt
Freshly ground pepper, to taste

All you do:

Whisk all ingredients together in a bowl until well combined.

Tips:

- Add 2 teaspoons of Dijon mustard as an emulsifier if desired.
- Try assorted herbs and spices for a variety of tasty flavors. Some delicious ideas include oregano, rosemary, parsley, Italian blends, lemon pepper, etc.
- Store in refrigerator for up to 3 days.

