

Sautéed Shrimp

Servings: 2

From <http://www.myrecipes.com/recipe/sauteed-shrimp-50400000120233/>

Ingredients

1/2 tablespoon olive oil
1/4 teaspoon freshly ground black pepper
1/8 teaspoon salt
1/2 lb shrimp, peeled and deveined

Preparation

1) Heat a large nonstick skillet over medium-high heat. Add olive oil to pan; swirl to coat. Sprinkle freshly ground black pepper and salt over shrimp. Add shrimp to pan; cook 2 minutes on each side or until shrimp are done.

Orzo with Tomatoes & Spinach

Servings: 2

Adapted from <http://www.landolakes.com/recipe/3428/creamy-orzo-with-spinach>

Ingredients

4 ounces uncooked dried orzo pasta
1 tsp olive oil
1 tsp minced garlic
3 cups fresh spinach, stems removed
1/4 tsp salt
1/4 tsp pepper
1/2 cup grape tomatoes, cut in half
1/4 cup grated Parmesan cheese
1/2 tsp freshly grated lemon zest

Preparation

1) Cook orzo according to package directions; drain. Return to pan; keep warm.
2) Meanwhile, heat olive oil in a large skillet over medium-high heat. Add garlic; cook, stirring occasionally, 2 minutes. Add spinach, salt and pepper; continue cooking, stirring occasionally, until spinach is wilted (2 to 3 minutes). Remove from heat.
3) Add Parmesan cheese to cooked pasta in pan; stir until combined. Add cooked spinach, tomatoes and lemon zest; mix well. Serve with shrimp.