

Shrimp in Green Sauce

Servings: 2

From <http://www.myrecipes.com/recipe/shrimp-green-sauce-10000000577181/>

Ingredients

2 tablespoons extra-virgin olive oil
3 teaspoons minced garlic
1/2 cup coarsely chopped green onions
1/2 cup coarsely chopped fresh flat-leaf parsley
1/2 tsp salt
1/2 tsp pepper
1/4 tsp crushed red pepper
1/2 lb shrimp, peeled and deveined
1/8 cup dry white wine or fat-free, low sodium chicken broth
2 ciabatta rolls

Preparation

- 1) Preheat oven to 500°.
- 2) Place olive oil and garlic in a food processor; process until garlic is finely chopped, scraping sides of bowl occasionally. Add green onions and parsley in food processor; pulse until minced.
- 3) Spoon garlic mixture into a large bowl. Add 1/4 teaspoon salt, black pepper, red pepper, and shrimp to garlic mixture, and toss well to coat.
- 4) Spoon the shrimp mixture into a shallow roasting pan, and add the wine. Bake at 500° for 7 minutes or until the shrimp are done, stirring once. Serve with bread.

Roasted Potatoes

Servings: 2-3

Ingredients

1 lb red potatoes, quartered
1 tablespoon extra-virgin olive oil
1/2 teaspoon dried thyme
Kosher salt and ground black pepper

Preparation

- 1) Heat oven to 400 degrees F.
- 2) Drizzle 1 tablespoon oil over potatoes and roll to coat. Sprinkle with thyme, salt, and pepper.
- 3) Roast potatoes for 15 minutes. Remove from oven, stir, and roast for 15 more minutes or until done.

Grilled Zucchini

Servings: 2

From <http://www.kalynskitchen.com/2006/07/how-to-grill-zucchini-perfect-every.html>

Ingredients

1 zucchini, sliced in slices 1/2 to 5/8 inch thick.
1/2 cup Italian salad dressing
1 teaspoon. garlic powder
1 -2 teaspoons. dried oregano

Preparation

- 1) Cut zucchini into slices, making sure the slices are the same thickness. Combine salad dressing with garlic powder and dried oregano.
- 2) Put zucchini slices into ziploc bag, pour in marinade and let zucchini marinate 4 hours or longer, even as long as all day if desired.
- 3) Preheat grill to medium-high. Place zucchini on grill, having a spray bottle handy for taming any flames that shoot up from the oil in the marinade. After about 4 minutes, check for grill marks, and rotate zucchini a quarter turn. Cook 3-4 more minutes on first side.
- 4) Turn zucchini to second side and cook about 4 minutes more, or until zucchini is starting to soften quite a bit, with the outside slightly charred and browned. Season with salt and fresh ground black pepper and serve hot.