

Shrimp Fra Diavolo

Fra diavolo means "brother devil" in Italian and this dish takes a standard tomato, onion and garlic sauce and adds plenty of fiery heat from spicy crushed red pepper flakes.

YIELD	PREP TIME	TOTAL TIME
4 SERVINGS	20 MIN	40 MIN

INGREDIENTS

8 oz	Whole Wheat Spaghetti
1 Tbsp	Olive or Canola Oil, <u>divided</u>
1 lb.	Shrimp, peeled and deveined
1 each	Onion, small diced
4 cloves	Garlic, minced
½ cup	Dry White Wine
28 oz.	Crushed Tomatoes, canned, low sodium
1 cup	Vegetable Stock, no salt added
½ tsp	Oregano, dried
¾ tsp	Crushed Red Pepper Flakes
¼ tsp	Kosher Salt
To Taste	Black Pepper
¼ cup	Fresh Herbs, chopped (Parsley, Basil, or a combination)
2 oz	Parmesan Cheese, grated

CHEF'S NOTES

Buying frozen shrimp is cost effective and makes for quick dinners. To defrost, simply place shrimp in a colander (strainer) in the sink and run cold water over them for a few minutes (while you prep your other ingredients) before peeling and deveining. Shrimp is sold by size and the numbers refer to the count per pound. Lower numbers mean bigger shrimp. For pasta dishes, we like shrimp that aren't too big and recommend sticking to 20-24 or 16-20.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Fill a large pot with 3 quarts of water and bring to a boil. Once boiling, add the pasta and cook until al dente (about 10-12 minutes). Strain and set aside.
3. Meanwhile, in a large sauté pan, heat 2 tsp of the oil over medium heat and swirl to coat the bottom of the pan evenly. Once the oil is hot, use tongs to add the shrimp to the pan in an even layer and cook undisturbed, until lightly browned and starting to curl, about 1-2 minutes. Flip the shrimp to finish cooking on the other side, about 1-2 more minutes. Remove the cooked shrimp to a clean plate and set aside.
4. Add the remaining 1 tsp oil to the pan, then the onions and cook until translucent and lightly browned, about 2-3 minutes. Add the garlic and continue to cook until fragrant, about 30-60 seconds.
5. To deglaze the pan, add the white wine and scrape the bottom of the pan with a wooden spoon or spatula to release any brown bits (AKA fond) stuck to the bottom of the pan. Allow the wine to cook down for about 2-3 minutes.

6. Add the tomatoes, stock, oregano, pepper flakes, salt and black pepper to the pan. Stir to combine and simmer over medium-low heat for about 10 -15 minutes.
7. Remove from the heat and add the shrimp back to the pan along with the fresh herbs and cooked pasta. Stir to combine thoroughly. Sprinkle with the parmesan cheese and serve.

Nutrition Facts	
4 servings per container	
Serving	about 1 cup pasta with 4 oz.
Size	shrimp (569 g)
Amount per serving	
Calories	450
	% Daily Value *
Total Fat 9g	12%
Saturated Fat 2g	11%
<i>Trans</i> Fat 0g	
Cholesterol 155mg	51%
Sodium 500mg	22%
Total Carbohydrate 53g	19%
Dietary Fiber 10g	34%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 31g	62%
Vitamin D 0.05mcg	0%
Calcium 250mg	19%
Iron 2mg	10%
Potassium 500mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe adapted from Health meets Food, "Shrimp Fra Diavolo" (8/16/19)

