

Rosemary Shrimp Skewers

<https://www.myrecipes.com/recipe/rosemary-shrimp-scampi-skewers>

Ingredients:

1 tablespoon dry white wine
1 teaspoon fresh lemon juice
1 teaspoon extra-virgin olive oil
1/8 teaspoon salt
1/8 teaspoon black pepper
1 garlic clove, minced
18 large shrimp, peeled and deveined (about ¾ pound)
6 (6-inch) rosemary sprigs (if you can't find the right size rosemary sprigs, just buy one package instead for flavoring the shrimp)
Cooking spray
Lemon wedges (optional)
Bamboo or metal skewers (optional)



Directions:

1. Combine first 6 ingredients in a zip-top plastic bag or a bowl. Add shrimp, coat with marinade, and let sit in refrigerator for 30 minutes, mixing occasionally.
2. Working with 1 rosemary sprig at a time, hold leafy end of sprig in one hand. Strip leaves off sprig with other hand, leaving ½ inch of leaves at the leafy end. Repeat with remaining sprigs to make 6 rosemary skewers. Thread 3 shrimp on each skewer. If you can't use the rosemary as a skewer, use bamboo or metal instead.
3. Heat a grill pan over medium-high heat. Coat both sides of shrimp skewers with cooking spray, or wipe grill with olive oil. Arrange 3 skewers on pan; cook 2 minutes each side or until shrimp are done. Shrimp will turn bright pink with white flesh, slightly tender to the touch. Be careful not to overcook the shrimp – it will become tough and less appetizing to eat.
4. Remove from pan; keep warm. Repeat procedure with remaining shrimp skewers. Serve with lemon wedges if desired.

Notes: Because of the shape of our grill pan and the length of our skewers, we noticed that the shrimp was taking a long time to cook,

so we pushed the shrimp to the ends of the skewers to make sure they touched the pan completely and cooked faster. Shrimp, although higher in cholesterol than some seafoods, is fairly low in calories and provides a high amount of protein and healthy fats. Shrimp is a good source of iodine, omega-6 and omega-3 fatty acids, and selenium. For more information on the dietary benefits of shrimp: <https://www.healthline.com/nutrition/is-shrimp-healthy#section1>

Rosemary has a long history of being associated with the heart. It has been believed by many cultures to be a love charm, by others to be a token of remembrance and fidelity. Rosemary is a good source of iron, calcium, and vitamin B-6. For more information on the health benefits of Rosemary: <https://www.medicalnewstoday.com/articles/266370.php#benefits>

Nutrition Information:

Calories: 208
Fat 5.2g
Saturated fat: 0.9g
Protein 34.7g
Carbohydrates: 2.4g
Fiber 0.1g
Cholesterol 258mg

Sodium 400mg

Green Beans with Lemon and Garlic

<https://www.foodnetwork.com/recipes/patrick-and-gina-neely/green-beans-with-lemon-and-garlic-recipe-1938670#/>

(The original recipe makes 6 servings, so we halved it for our two-person dinner.)

Ingredients:

1 pound green beans, ends trimmed
½ tablespoon extra-virgin olive oil
1 tablespoon butter
1 large garlic clove, minced
½ teaspoon red pepper flakes
½ tablespoon lemon zest
Salt and pepper to taste



Directions:

1. Blanch green beans in a large stock pot of well salted boiling water until bright green in color and tender crisp, roughly 2 minutes. Drain and shock in a bowl of ice water to stop from cooking.
2. Heat a large heavy skillet over medium heat. Add the oil and the butter. Add the garlic and red pepper flakes and sauté until fragrant, about 30 seconds. Add the beans and continue to sauté until coated in the butter and heated through, about 5 minutes. Add lemon zest and season with salt and pepper.

Notes: Green beans are a delicious, crunchy vegetable that's great as a cooked side dish or raw, as a snack. One cup of green beans contains just 31 calories, no cholesterol and only 3.6 grams of sugar. Additionally, green beans are great for people who have IBS or other chronic digestive issues.

Nutrition information:

Calories: 122
Fat: 8.5g
Saturated Fat: 4g
Protein: 3g
Carbohydrates: 11g
Fiber: 4g
Cholesterol: 15mg
Sodium: 126mg
Sugar: 5g