Mediterranean Shrimp Skillet Recipe

Ingredients

- 8 ounces uncooked orzo pasta
- 1-1/2 pounds uncooked medium shrimp, peeled and deveined
- 1-1/2 teaspoons olive oil
- 3 garlic cloves, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/2 cups chicken broth, divided
- 2 tablespoons lemon juice
- 1/4 cup fresh basil
- 2 tablespoons fresh italian parsley
- 2 teaspoons cornstarch
- 4 cups chopped fresh spinach
- 1/2 cup ricotta cheese
- 1/4 cup minced fresh basil

Directions

1. Cook pasta according to package directions. Meanwhile, in a large skillet, sauté shrimp in oil until shrimp turn pink. Add the garlic, salt and pepper; cook 1 minute longer. Remove and set aside.
2. In the same skillet, heat 1 cup broth, & lemon juice. In a small bowl, combine cornstarch and remaining broth until smooth; stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in spinach and shrimp; cook until spinach is wilted.
3. Drain pasta; serve with shrimp mixture. Top with fresh basil, italian parsley and ricotta.
Roasted Eggplant & Feta Dip

INGREDIENTS

- 1 medium eggplant (about 1 pound)
- 2 tablespoons lemon juice
- 1/4 cup extra-virgin olive oil
- 1/2 cup crumbled feta cheese, preferably Greek
- 1/2 cup finely chopped red onion
- 1 small red bell pepper, finely chopped
- 1 small chile pepper, such as jalapeño, seeded and minced (optional)
- 2 tablespoons chopped fresh basil
- 1 tablespoon finely chopped flat-leaf parsley
- 1/4 teaspoon cayenne pepper, or to taste
- 1/4 teaspoon salt
- Pita bread

PREPARATION

1. Position oven rack about 6 inches from the heat source; preheat broiler.
2. Line a baking pan with foil. Place eggplant in the pan and poke a few holes all over it to vent steam. Broil the eggplant, turning with tongs every 5 minutes, until the skin is charred and a knife inserted into the dense flesh near the stem goes in easily, 14 to 18 minutes. Transfer to a cutting board until cool enough to handle.
3. Put lemon juice in a medium bowl. Cut the eggplant in half lengthwise and scrape the flesh into the bowl, tossing with the lemon juice to help prevent discoloring. Add oil and stir with a fork until the oil is absorbed. (It should be a little chunky.) Stir in feta, onion, bell pepper, chile pepper (if using), basil, parsley, cayenne and salt. Taste and add sugar if needed.
Warm Arugula Bread Salad

INGREDIENTS

- 3 tablespoons extra-virgin olive oil, divided
- 2 slices crusty whole-wheat bread, cut into 1-inch cubes (2 cups)
- 1 cup cherry tomatoes, halved
- 8 cups arugula, (7 ounces)
- 1 tablespoon minced garlic
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 tablespoons balsamic vinegar
- 3/4 ounce Parmesan cheese, shaved (1/4 cup)

1. Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Stir in bread; cook, stirring occasionally, until crisp and starting to brown, 5 to 6 minutes. Add tomatoes and arugula; cook, stirring, until arugula just wilts, about 1 minute. Push the mixture to one side. Add remaining 1 tablespoon oil to the empty side and cook garlic, stirring constantly, until fragrant and sizzling, 15 seconds. Stir into the bread mixture. Remove from heat, season with salt and pepper, drizzle with vinegar and toss to combine. Serve warm, topped with Parmesan.
Sicilian Marinated Olives

**INGREDIENTS**

- 2 cups pitted olives, use two or three different types
- 2 tablespoons extra-virgin olive oil
- 1 medium stalk celery, coarsely chopped
- 2 cloves garlic, peeled and thinly sliced
- 1 small fresh red or green chili pepper, thinly sliced
- 3 tablespoons chopped flat-leaf parsley, divided
- 1 teaspoon white-wine vinegar
- ¼ cup fresh oregano

**PREPARATION**

1. Rinse olives in a colander, tossing gently under running water, then dry on a kitchen towel. Transfer to a bowl, add oil and gently toss to coat.
2. Add celery, garlic, chile, 2 tablespoons parsley and vinegar; toss again. Let the olives stand at room temperature for 30 minutes.
3. Transfer to a serving platter and sprinkle with the remaining 1 tablespoon parsley and oregano, crumbling the oregano with your fingers to bring out the flavor.