

## LEMON-GARLIC SHRIMP ORZO SKILLET

### INGREDIENTS

- 1 tablespoon vegetable oil
- 1 large zucchini, cut in half lengthwise and into 1/4-inch slices (about 2 cups)
- ¼ teaspoon salt
- 4 cloves garlic, finely chopped (about 4 teaspoons)
- ¾ cup uncooked orzo pasta (about 5 oz)
- 1 ½ cups Progresso™ reduced sodium chicken broth (from 32-oz carton)
- 1 lb uncooked large shrimp (21 to 30 ct), peeled, deveined, tail shells removed
- 2 tablespoons butter
- ¼ cup grated Parmesan cheese
- 1 teaspoon fresh lemon juice
- 1 teaspoon fresh thyme leaves, chopped
- 1 tablespoon finely chopped parsley



### DIRECTIONS

1. In 12-inch nonstick skillet, heat oil over medium-high heat. Add zucchini and salt; cook 4 to 6 minutes, stirring occasionally, until crisp-tender. Remove with slotted spoon; reserve.
2. Heat same skillet over medium heat; add garlic and pasta. Cook 2 to 3 minutes, stirring frequently, until garlic is fragrant and pasta is lightly toasted. Add broth; cover and simmer 10 to 11 minutes or until liquid is nearly absorbed.
3. Stir in shrimp, butter and zucchini; cover and cook 3 to 4 minutes or until shrimp are pink and pasta is tender.
4. Stir in cheese, lemon, and thyme; garnish with parsley.

### NUTRITIONAL INFORMATION PER SERVING:

Serving Size: 1 Cup

Calories 260 | Calories from Fat 90 | Total Fat 10g 15% | Saturated Fat 4.5g 22% | Trans Fat 0g | Cholesterol 140mg 47% | Sodium 460mg 19% | Potassium 390mg 11% | Total Carbohydrate 20g 7% | Dietary Fiber 1g 7% | Sugars 2g | Protein 22g

% Daily Value\*: Vitamin A 8% | Vitamin C 10% | Calcium 15% | Iron 8%

Exchanges: 1 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 1 Vegetable; 2 1/2 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1 1/2 Fat;

\*Percent Daily Values are based on a 2,000 calorie diet.

**SERVES: 4**

**RECIPE SOURCE: BETTYCROCKER.COM**

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, TXExtension color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.  
 The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

## Resolutions

### Drink more water

If you make one resolution this year, get a reusable water bottle and carry it with you as much as you can. It will make it so easy to casually sip water all day. You'll be more hydrated without even realizing it, which can lead to better brain health, a healthier heart, better kidney function and much more. It's a free and easy way to improve your health this year.

Source: eatingwell.com

