

CO-OP MEALS
Dinner in 30

Tomato basil veggie noodles

Serves 2-4

Shopping List:

- 1 package of veggie noodles (2 servings) or 2 packages (4 servings)
- Vermont Fresh basil pesto
- 1 large tomato or 4 cherry tomatoes
- 4-5 shrimp per person
- 2 mozzarella balls per person
- 2 cloves garlic
- Olive oil

Prep:

Dice large tomato into 1/2 inch pieces or quarter cherry tomatoes. Slice mozzarella balls in half.

Mince garlic.

Cook:

Place veggie noodles into a microwave-safe container with a small amount of water (about 2 tablespoons). Microwave on high for about a minute (will vary by microwave power). Noodles should be soft but not limp or translucent. Transfer to a collander to strain.

Place garlic, tomatoes, and 1 tablespoon of olive oil in a large skillet or sauce pan over low heat. Saute 4-5 minutes, stirring occasionally.

Add frozen shrimp to the pan and increase heat to medium-low. Cook 4-5 minutes, until shrimp is warmed through. Reduce heat to low.

Add 2-4 tablespoons pesto and veggie noodles to the pan. Stir to combine, cook for an additional minute. Add olive oil if needed to help distribute the pesto.

Remove from heat and serve. Top each portion with mozzarella pieces.

Optional: garnish with basil leaves.

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

• Using frozen shrimp:

Shrimp can go from frozen to the pan, no need to thaw. Because they are already cooked, best to heat them as little as possible.

• Making your own veggie noodles:

Root veggies such as parsnips, potatoes, sweet potatoes, beets. Summer veggies like squash and zucchini, and more!

• Make your own pesto:

Use basil, sundried tomatoes, garlic scapes, cilantro, red peppers, arugula, spinach, etc.

Nut choices include: Pine nuts, walnuts, toasted pumpkin seeds, pistachios, or almonds. Blend or food process with 1-2 cloves garlic, olive oil and parmesan cheese. Experiment with quantities until desired consistency achieved.



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FOOD STORES