



Shrimp & Apples with Mashed Butternut Squash ~ choose one side item to complete your meal

Shrimp with Apples

2 servings

1 Tbsp	Butter or margarine
½ lb	Shrimp, peeled
1	Fresh apple, medium, cored and sliced
3 Tbsp	Apple juice or cider
1/8 tsp	Salt (optional)
1/8 tsp	Black pepper, freshly ground



To Make: Chop ½ small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

Recipe Nutrition per serving

223 calories; 23 gm protein; 14 gm carbohydrate; 8 gm total fat; 4 gm saturated fat; 188 mg cholesterol; 2 gm fiber; 373 mg sodium

To Make Mashed Butternut Squash:

Wash and peel squash. Cut into chunks. Place in a saucepan and cover with water. Cook until the water boils. Turn down heat and simmer until squash is fork-tender. Drain water and mash squash with a potato masher. Dust lightly with salt and pepper to taste. Add a little butter, if desired.

Side Items:

1. Steamed Fresh Cabbage (red or green) – Affordable, staple ingredient: Fresh cabbage

To Make: Wash cabbage. Cut cabbage into 2 “ length pieces and place in a saucepan. Add 1/4 - ½ cup water and cover. Cook on medium heat until cabbage is fork-tender. Drain water and dust with salt & pepper to taste.

2. Onion Flavored Green Beans or Broccoli – Affordable, staple ingredient: LFS Frozen Green Beans or LFS Frozen Broccoli Cuts

To Make: Chop up ½ small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

3. Orangey Carrots – Affordable, staple ingredient: Fresh carrots

To Make: Peel and wash carrots. Cut each carrot into coin-shaped pieces, about ½ “ wide. Place in a saucepan and cover with water. Cook on medium high until carrots are fork-tender. Drain water. Add ¼ cup orange juice and/or 1 tsp orange zest and stir.