



Zesty Lemon Garlic Shrimp Pasta

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

8 oz linguine pasta
2 tbsp olive oil
1 lb large shrimp, peeled
and deveined
Salt to taste
Black pepper to taste
1 tbsp minced garlic
1 tsp red pepper flakes
1/2 cup chicken broth
1 cup fresh lemon juice
Zest of 1 lemon
1/2 cup finely chopped
fresh parsley
Grated Parmesan cheese
for serving

Instructions

- **Cook the pasta:** Bring a large pot of salted water to a boil. Add the linguine and cook until al dente, according to the package instructions. Drain and set aside.
- **Prepare the shrimp:** Meanwhile, heat the olive oil in a large skillet over medium-high heat. Add the shrimp, season with salt and pepper, and sauté until they turn pink, about 2-3 minutes per side. Remove the shrimp from the skillet and set aside.
- **Make the sauce:** In the same skillet, add the minced garlic and red pepper flakes. Cook until the garlic is fragrant, about 1 minute. Stir in the chicken broth, lemon juice, and lemon zest. Bring the mixture to a simmer and cook for about 5 minutes, or until the sauce has reduced by half.
- **Combine the pasta and shrimp with the sauce:** Return the shrimp to the skillet. Add the cooked pasta and toss to combine, making sure the pasta is well-coated with the sauce.
- **Serve:** Remove the skillet from the heat. Sprinkle with the chopped fresh parsley and grated Parmesan cheese. Serve immediately.

Tips and Variations

For an extra punch of flavor, add a splash of white wine to the sauce.
Feel free to add more vegetables like cherry tomatoes or spinach for added nutrition.
Use whole grain pasta for a healthier twist.

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Shape Magazine Recipe

Jamie Isabella Parker



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Healthy Homestyle Cooking Evelyn Tribole, 1999-07-09 A collection of low fat variations on classic recipes includes muffins sloppy joes stew chicken parmigiana pizza and lasagna

Made With Love Enid Borden, 2012-09-18 Celebrating the importance of family Made With Love The Meals On Wheels Family Cookbook includes recipes from the tables of well known actors chefs writers and other celebrities along with personal stories about their favorite family meals Learn to cook Patti LaBelle's Baja Fish Tacos Cokie Roberts Artichoke Gratin Al Roker's New Orleans Style Barbecued Shrimp Judi Dench's Bread and Butter Pudding Other contributors include Helen Mirren Martha Stewart former First Lady Barbara Bush Mario Batali Paula Deen Joan Lunden Kurt Warner Dr Maya Angelou Joan Rivers and many more Providing more than a million meals a day for seniors across America Meals On Wheels Association of America is the oldest and largest national organization of its kind Each sale of Made With Love The Meals On Wheels Family Cookbook helps to end senior hunger in America

Best Vegan Recipes Jamie Isabella Parker, 2014-02-13 Author and vegan cooking teacher Jamie Parker set out on a mission to compile a cookbook with the best vegan recipes ever tasted She realized to get the best recipes she must go straight to the source the top vegan serving restaurants in North America After years of research traveling cooking and tasting she has created this book Best Vegan Recipes The book takes the reader on a tour across North America showing off the continent's top 38 vegan serving restaurants and over 130 of their tastiest recipes Every recipe in Best Vegan Recipes is outstanding and this book can turn even a novice cook into an exceptional vegan cook with the ability to make recipes that will impress anyone If you are already an excellent vegan chef it will give you a host of new recipes and introduce creative ideas from top chefs across the continent Whether you are a vegan or just want to eat more vegan food you may as well spend your life as a skilled cook eating amazing meals

More Healthy Homestyle Cooking Evelyn Tribole, 2000-10-06 A collection of two hundred healthy recipes for all occasions includes ways to make dishes faster and better as well as a Recipe Makeover Substitution chart as well as cooking secrets and tips 35 000 first printing

Food and Place Pascale Joassart-Marcelli, Fernando J. Bosco, 2017-12-22 This text provides a comprehensive and critical exploration of food from the unique perspective of place It shows that our experiences with food are deeply influenced by their cultural social economic and political contexts The authors explore a wide range of questions such as Do GMOs threaten rural livelihoods Why don't we eat dogs Does your neighborhood make you fat Do community gardens encourage urban gentrification Can cheese save a local economy Why are gourmet burgers appearing on menus all over the world How do immigrants use food to create a sense of place Does mainstream nutrition stigmatize bodies Is the kitchen an oppressive place Can celebrity chefs change the food system Critically engaged and connected to current activist and academic debates Food and Place will be an essential resource for students across the social sciences

Nourishing Superfood Bowls Lindsay Cotter, 2018-03-13 Power Your Day with Nutritious Convenient Meals For a wholesome complete meal in just one bowl look no further than Nourishing

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We emphasize for the time being because when it comes to diets nothing lasts forever Americans went through a similar obsession with carbohydrate avoidance a few decades ago when many low carb diet books topped the bestseller lists in the 1960s and 1970s including the original version of Atkins low carb diet Despite their popularity low carb diets had virtually no measurable effect on our waistlines the weight of the average U S adult at the end of 70s was essentially the same as it was at the start of the previous decade It seems that a diet limited to primarily protein and fat was not the answer after all And when it comes to dieting it seems Americans cannot resist a fad But no matter what the latest fad diet claims the bottom line is calories regardless of type do count Unfortunately Americans seem to have found out the hard way It s the Calories Not the Carbs was written in part to clarify this point and set the record straight It also was written to show you that eating well and living well is about giving yourself the best possible intake of nutrients to allow your body to be as healthy as possible and to work as well as it can It is getting the nutrients your body needs for optimal mental performance and emotional balance It is not a set of rules Your body s needs and health goals are completely unique and depend on a whole host of factors from the strengths and weaknesses you were born with to the effects your current environment has on you No single way of eating is perfect for everyone although there are general guidelines that apply to us all Whether your personal health goal is to lose weight maintain your current weight become more active have more energy or just improve your overall health and fitness this guide will show you how to use the Food Guide Pyramid listen to your body and become more active to make lasting healthful lifestyle changes for health and wellness and to say goodbye to fad diets of all types for good

[Best Recipes From the Backs of Boxes, Bottles, Cans, and Jars](#) Ceil Dyer, 2017-04-15 Hundreds of recipes that have appeared on the backs of packages for decades withstanding the test of time include perennial favorites that are simple easy to prepare economical and delicious

Effective Weight Loss Evan M. Forman, Meghan L. Butryn, 2016 Effective Weight Loss presents 25 detailed sessions of an empirically supported cognitive behavioral treatment package called Acceptance Based Behavioral Treatment ABT The Clinician Guide is geared towards helping administer treatment and the companion Workbook provides summaries of session content exercises worksheets handouts and assignments for patients and clients receiving the treatment

I Can Make You Hot! Kelly Killoren Bensimon, 2012-04-24 Kelly Killoren Bensimon has done it all when it comes to nutrition and her body eaten too little as a model gobbled too much of the wrong things in her twenties and fed her body just right but not quite satisfyingly when she was pregnant On the eve of turning 40 Kelly knew she had to figure it out fast how and what to eat to keep her body beautiful An enthusiastic outdoorswoman and involved mom Kelly discovered that eating really eating is the key I Can Make You Hot collects the diet and nutrition secrets she researched and tested and still uses herself including how to train yourself to never never skip a meal load up on food real food not bars powders or fake stuff Kelly s 7 Day Diet for maximum power at your peak energy draining times don t be afraid of a giant carb y lunch how to lose 3 to 5 pounds fast but smart how to satisfy your cravings without sabotaging a strong healthy body why you should learn

to love foods you've been brainwashed into fearing such as dairy and eggs I Can Make You Hot takes you all the way to a lean strong realistic body with 60 recipes for Kelly's favorite dishes from Thai Chicken Noodle Salad to Mom's Irish Soda Bread to Kelly Green Salad and Pineapple Fried Rice and don't forget the Tippy Gummi Martini And the book is loaded with bonus hot tips from why jeans in a smaller size make you look thinner really to the spicy foods that are instant metabolism boosters I Can Make You Hot is like rooming with a supermodel and going on a diet together Kelly wants you to be HOT *The Food & Mood Cookbook* Elizabeth Somer, Jeanette Williams, 2004-01-07 From the author of Food Mood recipes for dishes that can boost energy soothe depression and control cravings Following the publication of her groundbreaking book Food Mood Elizabeth Somer became one of the nation's leading experts on the link between diet and feelings Now she applies her insights into nutrition weight and emotion to the kitchen in this practical guide to eating well The Food Mood Cookbook contains more than two hundred delicious and easy recipes for entrées salads side dishes breads beverages and desserts The varied dishes include Thai wraps cold curried chicken salad with cranberries plum glazed chicken on skewers Cajun shrimp and corn bisque linguini with fresh tomatoes capers and lemon creamy low fat fudge lemon bundt cake with raspberry filling Each recipe is briefly introduced with information about how these foods can affect emotions and energy and the book is full of helpful charts and tips The first cookbook devoted to the relationship between food and mood Somer's book will appeal to anyone interested in eating to feel better **Fowler's Dictionary of Modern English Usage** Jeremy

Butterfield, 2015-03-26 Why literally shouldn't be taken literally Why Americans think home in on something is a mistake and Brits think home in is Is it OK to spell OK okay What's wrong with hence why Was Alanis Morissette ever ironic Fowler's Dictionary of Modern English Usage is the world famous guide to English usage loved and used by writers editors and anyone who values correct English since it first appeared in 1926 Fowler's gives comprehensive and practical advice on complex points of grammar syntax punctuation style and word choice Now enlarged and completely revised to reflect English usage in the 21st century it provides a crystal clear authoritative picture of the English we use while illuminating scores of usage questions old and new International in scope it gives in depth coverage of both British and American English usage issues with reference also to the English of Australia Canada India New Zealand and South Africa The thousands of authentic examples in the book vividly demonstra **2014 Writer's Market** Robert Lee Brewer, 2013-08-05 The most trusted guide to

getting published The 2014 Writer's Market details thousands of publishing opportunities for writers including listings for book publishers consumer and trade magazines contests and awards and literary agents These listings include contact and submission information to help writers get their work published Look inside and you'll find page after page of all new editorial material devoted to the business of writing You'll find advice on pitching agents and editors setting up a freelance business and promoting your writing Plus you'll learn how to earn a full time income from blogging write the six figure nonfiction book proposal and re-slant your writing to get more out of your freelancing efforts This edition also includes the

ever popular pay rate chart You also gain access to Lists of professional writing organizations Sample query letters

Vegetarian Times ,2000-10 *You Can Fix Your Brain* Tom O'Bryan,2018-09-18 For anyone worried about any type of brain ailment ranging from the chronic conditions to simple brain fog and fatigue this essential guide covers the full spectrum of prevention to treatment We ve all experienced brain fog misplaced keys forgotten facts a general feeling that you re just feeling off today And many of us will experience that fog manifesting as something more permanent either in ourselves or our loved ones No matter what your current brain health state may be *You Can Fix Your Brain* will enable and empower you to take concrete steps that will make an immediate difference in your brain s vitality clarity and energy Your memory will improve foggiess will disappear you ll be less tired all the time and much more And you ll learn that these aren t empty promises Dr Tom O Bryan author of *The Autoimmune Fix* knows how to create lasting changes in health and he s here to share them with you It s a step by step approach to better cognitive function being selective about what s on your fork what s in your environment and how you take care of yourself can make a world of difference With only one hour a week of practice in 6 months you can say goodbye to brain fog and welcome a better long term memory and a sharper mind

Good Housekeeping Magazine Institute Bulletin ,1915 **Directory of Food and Nutrition Information for Professionals and Consumers** Robyn C. Frank,Holly Berry Irving,1992 Emphasizes nutrition education food science food service management and related aspects of applied nutrition Part I has chapters on organizations that provide information services and or resources on food and nutrition academic programs software and databases Part II is composed of annotated bibliographic entries and lists of organizations Intended to assist nutritionists dietitians health professionals educators librarians and consumers in identifying sources of food and nutrition information *Taste of Home Best Loved Recipes* Taste of Home,2012-07-17 Real recipes from real home cooks they re what make Taste of Home one of America s most popular and most trusted names in home cooking Over the years we ve featured tens of thousands of recipes in our magazines and websites But what makes this book so special is that it features not just great recipes Not just award winning recipes These are our best loved recipes The ones that conjure up heavenly aromas that bring you back to Sunday dinner tables summer picnics and holiday parties that call vividly to mind the special cooks who made them The ones that make you close your eyes smile and say Mmmmm They re all here cook off winners and bake sale favorites must have comfort foods and secret family recipes regional specialties packed with flavor and style This collection contains 1 485 of the most requested most beloved dishes all submitted by Taste of Home readers Recipes for all occasions are included from Blueberry Cheesecake Flapjacks to Caramel Apple Bread Pudding mouthwatering main dishes from Creamy Seafood Stuffed Shells to Chicken with Rosemary Butter Sauce and delicious dessert recipes from Magnolia Dream Cheesecake to Chocolate Ganache Tarts Here s what else is included Top 100 favorites recipes Prep Cook Times Recipe comments from our web community Everyday ingredients Easy to follow directions How to photos Cooking tips 26 chapters 20 photo sections with 400 full color

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