

Shrimp with Italian Sauce

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 15 minutes

Serves: 4

CChints: If your fish is frozen you can thaw them in a bowl of cold water in about 30 minutes. If your shrimp is fresh, you need to use them within a day and keep them well chilled or on ice in the refrigerator.



1 Tablespoon olive oil
1 cup chopped yellow sweet onion
2 gloves minced garlic, fresh or from a jar
15 ounce can diced tomatoes, drained
1/2 cup shredded yellow or zucchini squash
2 teaspoons chopped fresh oregano
2 teaspoons fresh thyme leaves
12 kalamata olives, chopped
1 teaspoons capers, rinse, drained and chopped
1/2 teaspoon salt and a dash of pepper
2 bay leaves
3/4 pound shrimp, peeled and deveined
4 servings angel hair pasta
4 servings of a green vegetable
Garnish, Optional: Freshly grated parmesan cheese

Heat the oil in a large nonstick pan over medium heat. Add the onions and stir occasionally for 4 minutes, then add the garlic for 1 minute. Add the tomatoes through salt and pepper and stir well. Add the bay leaves, cover and allow let simmer for 10 minutes.

During this time, do a little clean up and prepare you pasta and vegetables according to package directions.

After the 10 minutes remove the cover and stir in the shrimp. Stir occasionally for about 5 minutes until they are opaque and begin to curl. If they turn too pink or curl too much they are over done.

Put pasta on each plate and top with the shrimp and sauce. Add the optional cheese and serve with your side vegetable. Enjoy.