chipotle shrimp with pasta and fruit sorbet

TOTAL TIME

25 minutes

MAKES 4 SERVINGS

APRON'S ADVICE

Treat yourself by replacing part, or even all, of the shrimp with lobster!

SHOPPING LIST

Dairy
2 tbsp butter

Dry Grocery
8 oz bowtie pasta
1/4 cup chipotle marinade
1 tbsp cornstarch
large zip-top bag
1 cup lemon lime soda
1/2 tsp seasoned salt
1/4 cup sugar

Frozen
1 (20-oz) package mixed fruit (contains peaches, melon, strawberries and grapes)

Produce
4 oz gourmet mushroom blend
1/2 cup pre-diced tomatoes
1/3 cup pre-sliced green onions

Seafood
1 lb peeled/deveined shrimp

Suggested Items
Italian bread

PUBLIX Aprons SIMPLE MEALS

FOR MORE RECIPES, VISIT
publix.com/aprons

COOKING SEQUENCE

- Preheat grill and begin to cook pasta - 5 minutes
- Prepare sorbet and freeze - 5 minutes
- Complete shrimp and pasta; serve - 15 minutes

chipotle shrimp with pasta

INGREDIENTS

8 ounces bowtie pasta
2 1/2 cups water
1 pound peeled/deveined shrimp (thawed, if frozen)
1 tablespoon cornstarch
large zip-top bag
1/4 cup chipotle marinade
4 ounces fresh gourmet mushroom blend
1/2 cup pre-diced fresh tomatoes
1/3 cup pre-sliced green onions
2 tablespoons butter
1/2 teaspoon seasoned salt

STEPS

1. Preheat 2-sided tabletop grill. Place pasta and water in large saucepan. Cover and bring to boil on medium-high. Remove lid and cook 6–8 minutes, stirring often, or until most of water is absorbed. 2. Place shrimp and cornstarch in large zip-top bag. Seal bag and shake to coat shrimp. Add marinade to bag, seal tightly, and knead to coat; set aside. 3. Stir remaining ingredients gently into pasta. Reduce heat to low; cover and simmer 5 minutes, stirring occasionally, or until thoroughly heated. 4. Place shrimp on grill and close lid (wash hands). Grill 3–4 minutes or just until shrimp turn pink. Serve over pasta.

CALORIES (per 1/4 recipe) 510kcal; FAT 8g; CHOL 185mg; SODIUM 780mg; CARB 65g; FIBER 9g; PROTEIN 38g; VIT A 15%; VIT C 10%; CALC 8%; IRON 50%

fruit sorbet

INGREDIENTS

1 (20-ounce) package frozen mixed fruit (contains peaches, melon, strawberries and grapes)
1 cup lemon lime soda
1/4 cup sugar

STEPS

1. Process fruit in food processor, pulsing 15–20 times, or until fruit is chunky. 2. Add remaining ingredients and process 1–2 minutes or until smooth. Chill in freezer until ready to serve.

CALORIES (per 1/4 recipe) 130kcal; FAT 0g; CHOL 0mg; SODIUM 5mg; CARB 34g; FIBER 2g; PROTEIN 1g; VIT A 15%; VIT C 120%; CALC 0%; IRON 4%

© 2011 Publix Super Markets Inc.