



The NMSD Monthly Morsel Nutritional Newsletter 1/25/21-1/30/21

Spagetti Cacio e Pepe—(Sounds super fancy, right? It's so not as hard as it sounds.)

Ingredients

- 1 lb. spaghetti
- 6 tbsp olive oil
- 2 cloves garlic, minced
- 2 tsp ground black pepper
- 1 ½ c Pecorino Romano Cheese
- 8 c water + 2 tbsp salt +1 tbsp oil

Preparation

Bring a large pot of lightly salted, oiled water to a boil. Cook spaghetti in the boiling water, stirring occasionally until tender, yet firm to the bite, about 10 minutes. Scoop out some of the cooking water and reserve. Drain spaghetti. Heat oil in a large skillet over medium heat. Add garlic and pepper; cook and stir until fragrant, 1 to 2 minutes. Add spaghetti and Pecorino Romano cheese. Ladle in 1/2 cup of reserved cooking water; stir until cheese is melted, about 1 minute. Add more cooking water until sauce coats spaghetti, about 1 minute more. Serve hot, garnished with julienned Italian parsley.

Chicken “Parmesan”

Ingredients

- 4 precooked chicken tenders or 2 precooked chicken patties
- 2 c diced tomato
- 3 tsp oregano
- 1 ½ tbsp basil
- ½ tsp sugar
- 1 tsp salt and pepper, or taste
- 2 tbsp olive oil
- 1 tbsp minced garlic
- ½ onion, sweet, sliced thin
- 1 c mozzarella, or more as desired- (if you have parmesan, add your own with the mozzarella)
- 2 c pasta, dried

Preparation

Preheat oven to 425. In a stove pot, heat olive oil until shimmering. Add diced onion and garlic to the pot, and stir rapidly until fragrant. Add tomatoes, sugar, salt and pepper, basil, and oregano to the pot; heat on a simmer for 30 minutes or until flavors are well combined, then set aside, but keep warm. Layer out chicken tenders or patties in 9x9 baking pan, each with ¼ c of sauce and 1/8 c of cheese. Once topped, either save your tomato sauce, or divvy out between the tenders; follow with any remaining cheese. In another pot on the stove, boil 8 c water that has been oiled and salted. Once water is boiling, add pasta. Cook until al dente, usually about 8 to 10 minutes depending on the pasta. Drain pasta well, cover. Place pan with chicken and cheese in the oven for 20 to 25 minutes to bake; check temperature. If not at 165, continue to check each 5 minutes following until internal temperature reaches 165. Serve over finished pasta.

Tuna with Penne Salad

Ingredients

- 1 box Penne pasta
- 12 oz tuna, 3 cans of 4 oz 4 to 5
- tablespoons mayonnaise
- 1/2 cup green bell pepper, chopped
- 1/2 cup red bell pepper, chopped
- 1 small red onion, chopped
- 3/4 cup corn
- 1/2 teaspoon salt
- 2 teaspoons vinegar
- 1 tablespoon scallion, thinly chopped, for garnish

Preparation

Cook pasta according to box instructions. Drain and set aside to cool. In a large bowl, mix the pasta with the rest of the ingredients and combine well. Top with the scallion to garnish and serve.

Spicy Garlic Shrimp and White Beans with Tomatoes

Ingredients

- 1 lb. deveined and peeled medium shrimp
- 3 tbsp olive oil, divided
- 1 tsp paprika
- 3 cloves garlic, minced and divided
- ¾ tsp hot red pepper flakes
- One 14.5-oz can dice tomatoes, drained
- 1 tbsp tomato paste
- Two 15-oz cans of white cannellini beans, drained
- ¼ c fresh parsley, chopped

Preparation

Heat a large skillet over medium-high heat. Add shrimp, 1 tablespoon olive oil and paprika. Stir to evenly coat shrimp. Sauté for 2 minutes. Add 2 cloves of minced garlic and cook for another minute. Remove shrimp to a heat safe bowl and set aside. Return skillet back to heat and add 2 tablespoons olive oil, pepper flakes, and remaining garlic. Cook until garlic turns light golden brown. Add tomatoes and tomato paste. Cook until most of the liquid evaporates and tomato mixture darkens, about 4 minutes. Add beans and broth. Simmer for 10 minutes or until mixture reaches the consistency of a thick stew. Stir in parsley and previously set aside shrimp. Cook until shrimp is heated through. Serve immediately.



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