

OntarioRed™ SHRIMP PASTA

This savoury pasta is full of fresh OntarioRed™ tomatoes, shrimp and basil. Creating the perfect quick & healthy dinner meal.



DIRECTIONS:

- Add water, olive oil and salt to a pot and bring to a boil. Add pasta into the water and cook for approximately 5 minutes, until al dente.
- Add olive oil to a medium sized pan and heat. Place shrimp, garlic, butter, salt & pepper into the pan and cook for 4-5 minutes per side. Set aside.
- Add olive oil to a medium sized pan and heat. Add diced OntarioRed™ Roma Tomatoes, stirring frequently. Add diced onions, basil and chicken broth. Cook for approximately 3 minutes.
- Add cooked shrimp and pasta to the tomato mixture and mix for approximately 1 minute, until everything is well incorporated.
- Serve and top with parmesan cheese.



Nutrition Facts	
Serving Size (382g) Servings Per Container	
Amount Per Serving	
Calories 370	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 490mg	20%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 25g	
Vitamin A 25% • Vitamin C 35%	
Calcium 15% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 15 minutes
Cook time: 15 minutes
Serves: 2-3 People

INGREDIENTS:

- 6 OntarioRed™ Roma Tomatoes, diced in 1cm cubes.
- 20 medium size shrimps peeled
- 2 cups of penne pasta
- 1 bunch of basil
- 1 red onion
- 1 cup chicken broth
- 2 garlic cloves
- 2 tbsp. parmesan cheese
- 2 tbsp. olive oil
- 1 tbsp. butter
- Salt & Pepper to taste

CHEF'S TIP:

You can substitute shrimp for chicken.

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