

Shrimp And Feta Fettuccine

It's just been too hot to cook, but you don't have to sacrifice great flavor and nutrition 'cause you can't stand the heat in the kitchen! And eating fast food is only going to make you feel stuffed and sluggish! For all the requests that I have been receiving for something flavorful, easy, and delicious --- without coming home and heating up the kitchen *and* something that this time is not a salad, I have the perfect meal for you and your family.

Serves Six

Ingredients

- 1 lb. Medium Size Shrimp, shelled, deveined, and cooked*
- 1 lb. Feta Cheese, drained and coarsely crumbled
- 1 Cup Green Onions or Scallions, thinly sliced, including green
- 1- 15-16 oz. Can of Garlic Herb Tomato Sauce**
- 1/2 Cup Extra Virgin Olive Oil
- 1/4 Cup Lemon Juice, freshly squeezed
- 2 Tab. Fresh Dill, chopped***
- 2 Tab. Fresh Basil, chopped
- 2 Tab. Fresh Parsley, chopped
- 1/2 Tsp. Kosher Salt
- 1/4 Tsp. Freshly cracked Black Pepper
- 1 lb. Fettuccine, cooked al dente & drained
- Garnish: More of the chopped fresh herbs above

Preparation

- 1. Cook the fettuccine or pasta of your choice according to the package directions until al dente--don't overcook, because you'll still want it firm to the bite. Drain and rinse the pasta in cold water. Set aside.
- 2. Combine cooked shrimp, Feta cheese, and green onion in a large glass bowl. In another bowl or large glass measuring cup, combine the tomato sauce, olive oil, lemon juice, fresh parsley, basil, and dill. Add salt and pepper and mix well.
- 3. Toss the shrimp and feta mixture with the pasta. Pour the prepared tomato sauce over the shrimp and pasta mixture, tossing all ingredients gently. Serve right away at room temperature or cover and refrigerate until serving time.

Important Notes on this versatile recipe

- Although I used Fettuccine as my pasta choice (I just loved the way the title sounded!), almost any pasta can be substituted and some smaller pastas like the bow-ties (farfalle), small shells, fusilli, and penne are easier to eat than the long strips of pasta if you are taking the dish to a picnic or packing it for lunch.
- You can add crushed red pepper in lieu of the cracked black pepper to give the dish a little delish heat!
- You can leave the tails on the shrimp for a more dramatic-looking dish. At the Jungle, you can buy the shrimp fresh and uncooked- boiling until opaque and rinsing immediately in cold water – or, even simpler, you can buy them cooked in the fresh fish section or in the frozen section. (if frozen, simply run cold water over them until thawed – quick and easy and ready when you are!)
- You can substitute plain or your favorite flavored tomato sauce, but give the Muir Glen organic tomatoes found in the Natural section of Jungle Jim's a try- they are very fresh tasting.
- Although you can substitute one teaspoon dried herbs for one tablespoon fresh herbs in most recipes, this particular recipe gets its really fresh taste with the help of the fresh herbs, so use the fresh herbs if you can- adds vitamins as well!

-Jungle Jim's Margie Potts