# FOOD

Shrimp Primavera

Ingredients

- 8 ounces angel hair pasta
- 1,1/2 lbs medium fresh shrimp, shelled & deveined, tails removed
- 4 tsps minced garlic
- 2 cups thin carrot sticks/3 in. long
- 2 cups red bell pepper, cut into thin strips
- 2 cups thinly sliced ripe plum tomatoes
- 2 cups zucchini, cut into thin strips
- 1/2 tsp crushed red pepper
- 1/2 cup skim milk
- 12 ounces fat free cream cheese w/ garlic & herbs
- 1 cup fresh basil leaves or 2 tbs dried basil

Directions

1. Cook pasta, per directions. Drain, keep warm.
2. Half-fill the same pot w/water, bring to a boil and cook shrimp until just pink. Toss w/ pasta. keep warm.
3. Spray a lg pan w. cooking spray and heat over medium for 1 minute. Add garlic. Saute 1 min. Stir in carrots, red peppers, tomatoes, zucchini and red pepper flakes. Cook constantly for 5 min. Toss w/ pasta & shrimp. In small pan, heat milk to boil. Add cr. Cheese until melted. Toss w/ pasta mix. Sprinkle w/ basil.

Smothered Pork Chops
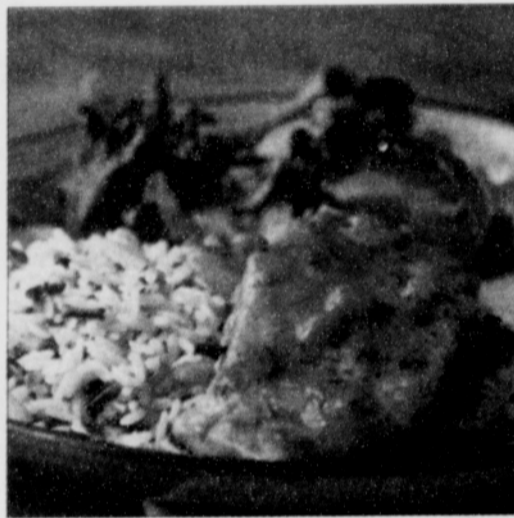
Ingredients

- 4 pork loin chops, boneless
- 1 onion, coarsely chopped
- 10 Â¾ Campbellâ™s Healthy Request condensed cream of mushroom soup
- 1/2 tsp. dried thyme
- 1/2 cup water

Directions

1. Season pork chops with salt and pepper to taste. Spray a heavy non-stick pan or Dutch oven with non-stick cooking spray and place over medium-high heat.
2. Cook pork 2 minutes per side, or until browned. Transfer to a platter.
3. Add onion to drippings in pan and cook 5-7 minutes, stirring frequently.
4. Whisk in remaining ingredients. Bring to a boil over high heat.
5. Return pork and any accumulated juices to pan. Reduce heat to medium low, cover pan and cook about 7 minutes, or until pork is cooked throughout.

No Fat Tropical Fruit Smoothie

Ingredients

- 3 Cups Frozen Tropical Fruit Mix (Mango, Papya, Pineapple)
- 1 Bottle Water
- 3 Tablespoons Splenda

Directions

1. Add half of the bottle of water to the blender and the Splenda. Cover and blend for 5 seconds.
2. Add the frozen fruit Tropical Fruit Blend, about half the bag) and the rest of the water. Start blender on high.
3. Lift off the lid as blender is on and mix just the top of the smoothie to keep it moving. DON'T put the spoon into the blades!
4. Blend until smooth and then place into large glasses.
5. I like the smoothie as there is no added sugar or fat and it's just fruit.