



# Cook Once, Eat Twice

Multiple Meals for  
More Family Time

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**DINNER  
TONIGHT**

Some of the core values of Dinner Tonight have always been providing quick, easy, and healthy meals to support family mealtime. This Healthy Cooking School is focused on cooking once to make multiple meals. This type of meal planning and preparation can help make healthy mealtimes a reality for busy families. Meal planning can also help save money at the grocery store by shopping sales while using all the meat in delicious and healthy ways. The Dinner Tonight Team wanted to develop a set of recipes to support your meal planning and meal preparation goals while keeping them realistic and healthy! In this recipe booklet, you'll find a basic recipe or instructions to prepare a protein and additional recipes that allow you to reduce food waste by meal planning. Our recipes are always focused on reducing and limiting saturated fat, sodium, and added sugars while increasing beneficial nutrients such as vitamin D, iron, potassium, calcium, and dietary fiber. You can count on us for healthy recipes!

Enjoy!

*The Dinner Tonight Team*

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## GROUND BEEF

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## ROAST BEEF

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## SHRIMP

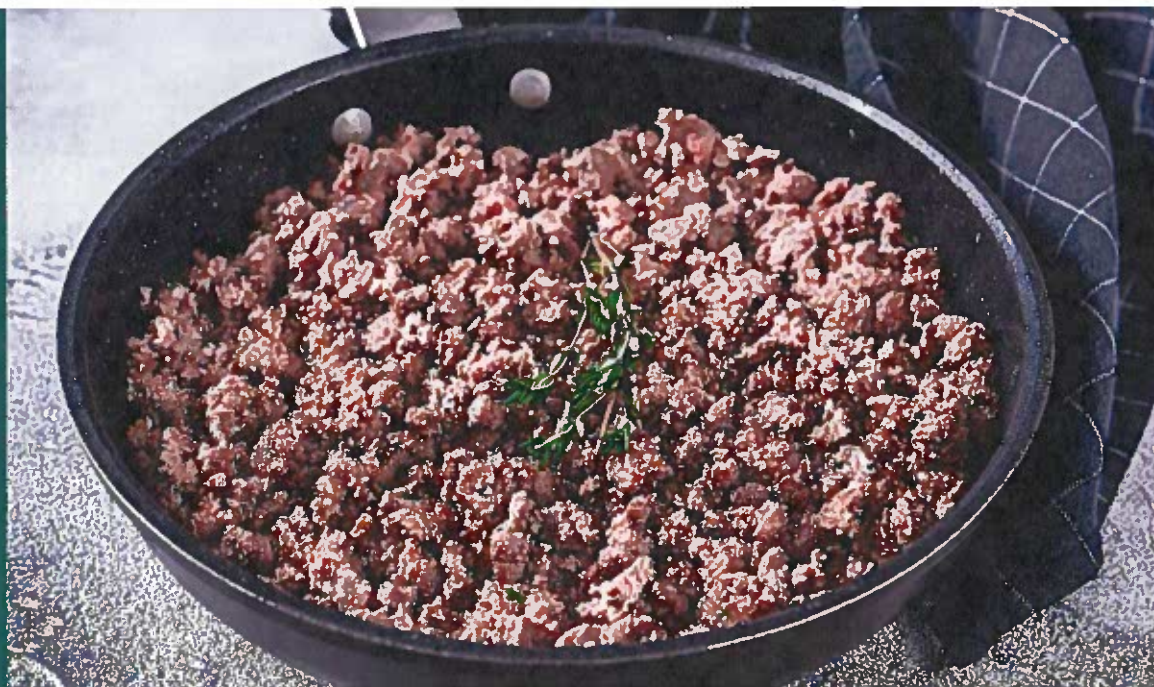
Shrimp  
Shrimp, Mango, and Avocado Salad  
Garlic Basil Shrimp Pasta



# Contents



## Ground Beef



## Ground Beef

The average serving of protein per person is 4 ounces.

### INGREDIENTS

4 pounds 90% lean ground beef

### DIRECTIONS

1. Place ground beef in a large skillet on medium heat.
2. Stir and break up the meat using a wooden spoon.
3. Cook until the meat is browned and reaches a temperature of 160°F.
4. Use measuring cups to divide the cooked meat into 12-ounce servings (1 pound of cooked meat).
5. Store in airtight containers for 3 to 4 days in the refrigerator or 2 to 3 months in the freezer.



MAKES  
7 SERVINGS

SERVING  
SIZE: 1 CUP

## Egg Roll in a Bowl

### INGREDIENTS

- 1 pound 90% lean ground beef, cooked
- 3 garlic cloves, minced
- 2 teaspoons ginger, grated
- ¼ teaspoon salt
- 4 green onions, chopped
- 2 cups coleslaw mix (red cabbage, green cabbage, and carrots included)
- 1 tablespoon reduced-sodium soy sauce
- 2 tablespoons hoisin sauce
- Garnish with cilantro and lime

### DIRECTIONS

1. Place the cooked ground beef in a pan on low to medium heat.
2. Combine garlic, ginger, salt, and green onions with the ground beef until warm. Add coleslaw to the ground beef until well-blended.
3. Cook over medium to high heat for 5 to 8 minutes, until coleslaw is soft.
4. Add soy sauce and hoisin sauce. Stir well.
5. Remove from heat and garnish with cilantro leaves and fresh lime wedges.
6. Serve immediately.

Nutrition facts per serving: 160 calories, 7g total fat, 2.5g saturated fat, 0g trans fat, 55mg cholesterol, 510mg sodium, 7g total carbohydrate, 2g (7%) dietary fiber, 1g sugars (includes 0g added sugars)\*, 17g protein, 0% Vitamin D, 4% Calcium, 10% Iron, and 6% Potassium. Percent Daily Values are based on a 2,000-calorie diet.





MAKES  
8 SERVINGS

SERVING  
SIZE: 1 CUP

## Beef Primavera

### INGREDIENTS

8 ounces rigatoni pasta, uncooked  
2 cups mushrooms, sliced  
10 ounces fresh spinach leaves  
10 ounces grape tomatoes  
1 pound 90% lean ground beef, cooked  
16 ounces basil, garlic, and oregano  
tomato sauce

### DIRECTIONS

1. Cook pasta according to the package directions. Drain and set aside.
2. Use cooking spray to cover a large skillet. At medium heat, sauté the mushrooms until soft for 4 to 5 minutes. Gently stir in the spinach and tomatoes until warm and leaves are wilted.
3. Add cooked ground beef and tomato sauce to the skillet. Combine well and simmer lightly for several minutes.
4. Remove from the heat and gently stir in the cooked pasta.

Nutrition facts per serving: 260 calories, 7g total fat, 2.5g saturated fat, 0g trans fat, 45mg cholesterol, 580mg sodium, 29g total carbohydrate, 2g (7%) dietary fiber, 5g sugars (includes 0g added sugars)\*, 21g protein, 0% Vitamin D, 4% Calcium, 20% Iron, and 15% Potassium. Percent Daily Values are based on a 2,000-calorie diet.



MAKES  
12 SERVINGS

SERVING  
SIZE: 1 CUP

## Sheet Pan Nachos with Chipotle Sauce

### INGREDIENTS

#### Mix Mixture

1 pound 90% lean ground beef, cooked  
1 cup onion, chopped  
1 teaspoon garlic powder  
½ teaspoon pepper  
¼ teaspoon salt  
15 ounces canned black beans, no salt added, rinsed, and drained

#### Chips

13 ounces corn tortilla chips, baked

#### Toppings

1 cup Roma tomatoes, diced  
½ cup green onion tips, diced  
1 cup yellow bell pepper, diced  
½ cup cilantro, chopped  
2 cups non-fat mozzarella, shredded

#### Sauce

2 tablespoons canned chipotle pepper in adobo sauce, diced  
½ cup Greek yogurt, plain, non-fat  
1 tablespoon fresh lime juice

### DIRECTIONS

1. Preheat oven to 375°F.
2. Use cooking spray to sauté diced onions on a pan over medium heat until soft.
3. Add cooked ground beef to onions and mix in the garlic powder, salt, pepper, and black beans until well-blended.
4. Cover a sheet pan with aluminum foil. Arrange the chips on the pan and spray with a light layer of cooking spray.
5. Distribute meat mixture evenly over chips and top with tomatoes, green onions, bell pepper, cilantro, and shredded cheese.
6. Place baking sheet of nachos in the oven until chips are toasty and cheese is melted, about 15 to 20 minutes.
7. In a small bowl, combine chipotle pepper with Greek yogurt and fresh lime juice. Mix well.
8. Pour sauce over sheet pan of nachos and serve.

Nutrition facts per serving: 280 calories, 6g total fat, 2g saturated fat, 0g trans fat, 35mg cholesterol, 520mg sodium, 34g total carbohydrate, 2g (7%) dietary fiber, 2g sugars (includes 0g added sugars)\*, 22g protein, 0% Vitamin D, 20% Calcium, 10% Iron, and 10% Potassium. Percent Daily Values are based on a 2,000-calorie diet.

## Roast Beef



MAKES  
15 SERVINGS

SERVING  
SIZE: ¾ CUP

### Beef Roast

#### INGREDIENTS

- 3 pound chuck roast
- 2 tablespoons olive oil
- 2 tablespoons garlic, chopped
- 2 tablespoons pepper
- 2 teaspoons Kosher salt
- 2 teaspoons ground cumin
- 1 tablespoon chili powder
- 2 cups onion, chopped
- ½ cup pepperoncini peppers, whole
- 4 cups beef stock

#### DIRECTIONS

1. Add the pot roast to an 8-quart crockpot. Drizzle olive oil over the pot roast and season both sides with fresh garlic, ground black pepper, Kosher salt, cumin, and chili powder.
2. Add chopped onion and whole pepperoncini peppers to the beef. Pour in the beef stock.
3. For a more tender roast, cook on low for 8 to 10 hours. Alternatively, you can cook the roast on high for 4 to 6 hours or until it reaches 145°F.
4. Serve warm.
5. Store leftovers in a sealed container for up to 4 days. Beef roast can be stored in the freezer for up to 3 months. To prevent freezer burn, use freezer-designed containers or resealable bags.

Nutrition facts per serving: 150 calories, 6g total fat, 1.5g saturated fat, 0g trans fat, 55mg cholesterol, 520mg sodium, 4g total carbohydrate, 1g (7%) dietary fiber, 1g sugars (includes 0g added sugars)\*, 19g protein, 0% Vitamin D, 2% Calcium, 10% Iron, and 4% Potassium. Percent Daily Values are based on a 2,000-calorie diet.





MAKES  
6 SERVINGS

SERVING SIZE:  
2 TOSTADAS

## Beef Roast Tostada

### INGREDIENTS

- 2¼ cups Dinner Tonight Beef Roast
- ½ cup cherry tomatoes
- ½ cup avocado, diced
- ¼ cup red onion, finely diced
- ¼ cup cilantro, finely chopped
- 12 tostada chips

#### Cream Sauce:

- ½ cup plain Greek yogurt, non-fat
- 2 tablespoons lime juice
- ½ teaspoon chili powder
- ¼ teaspoon Kosher salt

### DIRECTIONS

1. Reheat Dinner Tonight Beef Roast in a skillet to 165°F.
2. In a small bowl, mix Greek yogurt, lime juice, chili powder, and kosher salt to make the cream sauce.
3. Add Dinner Tonight Beef Roast to a tostada chip and top with cherry tomatoes, avocado, red onion, cilantro, and a dollop of cream sauce.
4. Serve and enjoy.
5. Store leftovers in a sealed container in the refrigerator for no more than 4 days.

**Nutrition facts per serving:** 210 calories, 10g total fat, 2.5g saturated fat, 0g trans fat, 20mg cholesterol, 440mg sodium, 22g total carbohydrate, 2g (7%) dietary fiber, 2g sugars (includes 0g added sugars)\*, 11g protein, 0% Vitamin D, 4% Calcium, 6% Iron, and 6% Potassium. Percent Daily Values are based on a 2,000-calorie diet.



MAKES  
8 SERVINGS  
SERVING SIZE:  
3 LETTUCE  
WRAPS

## Beef Roast Lettuce Wrap

### INGREDIENTS

2½ cups Dinner Tonight Beef Roast  
1 tablespoon horseradish, prepared  
1 cup plain Greek yogurt, non-fat  
24 butterhead lettuce leaves  
3 ounces Colby-Jack cheese, shredded  
2 cups spinach, fresh  
2 cups tomatoes, sliced  
½ cup red onions, thinly sliced

### DIRECTIONS

1. Reheat Dinner Tonight Beef Roast in a skillet to 165°F.
2. Add Greek yogurt to a small bowl and use a fork to combine with the prepared horseradish.
3. On a leaf of butterhead lettuce, spread about 1 tablespoon of horseradish sauce.
4. Add Dinner Tonight Beef Roast, Colby-Jack cheese, spinach, tomatoes, and red onions.
5. Roll or leave open-faced.
6. Serve and enjoy.
7. Store leftovers in a sealed container in the refrigerator for no more than 4 days.

Nutrition facts per serving: 120 calories, 5g total fat, 2.5g saturated fat, 0g trans fat, 25mg cholesterol, 240mg sodium, 6g total carbohydrate, 1g (4%) dietary fiber, 3g sugars (includes 0g added sugars)\*, 12g protein, 0% Vitamin D, 10% Calcium, 6% Iron, and 8% Potassium. Percent Daily Values are based on a 2,000-calorie diet.



## Boiled Chicken

### DIRECTIONS

1. Fill a pot with water, leaving enough room for the chicken. Place on the stove over high heat.
2. After your water comes to a full boil, turn it down to a simmer.
3. Set a timer for about 30 minutes.
  - **Pro Tip:** While it is boiling, you might notice some foam that comes to the top. You can remove this with a spoon and discard it.
  - **Pro Tip:** While the chicken is boiling, you can prepare all the other ingredients in the recipe you are making.
4. Check the temperature of the chicken to make sure it is cooked before you use it in your dish. Pull one piece of meat out of the water and use a meat thermometer. The temperature of the chicken breast should be at least 165°F.
5. Once the chicken has reached temperature, remove it from the water and let it cool enough to handle to finish preparing your recipe.

### STORING COOKED CHICKEN

1. Store in the refrigerator in an airtight container for 3 to 4 days.
2. Store in the freezer in a freezer-safe, airtight container or bag labeled with the date for 2 to 6 months.

**Always reheat leftovers to 165°F before consuming!**





MAKES  
4 SERVINGS

SERVING SIZE:  
4 OZ CHICKEN,  
1/2 CUP NOODLES  
& VEGETABLES

## Thai Inspired Chicken Salad

### INGREDIENTS

1 pound cooked chicken breast, chopped  
2 cups cooked rice noodles  
1/2 head cabbage, shredded  
1 cup carrots, shredded  
1 small cucumber, diced  
1 red bell pepper, in small matchsticks  
1 tablespoon sesame seeds

**Dressing:**  
2 tablespoons peanut butter (or other nut butter if allergic)  
2 tablespoons soy sauce  
1 teaspoon rice vinegar  
1 teaspoon honey  
1 tablespoon fresh lime juice  
1 tablespoon water

**Topping:**  
1/4 cup cilantro leaves, chopped

### DIRECTIONS

1. In a large bowl, combine the cooked chicken (reheated to 165°F), cooked rice noodles, all prepared vegetables, and sesame seeds. Toss to distribute ingredients evenly.
2. In a small bowl or glass jar with a lid, combine all dressing ingredients and whisk or shake to combine well.
3. Pour the dressing over the chicken, noodles, and vegetables and toss again to evenly distribute the dressing.
4. Serve in individual bowls and top with cilantro leaves.

Nutrition facts per serving: 410 calories, 10g total fat, 2g saturated fat, 0g trans fat, 95mg cholesterol, 480mg sodium, 39g total carbohydrate, 6g (7%) dietary fiber, 6g sugars (includes 2g added sugars)\*, 42g protein, 0% Vitamin D, 10% Calcium, 15% Iron, and 20% Potassium. Percent Daily Values are based on a 2,000-calorie diet.



MAKES  
4 SERVINGS

SERVING SIZE:  
4 OZ CHICKEN,  
½ CUP RICE AND  
VEGGIES

## Hawaiian Inspired Chicken Bowl

### INGREDIENTS

1 teaspoon olive oil  
1 pound cooked chicken  
breast, chunked  
1 white onion, in chunks  
1 yellow bell pepper, in chunks  
1 red bell pepper, in chunks  
12 ounces pineapple chunks  
canned in juice, drained and  
juice reserved  
2 cups brown rice, cooked

**Stir Fry Sauce:**  
Reserved pineapple juice  
2 tablespoons low-  
sodium soy sauce  
2 teaspoons garlic,  
minced  
2 tablespoons ketchup  
1 teaspoon ground  
mustard  
½ teaspoon ground  
ginger

### DIRECTIONS

1. In a large skillet, heat the olive oil over medium to medium-high heat. Place the chicken, onion, bell peppers, and pineapple in the skillet and cook until softened.
2. In a small bowl or glass jar with a lid, combine the stir fry sauce ingredients and whisk or shake to combine.
3. Place the stir fry sauce in the skillet with the chicken and vegetables and heat until boiling. Reduce and simmer until sauce has thickened and chicken has reached an internal temperature of 165°F.
4. Serve over brown rice.

**Nutrition facts per serving:** 430 calories, 7g total fat, 1.5g saturated fat, 0g trans fat, 95mg cholesterol, 460mg sodium, 48g total carbohydrate, 4g (14%) dietary fiber, 15g sugars (includes 2g added sugars)\*, 41g protein, 0% Vitamin D, 4% Calcium, 15% Iron, and 15% Potassium. Percent Daily Values are based on a 2,000-calorie diet.





MAKES  
8 SERVINGS

SERVING SIZE:  
~8 OUNCES

## Chicken Tortilla Soup

### INGREDIENTS

- |   |                                       |
|---|---------------------------------------|
| 2 teaspoons olive oil   | 32 ounces low-sodium chicken broth    |
| 1 white onion, chopped  | $\frac{1}{2}$ teaspoon pepper         |
| 1 green bell pepper, diced                                      | $\frac{1}{2}$ teaspoon salt           |
| 1 red bell pepper, diced  | $\frac{1}{2}$ teaspoon chili powder   |
| 4 garlic cloves, crushed  | $\frac{1}{2}$ tablespoon cumin        |
| 12 ounces frozen corn kernels                                   | 2 avocados                            |
| 8 ounces green chiles   | 1 cup tortilla chips, lightly crushed |
| 14 ounces diced tomatoes, no salt added                         | $\frac{1}{2}$ cup cilantro, chopped   |
| 1 $\frac{1}{2}$ pounds cooked chicken breast, cubed or shredded | 2 large limes cut into 8 wedges       |

### DIRECTIONS

1. In a large pot, heat the olive oil over medium to medium-high heat. Sauté the onion, bell peppers, and garlic cloves in the oil until softened.
2. Add corn, green chiles, tomatoes, cooked chicken breast, chicken broth, pepper, salt, chili powder, and cumin to the pot and bring to a boil.
3. Once boiling, reduce the heat and simmer for 10 to 15 minutes or enough time for flavors to combine and the chicken to reach 165°F.
4. Serve in individual bowls topped with avocado chunks, tortilla chips, cilantro, and lime wedges.

Nutrition facts per serving: 340 calories, 12g total fat, 2.5g saturated fat, 0g trans fat, 70mg cholesterol, 410mg sodium, 29g total carbohydrate, 6g (21%) dietary fiber, 5g sugars (includes 0g added sugars)\*, 33g protein, 0% Vitamin D, 6% Calcium, 15% Iron, and 20% Potassium. Percent Daily Values are based on a 2,000-calorie diet.





MAKES  
12 SERVINGS

SERVING SIZE:  
4 OUNCES

## Pork Roast

### INGREDIENTS

#### For the Sauce:

- 8 garlic cloves, minced
- 2 teaspoons ground cumin
- 2 teaspoons black pepper
- ¼ cup minced oregano leaves, fresh
- ½ cup fresh orange juice
- ¼ cup fresh lime juice
- ¼ cup extra-virgin olive oil
- ½ teaspoon Kosher salt

#### For the Pork:

- 1 boneless pork shoulder roast (6 to 8 pounds, lean or trimmed)
- ¼ cup finely chopped mint leaves, fresh
- 3 tablespoons finely chopped oregano leaves, fresh

Lime wedges for serving

### DIRECTIONS

1. **For the Sauce:** Combine garlic, cumin, pepper, oregano, orange juice, lime juice, and olive oil in a large bowl and whisk together. Season to taste with salt. Transfer half of the sauce to a sealed container and place in the refrigerator. Add pork to the remaining sauce, turning it to coat. Transfer pork and marinade to a gallon-sized zipper-lock bag and refrigerate 2 hours or up to overnight before continuing.
2. **For the Pork:** Adjust the oven rack to the lower-middle position and preheat to 275°F. Line a rimmed baking sheet with a double layer of heavy-duty aluminum foil. Place the pork and juices on top and fold the foil to seal loosely while making sure that there is room for air to circulate inside. Place in the oven and roast for 3 hours. Fold back the foil, increase the oven temperature to 325°F, and continue roasting for an additional 2 to 3 hours, occasionally basting the pork with pan juices. Cook until the pork shows almost no resistance when a knife is inserted, and the surface is cracking and brown. Remove pork from the oven and let rest 10 to 15 minutes.
3. Pour accumulated pork juices into a bowl and discard all except for 1 cup. Add reserved sauce to pork drippings along with the fresh chopped mint and oregano. Whisk together and season to taste with salt.

**Nutrition facts per serving:** 180 calories, 7g total fat, 1.5g saturated fat, 0g trans fat, 75mg cholesterol, 140mg sodium, 3g total carbohydrate, 0g (0%) dietary fiber, 1g sugars (includes 0g added sugars)\*, 24g protein, 0% Vitamin D, 2% Calcium, 6% Iron, and 10% Potassium. Percent Daily Values are based on a 2,000-calorie diet.



MAKES  
4 SERVINGS  
SERVING SIZE:  
2 TACOS

## Pork Roast Tacos

### INGREDIENTS

1 pound Dinner Tonight Pork Roast  
1 small red onion, diced  
4 tablespoons fresh cilantro, chopped  
8 corn tortillas

### DIRECTIONS

1. Prepare Dinner Tonight Pork Roast recipe and shred approximately 1 pound. If preparing from leftovers, heat the pork to reach an internal temperature of 165°F.
2. Dice one small onion and chop fresh cilantro for garnish.
3. Portion approximately 2 ounces of pork into each tortilla. Garnish and serve.

Nutrition facts per serving: 300 calories, 8g total fat, 1g saturated fat, 0g trans fat, 60mg cholesterol, 130mg sodium, 33g total carbohydrate, 1g (4%) dietary fiber, 6g sugars (includes 0g added sugars)\*, 24g protein, 0% Vitamin D, 2% Calcium, 6% Iron, and 10% Potassium. Percent Daily Values are based on a 2,000-calorie diet.



MAKES  
4 SERVINGS

SERVING SIZE:  
4 OZ PORK,  
¼ CUP OF RICE  
AND BEANS

## Pork Roast Bean and Rice Bowl

### INGREDIENTS

- 1 pound Dinner Tonight Pork Roast
- 2 cups cooked brown rice
- 1 cup cooked black beans
- 2 tablespoons fresh cilantro

### DIRECTIONS

1. Prepare Dinner Tonight Pork Roast recipe and shred approximately 1 pound. If preparing from leftovers, heat the pork to reach an internal temperature of 165°F.
2. Prepare black beans and brown rice according to package instructions.
3. Chop fresh cilantro for garnish.
4. To assemble the bowl, portion beans, rice, and approximately 4 ounces of pork into each bowl. Garnish and serve.

**Nutrition facts per serving:** 330 calories, 7g total fat, 1.5g saturated fat, 0g trans fat, 60mg cholesterol, 210mg sodium, 38g total carbohydrate, 6g (21%) dietary fiber, 1g sugars (includes 0g added sugars)\*, 27g protein, 0% Vitamin D, 2% Calcium, 15% Iron, and 15% Potassium. Percent Daily Values are based on a 2,000-calorie diet.





## Shrimp

### OPTION #1:

Cooked shrimp is often readily available either in the freezer or meat sections of the grocery store. This can be an easy resource for busy families!

1. Select pre-cooked, peeled, and deveined shrimp.
2. Frozen shrimp can be stored in the freezer for 3 to 6 months.
3. Thaw your frozen shrimp in the refrigerator before using.
4. Bring previously cooked shrimp to 165°F before consuming.

### OPTION #2:

1. Select fresh shrimp. Shrimp should smell fresh and should not have an overly harsh fishy odor.
2. Peel, devein, and remove the tail if desired before cooking.
3. In a large skillet, heat a small amount of olive oil over medium-high heat. Let cook for between 2 to 3 minutes and flip, cooking for another 2 to 3 minutes or until the shrimp reach 145°F.

### OPTION #3:

1. Select fresh shrimp. Shrimp should smell fresh and should not have an overly harsh fishy odor.
2. Peel, devein, and remove the tail if desired before cooking.
3. Bring a pot of water to a boil. Place shrimp in the water and boil for 3 to 4 minutes or until the shrimp reach 145°F.

### STORING:

1. To freeze, place the shrimp in a single layer on a cookie sheet and place in the freezer for a few hours. Remove from the freezer and place them in a freezer-safe airtight container or bag. Label the container with the date and return to the freezer.
2. Store in the refrigerator in an airtight container for 2 to 3 days.

**Always reheat previously cooked seafood to 165°F before consuming!**



MAKES  
4 SERVINGS

SERVING SIZE:  
2 CUPS SALAD,  
~1 CUP TOPPING

## Shrimp, Mango, and Avocado Salad

### INGREDIENTS

8 cups spring mix  
 ¾ pound shrimp, cooked and chopped  
 1 avocado, diced  
 2 tomatoes, chopped  
 1 mango, diced  
 ¼ red onion, thinly sliced  
 ½ cucumber, diced  
**Dressing:**  
 4 tablespoons lime juice  
 1 teaspoon olive oil  
 ½ tablespoon Dijon mustard  
 ½ tablespoon dried cilantro

### DIRECTIONS

1. Place the spring mix in a large bowl.
2. In a small bowl or glass jar with a lid, combine the dressing ingredients and whisk or shake until combined. Pour the dressing over the spring mix and toss to coat.
3. In a medium bowl, combine the shrimp, avocado, tomatoes, mango, red onion, and cucumber. Top the spring mix with the shrimp combination.
4. Serve.

Nutrition facts per serving: 350 calories, 17g total fat, 2.5g saturated fat, 0g trans fat, 125mg cholesterol, 560mg sodium, 36g total carbohydrate, 5g (18%) dietary fiber, 18g sugars (includes 1g added sugars)\*, 18g protein, 0% Vitamin D, 10% Calcium, 15% Iron, and 15% Potassium. Percent Daily Values are based on a 2,000-calorie diet.





MAKES  
6 SERVINGS

SERVING SIZE:  
1 CUP

## Garlic Basil Shrimp Pasta

### INGREDIENTS

8 ounces whole wheat penne pasta  
1 pound shrimp, cooked  
1 tablespoon olive oil  
16 ounces canned crushed tomatoes  
5 cloves of garlic, crushed  
½ tablespoon dried oregano  
1 teaspoon dried thyme  
1 teaspoon dried basil  
1 tablespoon dried rosemary  
½ teaspoon chili flakes  
¼ cup fresh basil leaves, ribboned  
½ cup grated Parmesan cheese, reduced fat

### DIRECTIONS

1. In a large pot, cook the pasta according to package directions, omitting any addition of salt.
2. In a large skillet, heat olive oil over medium heat. Add the shrimp, tomatoes, garlic, and herbs to the skillet. Bring to a simmer for the duration of the pasta cooking time (typically 10 minutes) or until shrimp have reached an internal temperature of 165°F.
3. Once cooked, drain the pasta and carefully add it to the skillet. Simmer for an additional few minutes until flavors have combined.
4. Serve topped with Parmesan cheese.

Nutrition facts per serving: 280 calories, 13g total fat, 2.5g saturated fat, 0g trans fat, 115mg cholesterol, 530mg sodium, 27g total carbohydrate, 4g (14%) dietary fiber, 4g sugars (includes 1g added sugars)\*, 16g protein, 0% Vitamin D, 10% Calcium, 15% Iron, and 8% Potassium. Percent Daily Values are based on a 2,000-calorie diet.



## *Kitchen Basics: Common Abbreviations and Measures*

### Common Recipe Abbreviations

tsp or t = teaspoon  
Tbsp or T = tablespoon  
c = cup  
pt = pint  
qt = quart  
gal = gallon  
wt = weight  
oz = ounce  
lb or # = pound (e.g., 3#)  
g = gram  
kg = kilogram  
vol = volume  
mL = milliliter  
L = liter  
fl oz = fluid ounce  
No. or # = number (e.g., #3)  
in. or " = inches (e.g., 12")  
°F = degrees Fahrenheit  
°C = degrees Celsius or centigrade

### Kitchen Measures

$\frac{1}{8}$  teaspoon = dash  
3 teaspoons = 1 tablespoon  
16 tablespoons = 1 cup  
1 cup = 8 ounces  
2 cups = 1 pint  
2 pints = 1 quart  
4 quarts = 1 gallon  
2 gallons = 1 peck  
4 pecks = 1 bushel  
  
1 teaspoon = 5 milliliter  
1 tablespoon = 15 milliliter  
 $\frac{1}{4}$  cup = 60 milliliter  
1 cup = 250 milliliter  
1 liter = 1.057 quarts  
1 quart = 0.946 liters  
  
1 pound = 16 ounces  
1 pound = 0.45 kilograms



## Safe Cooking Tips

Food	Safe Minimum Cooking Temperature
Finfish	145°F
Ground meats	160°F
Poultry	165°F
Roasts, steaks, chops	145°F

- Do not rely on color when checking temperature and doneness.
- Use a food thermometer to ensure safe internal temperature.
- Use the food thermometer in the thickest part of the food.
- Clean your thermometer with hot water and soap after each use.
- Keep cold foods at or below 40°F.
- Keep hot foods at or above 140°F.
- Keep foods out of the "danger zone" of 40°F to 140°F.

## Freezing and Defrosting Tips

Food	Freezer Time for Best Quality (at 0°F or below)
Chops	4–6 months
Ground meat	3–4 months
Poultry, whole pieces	1 year
Sausage	1–2 months
Roasts	4–12 months
Seafood	9 months
Steaks	6–12 months

- Keep your refrigerator at or below 40°F and your freezer at or below 0°F.
- Marinate all meats in the refrigerator.
- Thaw meat in the refrigerator if time allows. This is the preferred thawing method, as it keeps meat out of the danger zone and lets the meat retain a better texture. Place food in a pan to catch any juices, and place the pan on the lowest refrigerator shelf.
- Thaw in cold water only when food will be cooked immediately. Replace the cool water every 30 minutes until the food is thawed.
- Thaw in the microwave only when food will be cooked immediately. Refer to your microwave owner's manual for thawing instructions.

Adapted from [FightBac.org](https://www.fightbac.org)

## *You Know What You're Eating?*

The United States continues to have the safest and most abundant food supply in the world; that food supply has a direct impact on our health. Farmers throughout the United States provide foods that are not only safe, but also nutritious. Every day, farmers produce whole grains, fruits, vegetables, proteins, and dairy products that meet the USDA MyPlate and Dietary Guidelines for Americans recommendations. Eating a variety of nutritious foods is critical to improving one's overall health and reducing the risk of certain chronic diseases.

Although our food supply is the safest in world, many are still confused about what to eat. This confusion often occurs during trips to the grocery store where consumers are faced with various marketing claims and terms on packaging. The Texas A&M AgriLife Extension Path to the Plate program is designed to clarify and define some of the most common terms found on packaging.

**Use the guide below to educate yourself so you know what you are buying when shopping for food.**

- **Natural\*:** Generally means that the product has nothing artificial or synthetic added to it.
- **Local\*:** The food is produced and processed within a particular area of where it is being sold, commonly within 400 miles or within state lines.
- **Fresh:** Food is unprocessed and has not been frozen or subjected to any form of thermal processing.
- **No Added Hormones:** Hormones are not allowed to be added in pork or poultry production. If you see the words "no added hormones" on pork or poultry, they must be followed by this statement: "Federal regulations prohibit the use of hormones."
- **Free Range:** Hens are cage-free with continuous access to the outdoors during their laying cycle.
- **Cage Free:** Hens are raised in an enclosed structure with unlimited access to food and water. They are NOT required to have access to the outdoors.

*\*Term without a formal or legal definition at this time.*



Perfect pairings of side dishes and desserts for each main meal featured in this booklet can be found on our website. Scan the QR code below to head to the web page or find it at the link below.



[https://dinnertonight.tamu.edu/  
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While you're there, browse our over 500 recipes and tips, tricks, and safety information!

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Recipes may contain additional added sugars not present in the nutritional analysis due to food production companies' noncompliance with updates for the new Nutrition Facts Label at the time of the publication of this booklet.

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