



... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Shrimp Couscous

Everywhere you turn there is “diet” advice weather it be on social media, in magazines, ourfrom well-intentioned family and friends. To confuse matters more, what reputable medical and health professionals once advised in the past, is different than what they are now advising. It is understandable that many are confused about what they should eat and which advice is really credible.

The fact is, as more becomes known about nutrition and how our bodies use food and the impact food has on our health, the better and more scientifically credible the diet advice becomes, especially when it comes from registered dietitians. One example is that many years back, as our nation experienced alarming rates of heart disease, the limited science pointed to the cholesterol we ate as a major cause of blockage in the arteries. However, with medical and scientific advances and further studies, we now know the cholesterol from the foods we eat has little impact on raising the cholesterol in our body. As a result some foods, like eggs and shellfish, were once on the “Foods Never to Eat and Limit” lists. The fact is, many foods you may think are “bad” for you, like eggs, shrimp, dark chocolate, etc., actually help protect you from chronic diseases and promote weight loss.

Here is the most current and best guidance about your diet: *“All foods can fit. Just be sure to keep your calories in balance and aim for nutrient dense foods. This means, the large majority of your food choices should be fruits and vegetables, lean meats and legumes and whole grains. It is best to choose items with as few ingredients as possible, limit foods that have been highly processed and are high in sugar and sodium and contain ingredients you can’t pronounce.”*

Barring food allergies, for the American public at large, a reasonable consumption of shrimp and dark chocolate is encouraged in a healthy eating pattern. Shrimp is a source of omega-3 fatty acids, and may reduce the risk for heart disease and Type 2 diabetes. A serving of shrimp (3.5 oz.) is less than 100 calories. Dark chocolate decreases LDL “bad” cholesterol, reduces blood clots, and may improve blood pressure. Just be sure to consider the calories and keep them in check by only eating a reasonable portion of 1 - 2 oz. per day.

Enjoy this meal without any guilt because it features heart healthy shrimp, a leafy green and closes with the perfect portion size of antioxidant rich, dark chocolate for dessert.



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Directions:

1. Peel and clean 1 lb. of large, uncooked fresh or frozen shrimp, pat dry and season with a little salt and pepper. Dice ¼th of a medium onion and peel and then thinly slice 2 garlic cloves.
2. In a medium skillet, heat 1 tbsp. olive oil over medium-high heat. Add onions and sliced garlic. Cook for 3 to 4 minutes.
3. Add the shrimp. When the first side turns pink, flip it and then add 14 oz. of diced tomatoes, a pinch of dried oregano, and 1 ½ cup of low sodium broth (chicken or vegetable).
4. Bring the mixture to a boil and then add 1 ½ cup of couscous and 2 cups of fresh baby spinach. Stir, cover, and remove from

Serves: 4

heat. Remove the cover after 5 minutes and top the couscous with 4 oz. of crumbled feta cheese.

5. Serve ¼th of the couscous mixture on each plate and then top each with a little chopped fresh parsley and a little squeeze of fresh lemon juice (optional). Finish the meal with a 2 oz. piece of dark chocolate.

Notes:

To add a Mediterranean flare to this meal, consider adding ¼th cup of Kalamata Olives, halved, or ¼ cup of slice black olives during step 3.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](#) OR VISIT COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM.