



# SHRIMP COUSCOUS

**MACROS | SERVING SIZE**  
Protein 39g | Fat 18g | Carbs 73g

**% CALORIES OF MACROS | SERVING SIZE**  
Calories 612 | Protein 26% | Fat 27% | Carbs 48%

**NUTRIENTS | SERVING SIZE**  
Fiber 8g | Sodium 643mg | Sat. Fat 10g

## INGREDIENTS (serves 4)

- |   |                                      |
|---|--------------------------------------|
| 1 lb. large uncooked, peeled shrimp (fresh or frozen) | 1 1/3 cup uncooked couscous          |
| 1 medium yellow onion, diced                          | 3 cups fresh baby spinach (unpacked) |
| 3 dashes of salt, 1 dash of pepper                    | 4 oz. crumbled feta cheese           |
| 2 garlic cloves, minced                               | chopped parsley (optional)           |
| 14 oz. canned diced tomatoes (low sodium)             | lemon juice (optional)               |
| pinch dried oregano                                   | 4-5 oz. candy bar of dark chocolate  |
| 1 1/2 cup low-sodium broth (chicken or vegetable)     |                                      |

## DIRECTIONS

- Pat dry shrimp. (If frozen, allow time for it to thaw) and season with a little salt and pepper. In a medium skillet, heat 1 tbsp. olive oil over medium-high heat. Add onions and cook for 3 to 4 minutes.
- Add the shrimp and garlic. When the first side turns pink, flip it and then add the diced tomatoes, a pinch of dried oregano, broth (chicken or vegetable).
- Bring the mixture to a boil and add the couscous and spinach. Stir, cover, and remove from heat. Remove the cover after 5 minutes and top the couscous with 4 oz. of crumbled feta cheese.
- Serve 1/4 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). Split the candy bar in four equal and serve a piece after the meal.

## NUTRITION EDUCATION

Everywhere you turn, there is “diet” advice, whether it be on social media, in magazines, or from 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 credible. As more information becomes known about nutrition, how our bodies use food, and the impact food has on our health, diet advice becomes better and more scientifically credible, especially from registered dietitians.

One example is that many years back, as our nation experienced alarming rates of heart disease, limited science pointed to the cholesterol we ate as a significant cause of blockage in the arteries. However, with medical and scientific advances and further studies, we now know that the cholesterol from the foods we eat has little impact on raising the cholesterol in our bodies. As a result, some foods, like eggs and shellfish, were once on the “Foods Never to Eat and Limit” lists. Many foods you may think are “bad” for you, like eggs, shrimp, dark chocolate, etc., help protect you from chronic diseases and promote weight loss. Here is the best current guidance about your diet: “

All foods can fit. Just be sure to keep your calories balanced 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 added sugar and sodium, and contain ingredients you can’t pronounce.”

Barring food allergies, reasonable consumption of shrimp and dark chocolate is encouraged as part of a healthy eating pattern for the American public. Shrimp is a source of omega-3 fatty acids and may reduce the risk of heart disease and Type 2 diabetes. A serving of shrimp (3.5 oz.) is less than 100 calories. Studies show 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.

## DIETITIAN TIP

Shrimp and eggs are good sources of protein that provide key fatty acids. Unless your doctor advises, you do not need to limit these foods in your diet.

