

Blackened Salmon and Rice



Anna Williams

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Serves 4

Hands-On Time: 10m

Total Time: 10m

Ingredients

2 cups instant rice (such as Minute Rice)
2 1/2 tablespoons paprika
3/4 teaspoon cayenne pepper
1 teaspoon dried thyme
1/2 teaspoon garlic powder
1 1/2 teaspoons kosher salt
3 1/2 tablespoons unsalted butter
juice of 1 lemon
4 6-ounce salmon fillets, skinned
1 11-ounce can corn kernels, drained
1/3 cup finely chopped fresh flat-leaf parsley
1 lemon, cut into wedges

Directions

1. Heat oven to 400° F.
2. Cook the rice according to the package directions.
3. Meanwhile, in a shallow bowl, combine the paprika, cayenne, thyme, garlic powder, and 1/2 teaspoon of the salt. In a saucepan, over medium heat, melt 2 1/2 tablespoons of the butter and add the lemon juice.
4. Working with 1 salmon fillet at a time, dip the top and bottom first in the lemon butter, then in the spices.
5. Heat a large ovenproof skillet over medium-high heat. Cook the salmon until blackened, 2 minutes per side. Transfer to the oven for 8 minutes.
6. Stir the corn, parsley, and the remaining salt and butter into the rice. Transfer the salmon and rice to individual plates and serve with the lemon wedges.

By Kate Merker, January 2007

Blackened Salmon With Broccoli Rabe and Raisins



Hallie Burton

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Serves 4

Hands-On Time: 20m

Total Time: 20m

Ingredients

- 4 6-ounce pieces skinless salmon fillet
- 2 tablespoons Cajun seasoning or blackened spice mix
- 1 bunch broccoli rabe (about 1 pound)
- 1 tablespoon olive oil
- 2 shallots, sliced
- Kosher salt
- 1/4 cup golden raisins
- 1 lemon, cut into wedges

Directions

1. Heat a large skillet over medium heat. Coat both sides of the salmon with the seasoning and cook, covered, until opaque throughout and blackened, 3 to 4 minutes per side.
2. Meanwhile, in another skillet, bring the broccoli rabe and 1/2 cup water to a simmer. Cook, covered, tossing occasionally, until tender, 3 to 4 minutes; drain and transfer to a plate.
3. Wipe out the second skillet and heat the oil over medium heat. Add the shallots and 1/4 teaspoon salt and cook until softened, about 3 minutes. Mix in the raisins and broccoli rabe. Serve with the salmon and lemon.

By Kate Merker, April 2009

Chicken and Vegetable Pot Pie



Maria Robledo

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Serves 6
Hands-On Time: 35m
Total Time: 1hr 10m

Ingredients

- 1 pound boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 2 onions, chopped
- 4 carrots, diced
- 3 tablespoons all-purpose flour
- 1/2 cup dry white wine
- 2 cups 1 percent milk
- 1 10-ounce package frozen peas
- 1 tablespoon fresh thyme
- kosher salt and black pepper
- 1 9-inch store-bought piecrust, thawed if frozen

Directions

1. Heat oven to 400° F. Cook the chicken in a pot of simmering water until cooked through, 10 to 12 minutes; let cool, then shred.
2. Meanwhile, heat the oil in a saucepan over medium heat. Add the onions and carrots and cook, stirring, until they begin to soften, 6 to 8 minutes (do not let them darken). Sprinkle the flour over the vegetables and cook, stirring, for 1 minute.
3. Add the wine and cook until evaporated, about 5 minutes. Add the milk and simmer until the sauce thickens, 2 to 3 minutes. Stir in the chicken, peas, thyme, 3/4 teaspoon salt, and 1/4 teaspoon pepper. Transfer to a shallow 1 1/2- to 2-quart baking dish.
4. Lay the crust on top, pressing to seal. Cut several vents in the crust. Place the pot pie on a baking sheet and bake until bubbling and the crust is golden, 30 to 35 minutes.

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Chicken With Roasted Sweet Potato Salad



Kan Kanbayashi

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Serves 4

Hands-On Time: 15m

Total Time: 30m

Ingredients

2 sweet potatoes (about 1 pound), peeled and cut into thin wedges

1 red onion, thinly sliced

3 tablespoons olive oil

kosher salt and black pepper

4 6-ounce boneless, skinless chicken breasts

1 bunch spinach, thick stems removed (about 4 cups)

2 tablespoons fresh lime juice

Directions

1. Heat oven to 425° F.
2. On a rimmed baking sheet, toss the potatoes, onion, 2 tablespoons of the oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Roast until tender, 20 to 25 minutes.
3. Meanwhile, heat the remaining tablespoon of oil in a skillet over medium-high heat. Season the chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper and cook until browned and cooked through, 5 to 6 minutes per side.
4. In a large bowl, toss the warm potato mixture with the spinach, lime juice, and 1/4 teaspoon salt. Serve with the chicken.

By Sara Quessenberry, February 2009

Chicken With Spinach and Mushrooms

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Serves 4

Hands-On Time: 20m

Total Time: 25m



Jose Picayo

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Ingredients

2 tablespoons olive oil
4 6-ounce boneless, skinless chicken breasts
kosher salt and black pepper
1 pound button mushrooms, quartered
1 red bell pepper, cut into 1/2-inch pieces
2 cloves garlic, chopped
1/2 cup dry white wine
2 bunches spinach, thick stems removed (about 8 cups)

Directions

1. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook until browned and cooked through, 5 to 7 minutes per side. Transfer to a plate.
2. Return the skillet to medium-high heat and heat the remaining tablespoon of oil. Cook the mushrooms and pepper, tossing, for 3 minutes. Add the garlic and wine and cook until the mushrooms are tender and the wine is nearly evaporated, 2 to 3 minutes. Toss in the spinach and 1/2 teaspoon each salt and pepper. Serve with the chicken.

By Sara Quessenberry, October 2009

Crispy Chicken and Garlicky Collards



Maria Robledo

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Serves 4

Hands-On Time: 20m

Total Time: 55m

Ingredients

- 1 3 1/2-pound chicken, cut into 10 pieces and skin removed
- 2 tablespoons Dijon mustard
- 2 cups multigrain cereal flakes, crushed
- 2 tablespoons olive oil
- kosher salt and black pepper
- 2 bunches collard greens, thick stems removed and leaves cut into 1-inch strips
- 2 cloves garlic, thinly sliced
- 1 lemon, cut into wedges

Directions

1. Heat oven to 400° F. In a large bowl, toss the chicken and mustard to coat.
2. In a separate bowl, mix the cereal, 1 tablespoon of the oil, and 1/4 teaspoon each salt and pepper. Coat the chicken with the cereal mixture and bake on a baking sheet until golden and cooked through, 45 to 50 minutes.
3. Meanwhile, cook the collards in a large pot of boiling salted water until tender, about 10 minutes. Drain, rinse, and squeeze out the excess water.
4. Heat the remaining oil in a skillet over medium heat. Add the garlic, collards, and 1/4 teaspoon each salt and pepper. Cook for 2 to 3 minutes. Serve with the chicken and lemon.

By Sara Quessenberry and Kate Merker, February 2009

Curried Eggplant With Tomatoes And Basil



Con Poulos

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Serves 4

Hands-On Time: 15m

Total Time: 25m

Ingredients

1 cup white basmati rice
Kosher salt and black pepper
1 tablespoon olive oil
1 onion, chopped
2 pints cherry tomatoes, halved
1 eggplant (about 1 pound), cut into 1/2-inch pieces
1 1/2 teaspoons curry powder
1 15.5-ounce can chickpeas, rinsed
1/2 cup fresh basil
1/4 cup plain low-fat yogurt (preferably Greek), optional

Directions

1. In a medium saucepan with a tight-fitting lid, combine rice, 1 1/2 cups water, and 1/2 teaspoon salt and bring to a boil. Stir once, cover, and reduce heat to low. Simmer for 18 minutes. (Do not lift the lid or stir!) Remove from heat and let stand, covered, for 5 minutes; fluff with a fork before serving.
2. Meanwhile, heat the oil in a saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 4 to 6 minutes. Stir in the tomatoes, eggplant, curry powder, 1 teaspoon salt, and 1/4 teaspoon black pepper. Cook, stirring, until fragrant, about 2 minutes.
3. Add 2 cups water and bring to a boil. Reduce heat and simmer, partially covered, until the eggplant is tender, 12 to 15 minutes. Stir in the chickpeas and cook just until heated through, about 3 minutes.
4. Remove from heat and stir in the basil. Serve over the rice with yogurt, if using.

By Sara Quessenberry, April 2009

Curried Eggplant With Tomatoes And Basil



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Serves 4

Hands-On Time: 15m

Total Time: 25m

Ingredients

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- Kosher salt and black pepper
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 pints cherry tomatoes, halved
- 1 eggplant (about 1 pound), cut into 1/2-inch pieces
- 1 1/2 teaspoons curry powder
- 1 15.5-ounce can chickpeas, rinsed
- 1/2 cup fresh basil
- 1/4 cup plain low-fat yogurt (preferably Greek), optional

Directions

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2. Meanwhile, heat the oil in a saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 4 to 6 minutes. Stir in the tomatoes, eggplant, curry powder, 1 teaspoon salt, and 1/4 teaspoon black pepper. Cook, stirring, until fragrant, about 2 minutes.
3. Add 2 cups water and bring to a boil. Reduce heat and simmer, partially covered, until the eggplant is tender, 12 to 15 minutes. Stir in the chickpeas and cook just until heated through, about 3 minutes.
4. Remove from heat and stir in the basil. Serve over the rice with yogurt, if using.

By Sara Quessenberry, April 2009

Eggplant Lasagna With Herbed Ricotta and Asiago



Christopher Baker

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Serves 4

Hands-On Time: 20m

Total Time: 45m

Ingredients

- 1/2 pound plum tomatoes, halved and seeded
- 1 clove garlic
- 4 tablespoons olive oil
- kosher salt and black pepper
- 2 eggplants (about 3 pounds), sliced lengthwise 1/4 inch thick
- 1 cup ricotta
- 1 large egg
- 1/2 cup fresh basil, chopped
- 1/4 cup grated Asiago or Parmesan (1 ounce)
- 4 cups mixed greens

Directions

1. Heat broiler. In a food processor, puree the tomatoes, garlic, 1 tablespoon of the oil, and 1/4 teaspoon each salt and pepper.
2. In 2 batches, arrange the eggplant on a broilerproof baking sheet, brush with 2 tablespoons of the oil, and season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Broil until charred and tender, 3 to 4 minutes per side.
3. Meanwhile, in a small bowl, combine the ricotta, egg, basil, and 1/4 teaspoon each salt and pepper.
4. Spread half the tomato sauce in the bottom of an 8-inch square baking dish. On top of it, layer a third of the eggplant and half the ricotta mixture. Repeat with another layer of eggplant and ricotta. Top with the remaining eggplant and tomato sauce. Sprinkle with the Asiago.
5. Reduce oven to 400°F and bake until bubbling, 15 to 20 minutes. Let rest for 10 minutes before serving. Divide the greens among plates, drizzle with the remaining tablespoon of oil, and sprinkle with 1/4 teaspoon each salt and pepper. Serve with the lasagna.

Gingery Salmon With Peaches



Anna Williams

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Serves 4

Hands-On Time: 10m

Total Time: 20m

Ingredients

- 1 tablespoon rice vinegar
- 1 tablespoon grated fresh ginger
- 1 teaspoon fresh thyme leaves
- 4 tablespoons extra-virgin olive oil
- kosher salt and pepper
- 4 6-ounce salmon steaks (about 1 inch thick)
- 2 medium red onions, cut into wedges
- 3 peaches, cut into wedges

Directions

1. Heat grill to medium-high. In a small bowl, combine the vinegar, ginger, thyme, 3 tablespoons of the oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper; set aside.
2. Season the salmon with 1/2 teaspoon salt and 1/4 teaspoon pepper. In a large bowl, gently toss the onions, peaches, the remaining 1 tablespoon of oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
3. Grill the salmon and the onions, until the salmon is opaque throughout and the onions are tender, 5 to 6 minutes per side. After flipping the salmon, place the peaches on the grill and cook until tender, 3 to 4 minutes per side. Drizzle the salmon with the vinaigrette and serve with the onions and peaches.

By Sara Quessenberry and Kate Merker, August 2008

Glazed Salmon With Broccoli Rice



Kan Kanbayashi

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Serves 4

Hands-On Time: 20m

Total Time: 30m

Ingredients

- 1/4 cup brown sugar
- 2 tablespoons low-sodium soy sauce
- 1 cup long-grain white rice
- 1 head broccoli (stems discarded), chopped (about 2 cups)
- 4 pieces skinless salmon fillet (1 1/4 pounds total)
- 1 large red onion, cut into 1/4-inch-thick wedges
- 1 tablespoon olive oil
- kosher salt and black pepper

Directions

1. Heat broiler. In a bowl, combine the sugar and soy sauce; set aside.
2. Cook the rice according to the package directions, stirring in the broccoli during the last 3 minutes. Let stand off heat until the broccoli is tender, about 5 minutes. Fluff with a fork.
3. Meanwhile, place the salmon and onion on a rimmed baking sheet. Drizzle with the oil and season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
4. Broil, spooning half the sugar and soy sauce glaze over the salmon during the last 2 minutes of cooking, until the salmon is opaque throughout, 8 to 10 minutes. Serve the salmon and onion with the rice and the remaining glaze.

By Kate Merker, May 2009

Gnocchi With Roasted Cauliflower



Jose Picayo

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Serves 4

Hands-On Time: 10m

Total Time: 35m

Ingredients

- 1 small head cauliflower, cut into small florets
- 12 fresh sage leaves
- 3 tablespoons olive oil
- kosher salt and black pepper
- 1 pound gnocchi (fresh or frozen)
- 1/4 cup grated Parmesan (1 ounce)

Directions

1. Heat oven to 400° F. On a rimmed baking sheet, toss the cauliflower, sage, oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Roast, tossing once, until the cauliflower is golden brown and tender, 25 to 30 minutes.
2. Fifteen minutes before the cauliflower is finished, cook the gnocchi according to the package directions. Divide the gnocchi among bowls. Top with the cauliflower and Parmesan.

By Sara Quessenberry, October 2009

Halibut With Sugar Snap Pea Salad



Alex Farnum

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Serves 4

Hands-On Time: 20m

Total Time: 20m

Ingredients

- 1 tablespoon fresh lime juice
- 1 teaspoon grated fresh ginger
- 2 tablespoons olive oil
- kosher salt and black pepper
- 12 ounces sugar snap peas (4 cups), strings removed
- 1 small red onion, thinly sliced
- 1 tablespoon sesame seeds, toasted (optional)
- 4 6-ounce pieces halibut fillet
- 1 lime, cut into wedges

Directions

1. In a large bowl, combine the lime juice, ginger, 1 tablespoon of the oil, and 1/4 teaspoon each salt and pepper. Add the snap peas, onion, and sesame seeds, if using, and toss to coat.
2. Heat the remaining tablespoon of oil in a large nonstick skillet over medium-high heat. Season the fish with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook until opaque throughout, 3 to 5 minutes per side. Serve with the salad and lime wedges.

By Kate Merker, June 2009

Meatball Heroes



Monica Buck

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Serves 4

Hands-On Time: 15m

Total Time: 15m

Ingredients

- 4 rolls of any kind
- 1 teaspoon olive oil
- 12 to 20 precooked meatballs (depending on size; found in the freezer or refrigerator case in most grocery stores)
- 1 1/2 cups pasta sauce
- 2 cups shredded mozzarella
- 1/2 cup grated Parmesan
- pickle spears (optional)

Directions

1. Warm the rolls on a rack in a 250° F oven. Meanwhile, heat the oil in a large skillet, over medium heat. Add the meatballs. Cook until brown, 3 to 5 minutes. Add the sauce, reduce heat to medium-low, and simmer until it begins to bubble, about 3 minutes.
2. Remove the rolls from oven and slice lengthwise. Spoon the meatballs and sauce onto the rolls, then sprinkle with the mozzarella and Parmesan. Serve with the pickles, if desired.

October 2005

Pierogi With Sautéed Red Cabbage



Christopher Baker

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Serves 4

Hands-On Time: 20m

Total Time: 20m

Ingredients

- 1 16-ounce box frozen potato-and-onion pierogi
- 1 tablespoon olive oil
- 1 onion, thinly sliced
- 1 crisp green apple (such as Granny Smith), cut into 1/2-inch pieces
- 1/2 small red cabbage (about 1 pound), cored and shredded
- 1/4 cup fresh flat-leaf parsley, chopped
- 2 tablespoons red wine vinegar
- 1 teaspoon caraway seeds
- kosher salt and black pepper
- 1/2 cup sour cream (optional)

Directions

1. Cook the pierogi according to the package directions.
2. Meanwhile, heat the oil in a medium skillet over medium heat. Add the onion and cook, stirring occasionally, until tender, 5 to 6 minutes.
3. Add the apple, cabbage, parsley, vinegar, caraway seeds, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring, until the cabbage is slightly wilted but still crunchy, 4 to 5 minutes. Serve with the pierogi and sour cream, if using.

By Kate Merker, September 2009

Pork Tenderloin With Cabbage and Apple Slaw



Hallie Burton

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Serves 4

Hands-On Time: 20m

Total Time: 30m

Ingredients

- 3 tablespoons olive oil
- 2 pork tenderloins (1 1/4 pounds total)
- Kosher salt and black pepper
- 2 tablespoons rice vinegar
- 1 tablespoon honey
- 1 small Napa cabbage (about 1 pound)—quartered, cored, and thinly sliced
- 1 crisp red apple (such as Gala or Fuji), cut into thin wedges
- 1/4 cup fresh cilantro

Directions

1. Heat oven to 400° F. Heat 1 tablespoon of the oil in a large ovenproof skillet over medium-high heat. Season the pork with 1/2 teaspoon each salt and pepper and cook, turning occasionally, until browned, 6 to 8 minutes.
2. Transfer the skillet to oven and roast until the pork is cooked through, 12 to 14 minutes. Let rest at least 5 minutes before slicing.
3. Meanwhile, in a large bowl, combine the vinegar, honey, the remaining 2 tablespoons of oil, and 1/4 teaspoon each salt and pepper. Add the cabbage and apples and toss. Let sit for at least 5 minutes, tossing occasionally. Fold in the cilantro and serve with the pork.

Roasted Pork With Brussels Sprouts and Apricots

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Jose Picayo

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Serves 4

Hands-On Time: 20m

Total Time: 25m

Ingredients

2 tablespoons olive oil

1 1/4 pounds pork tenderloin (1 1/4 pounds)

kosher salt and black pepper

12 ounces Brussels sprouts, thinly sliced

1/4 cup dried apricots, chopped

2 tablespoons roasted unsalted almonds, chopped

Directions

1. Heat oven to 400° F. Heat 1 tablespoon of the oil in a large ovenproof skillet over medium-high heat. Season the pork with 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, turning occasionally, until browned, 6 to 8 minutes. Transfer the skillet to oven and roast until the pork is cooked through, 10 to 12 minutes. Let rest before slicing.
2. Meanwhile, heat the remaining tablespoon of oil in a second large skillet over medium-high heat. Add the Brussels sprouts, apricots, almonds, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, tossing, until the Brussels sprouts are just tender, 3 to 4 minutes. Serve with the pork.

By Sara Quessenberry, October 2009

Roast Salmon and Vegetables



Anna Williams

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Serves 4

Hands-On Time: 10m

Total Time: 1hr 05m

Ingredients

- 2 large fennel bulbs
- 1 pint grape tomatoes
- 8 cloves garlic, peeled and halved
- 1 lemon, thinly sliced
- 1/4 cup olive oil
- 2 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 6 sprigs fresh thyme
- 4 6-ounce salmon fillets, skin removed

Directions

1. Heat oven to 400° F.
2. Cut each fennel bulb in half lengthwise, then cut each half into 6 wedges. In a roasting pan or large baking dish, combine the fennel, tomatoes, garlic, lemon, oil, 1 1/2 teaspoons of the salt, 1/4 teaspoon of the pepper, and the thyme. Spread the mixture into a single layer. Roast until the fennel is tender, about 40 minutes.
3. Season the salmon with the remaining salt and pepper. Remove pan from oven and place the fillets on top of the vegetable mixture. Return to oven and roast until the fillets are the same color throughout and flake easily, about 12 minutes, depending on thickness. Remove and discard the lemon before serving.

By Sara Quessenberry, September 2006

Shrimp Tacos With Citrus Cabbage Slaw



Anna Williams

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Serves 4

Hands-On Time: 15m

Total Time: 20m

Ingredients

- 1/4 cup fresh orange juice
- 2 tablespoons fresh lime juice
- 2 tablespoons sour cream
- kosher salt and black pepper
- 1/4 small cabbage (8 ounces), shredded
- 1 cup corn kernels (from 1 to 2 ears, or frozen and thawed)
- 1 jalapeno, seeded and chopped
- 1 tablespoon olive oil
- 1 pound peeled and deveined medium shrimp
- 8 small flour tortillas, warmed

Directions

1. In a large bowl, whisk the orange and lime juices, sour cream, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Add the cabbage, corn, and jalapeño and toss to combine. Let sit, tossing occasionally, for 10 minutes.
2. Meanwhile, heat the oil in a large skillet over medium-high heat. Season the shrimp with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook until opaque throughout, 2 to 3 minutes.
3. Serve the shrimp with the tortillas and the slaw.

By Kate Merker, August 2009

Quick Tip

Nutritional Information