

“Nested” Shrimp Alfredo

Submitted by Stephanie Gianaris

Ingredients:

½ pound of Precooked Shrimp or 1 pound fresh, raw, shelled shrimp
3 TBSP vegetarian broth to flavor shrimp

In large separate pot boil packet of Angel Hair pasta until tender; drain.

While veggies and pasta are separately cooking:

(In 2-quart, heavy bottomed saucepan)

Shrimp Alfredo Sauce:

3 Tbsp flour
1/2 cup vegetable broth
1 heaping tsp of Garlic powder (or fresh crushed/minced garlic)
1 level tsp of Onion powder
reserve fresh parsley, finely chopped for later...

Heat on low heat until mixture just begins to bubble. Remove from heat.

Slowly add:

1-1/2 cups light coconut milk
(Beat with wire whisk as liquid is added so that mixture stays smooth)
1-1/2 tsp Mrs. Dash Garlic & Herb seasoning

Return to a low heat:

Cook until mixture thickens to consistency of “heavy cream”, ***stirring constantly***. Remove from heat. Transfer to a large bowl. Fold in shrimp into sauce. Prepare each plate as follows:

- *smooth a small amount of Alfredo in middle of plate as a base
- *create a “nest” for the shrimp to snuggle in with Angel Hair pasta
- *ladle the Shrimp Alfredo into the newly formed “nest”
- * Sprinkle with Salt, Pepper & fresh Parsley, to enhance presentation

Kali Orex!

“Fasting is peace in common of the soul & body, the image of the future life, the imitation of incorrupt behavior, the companion of the saints, the leader of every good deed” Asteroids of Amaseia