

Dinner

Lemon Feta Polenta with Asparagus and Shrimp

20 Mins
Prep Time

25 Mins
Cook Time

4
Servings

522 Calories 32g Fat 38g Carbs 25g Protein



Ingredients

4 Servings 45 Mins Total Time Allergens: Shellfish, Dairy

Lemon Feta Polenta	
5 Cups Water	1 Cup Polenta, dry
1 Tbsp Extra Virgin Olive Oil	4 oz Feta Cheese, crumbled
Zest of 1 Lemon	2 Tbsp Lemon Juice
Salt and Pepper, to taste	
Roasted Asparagus	
1 lb. Fresh Asparagus, woody ends removed	
2 Tbsp Extra Virgin Olive Oil	Salt and Pepper, to taste
Herbed Baked Shrimp	
1 lb. Raw Shrimp, peeled and deveined	2 Tbsp Butter
2 Tbsp Extra Virgin Olive Oil	3 Cloves Garlic, minced
2 Tbsp Lemon Juice	1 Tbsp Fresh Parsley, minced
1 Tbsp Fresh Dill, minced	Salt and Pepper, to taste

Allergen Swap

Shellfish Omit shrimp and replace with diced chicken breast, adjust cooking time accordingly.

Dairy Omit feta cheese and replace with a dairy-free cheese.

Nourishment Note



Shrimp

Shrimp is a great source of astaxanthin, a red pigment in the carotenoid family. Astaxanthin is an antioxidant that may prevent cell damage and improve immune function.



Asparagus

Asparagus is packed with nutrients, including folate, vitamin K and fiber. Asparagus is also high in antioxidants, which may help to lower inflammation and reduce the risk of heart disease and certain types of cancers.



Polenta

Polenta is made from corn, a whole grain. Whole grains provide energy to the body and can help power you through tiring days.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 425°F. Cover two baking sheets with a layer each of parchment paper.

3. Cook Polenta

Bring 5 cups of water to a boil in a medium-sized sauce pan. Stir in the polenta and bring to a boil. Reduce the heat to low and cook, stirring often, until the polenta becomes soft and smooth, about 25 minutes.

4. Prepare Asparagus

Meanwhile, prepare the asparagus by placing spears, with woody ends removed, on a parchment-lined baking sheet and drizzling with extra virgin olive oil. Sprinkle with salt and pepper.

5. Roast Asparagus

Roast asparagus for 12-15 minutes, depending on the thickness of the spears.

6. Prepare Shrimp

While asparagus roasts and polenta cooks, prepare the shrimp. In a small, microwave-safe bowl, melt the butter in the microwave. Once melted, add the extra virgin olive oil, minced garlic, lemon juice and fresh herbs.

7. Marinate Shrimp

Add the raw shrimp to the bowl and stir well, coating the shrimp in the herb mixture.

8. Pour Shrimp On Baking Sheet

Pour coated shrimp onto the other parchment-lined baking sheet and sprinkle with salt and pepper.

9. Bake Shrimp

When asparagus is done, remove from oven and cover to keep warm. Lower oven temperature to 350°F. Bake shrimp for 9-14 minutes, depending on the size of the shrimp, or until the shrimp are opaque in color and springy to the touch.

10. Combine & Serve

When polenta is done, stir in the extra virgin olive oil, feta cheese, lemon zest and lemon juice. Plate polenta and top with roasted asparagus and baked shrimp. Garnish with fresh herbs, if desired. Serve and enjoy!

11. Wash Hands

Wash hands with soap and water.

What You'll Need



Knife



Cutting Board



Measuring Cups



Measuring Spoons



Large Microwave-Safe Bowl



Microwave



Baking Sheet (2)



Parchment Paper



Medium-Sized Sauce Pan



Spoons (2)



Microplane/Zester

Fatigue Buster

- Purchase frozen, peeled, deveined shrimp. Simply thaw in the refrigerator or in a colander under cold running water.
- Purchase pre-minced, jarred garlic.
- Purchase lemon juice instead of squeezing fresh lemons.
- Use 1 tsp each of dried herbs instead of fresh.
- Top with an alternative steam-in-bag vegetable option, like broccoli.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians