

Heart-healthy Spanish Meal

- *Gambas al Ajillo (Garlic Shrimp)*
- *Roasted Brussels Sprouts*

Nutrition Facts	
Amount Per Serving	
Calories 358	
Total Fat 23 g	
Saturated Fat 3 g	
Monounsaturated Fat 15 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 172 mg	
Sodium 499 mg	
Potassium 681 mg	
Total Carbohydrate 13 g	
Dietary Fiber 4 g	
Sugars 3 g	
Added Sugars 0 g	
Protein 27 g	
Vitamin A	26%
Vitamin C	170%
Calcium	12%
Iron	25%

Gambas al Ajillo (Garlic Shrimp)

Makes 4 servings

Ingredients

- 1 pound medium shrimp, shelled
- ¼ teaspoon kosher or sea salt
- ¼ cup extra-virgin olive oil
- 6 cloves garlic, peeled and coarsely chopped
- 2 small bay leaves
- 2-inch piece of dried red chile pepper, seeds removed, or ¼ to ½ teaspoon crushed red pepper flakes
- 2 tablespoons minced parsley

Preparation

Sprinkle the shrimp on both sides with salt. Let them sit at room temperature for about 15 minutes.

In a small shallow casserole (preferably Spanish earthenware), combine the oil, garlic, bay leaf, and chile pepper (or crushed red pepper flakes), and sauté over medium-high heat until the garlic just begins to color. Add the shrimp and cook, stirring, until the shrimp are just done, about two to three minutes (if the shrimp have turned opaque at the center, they are sufficiently cooked). Sprinkle with parsley and serve immediately in the casserole dish, accompanied by whole-grain crusty bread for dunking.

Note: For added flavor, add sliced shallot rings to taste.

Nutrition Facts	
Amount Per Serving	
Calories 249	
Total Fat 16 g	
Saturated Fat 2 g	
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 172 mg	
Sodium 325 mg	
Potassium 240 mg	
Total Carbohydrate 3 g	
Dietary Fiber 0 g	
Sugars 0 g	
Added Sugars 0 g	
Protein 23 g	
Vitamin A	9%
Vitamin C	10%
Calcium	7%
Iron	17%

Roasted Brussels Sprouts

Makes 4 servings

Ingredients

- 1 pound Brussels sprouts
- 1 shallot, sliced
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- Freshly ground black pepper, to taste

Preparation

Heat oven to 400° F.

Trim bottom of Brussels sprouts, and slice each in half lengthwise. Mix them in a bowl with the shallot, olive oil, salt, and pepper. Transfer to a sheet pan and roast for 20 to 25 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Serve immediately.

Nutrition Facts	
Amount Per Serving	
Calories 109	
Total Fat 7 g	
Saturated Fat 1 g	
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 174 mg	
Potassium 441 mg	
Total Carbohydrate 10 g	
Dietary Fiber 4 g	
Sugars 3 g	
Added Sugars 0 g	
Protein 4 g	
Vitamin A	17%
Vitamin C	160%
Calcium	5%
Iron	8%