

# Grilled Shrimp & Tasso Pasta

Recipe courtesy of Louisiana Culinary Institute

## INGREDIENTS

- 1 lb Louisiana shrimp, peeled and deveined
- 8 oz penne pasta
- 2 Tbsp unsalted butter
- 1 c small dice Louisiana Tasso (can substitute any other sausage)
- 2 c heavy cream
- 2 tsp Cajun Seasoning, divided
- $\frac{3}{4}$  c grated Parmesan cheese
- 2 tsp fresh basil or  $\frac{1}{2}$  teaspoon dried basil
- 1 Tbsp chopped fresh parsley, for garnish

## DIRECTIONS

1. **Pasta:** In a large pot bring 4-6 quarts of water to a boil. Add the pasta and quickly stir. Return the pot to a boil and cook the pasta approximately 10-12 minutes. Once the pasta is cooked, remove from heat and drain the pasta. Reserve 1-2 cups of the pasta water and set aside.
2. **Cream sauce:** Heat a medium sauce pot over medium heat and melt the butter. Now, add the chopped tasso and cook it for 3-4 minutes to help develop flavor. Add heavy cream; the heavy cream will begin to sizzle and allow to lightly reduce 1-2 minutes. Once the cream has slightly thickened, add the 1 tsp Cajun seasoning, parmesan cheese, fresh basil, and cooked pasta. You may add some of the reserved pasta water, a little at the time, to help thin sauce, if desired. Finally, taste and adjust your seasonings.
3. **Grilled Shrimp:** Season the shrimp with remaining Cajun seasoning. Lightly oil the grill grate. Grill the shrimp 2-3 minutes per side or until opaque.
4. **Plating:** Portion pasta in 4 dishes, and top with grilled shrimp. Garnish with parsley and serve.



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## HEALTHY SWAPS

- **Lower Fat:** Reduce tasso by half. Use fat-free half and half. 420 Calories. 9g Fat (4g Saturated fat, 205mg Cholesterol.) 780mg Sodium. 56g Carbohydrates (1g Fiber, 5g Total sugar.) 40g Protein.
- **Lower Carbohydrate:** Use shirataki noodles such as Pasta Zero or Miracle Noodles or other favorite vegetable-based and low-carb “pasta.” 680 Calories. 57g Fat (34g Saturated fat, 355mg Cholesterol.) 890mg Sodium. 7g Carbohydrates (0g Fiber, 4g Total sugar.) 36g Protein.
- **Lower Sodium:** Substitute low-sodium smoked pork for tasso. Use salt-free Cajun seasoning. Reduce parmesan by half. 770 Calories. 50g Fat (30g Saturated fat, 355mg Cholesterol.) 400mg Sodium. 46g Carbohydrates (2g Fiber, 4g Total sugar.) 38g Protein. Note: this is still not considered a “low-sodium” dish.
- **Dairy-free:** Use dairy-free half & half such as Califa unsweetened Better Half and vegan cheese. 500 Calories. 20g Fat (9g Saturated fat, 205mg Cholesterol.) 790mg Sodium. 48g Carbohydrates (2g Fiber, 1g Total sugar.) 35g Protein.
- **Gluten-free:** Ensure Cajun seasoning is gluten-free, and use gluten-free pasta. 880 Calories. 58g Fat (34g Saturated fat, 355mg Cholesterol.) 890mg Sodium. 51g Carbohydrates (1g Fiber, 4g Total sugar.) 41g Protein.

<b>Nutrition Facts</b>	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*	
4 servings per container Serving size 2 Cups (342g) <b>Calories</b> per serving <b>880</b>	<b>Total Fat</b> 58g		<b>74%</b>		<b>Total Carbohydrate</b> 49g		<b>18%</b>
	Saturated Fat 34g		<b>170%</b>		Dietary Fiber 2g		<b>7%</b>
	Trans Fat 0g				Total Sugars 2g		
	<b>Cholesterol</b> 355mg		<b>118%</b>		Includes 0g Added Sugars		<b>0%</b>
	<b>Sodium</b> 890mg		<b>39%</b>		<b>Protein</b> 40g		<b>80%</b>
	Vitamin D 2mcg	10%	Calcium 320mg	25%	Iron 3.2mg		20%
	Potassium 450mg	10%					

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.