

Dinner Tonight Heart Healthy Meals

The American Heart Association has certified over 70 of Dinner Tonight's recipes with the iconic Heart-Check mark, to help Texans identify our heart-healthy dishes. To qualify to earn this mark each recipe must meet nutrition requirements that limit saturated fat, trans fat, sodium, and added sugars, as well as promote consumption of beneficial nutrients.

It is also a shared goal of both Dinner Tonight and the American heart Association to not only help Americans adopt a healthier diet, but to also make our recipes quick, cost-effective, and taste delicious! Visit our Dinner Tonight website at dinnertonight.tamu.edu to sign up for weekly emails that contain not only recipes, but many other useful tips and hints.

Here is a great recipe to try tonight!

Italian Shrimp Fettucini

Ingredients

- 8 ounces spinach fettuccini noodles
- 1 tablespoon olive oil
- 2 garlic cloves minced
- ¾ pound medium shrimp peeled and deveined
- 1 (14.5 ounce) can diced tomatoes with basil oregano and garlic, unsalted
- 1/2 cup half and half, fat free
- ¼ cup green onions sliced

Instructions

1. Cook pasta according to package directions; drain.
2. Meanwhile, cook garlic and shrimp in hot oil in large skillet over medium-high heat until shrimp are pink and opaque.
3. Stir in tomatoes; simmer 5 minutes.
4. Blend in half and half and green onions; heat through (do not boil).
5. Serve over hot pasta.

Servings: 6, Calories: 230 per serving, Total Carbohydrates: 35g, Sodium: 360mg.

For more information, you may contact the Texas A&M AgriLife Extension Office at 903-473-4580 or visit us at rains.agrilife.org. We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and "Like" our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.

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