

## *Overview:*

At Equal Shares Parenting, family is the most important thing. While everyone's family looks different, we can all agree on one thing; pasta is a crowd pleaser. Take a dive into this great shrimp pasta recipe that is so good, you may not be *finding* any leftovers!

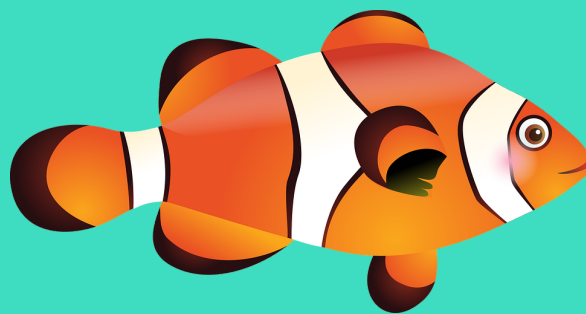
# *Under the Sea Pasta*

## **Ingredients:**

16 oz box of shell pasta  
1.5 lb of large shrimp  
1 stick of salted butter  
4 cloves of minced garlic  
Half a diced onion  
20 oz of heavy cream  
½-1 cup of chicken broth  
1 cup of parmesan cheese  
1 cup of mozzarella cheese  
Seasonings of choice

## **Instructions:**

- 1) Start by boiling salted water for the pasta. When the water comes to a boil add your pasta. Cook until al dente.
- 2) Add half a stick of butter to a medium low heat pan and saute onions and 3 cloves of minced garlic.
- 3) Add heavy cream and cheese to the saucepan and let it simmer. If the sauce is too thick add chicken broth until desired thickness is reached.
- 4) Season your sauce to your family's desired preference.
- 5) Season your peeled and deveined shrimp.
- 6) In a skillet, saute 1 clove of garlic in half a stick of butter and add shrimp. Cook for 2-3 minutes per side or until each side is pink.
- 7) Combine the sauce, pasta, and shrimp together.
- 8) Add more cheese and parsley to the top, or serve as is.



# *Seaweed Salad*

## **Ingredients:**

1 head of lettuce  
¼ a cucumber  
Half an onion  
1 medium tomato  
½ cup of shredded carrots  
Croutons

## **Instructions:**

- 1) Wash and chop produce.
- 2) Combine all of your produce in a bowl and top with croutons.
- 3) Serve with your favorite dressing.

# *Ocean Water*

## **Ingredients:**

1 box of Swedish Fish  
8 oz sparkling coconut water  
16 oz Sprite  
Blue food color

## **Instructions:**

- 1) Chill all of your drink ingredients 3 hours prior to your meal.
- 2) Combine the Spruke, sparkling water, and 3 drops of blue food coloring in a pitcher.
- 3) Place 2-3 Swedish Fish in each glass.
- 4) Serve up your refreshing drink.