

## Shrimp Spaghettini with Arugula

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### Salad of Tender Greens with Fresh Mint, Shredded Carrots and Tarragon Vinaigrette

#### Shrimp Spaghettini with Arugula

1 lb spaghettini (spaghetti may be substituted)  
1 lb uncooked, peeled and deveined shrimp  
3 tablespoons olive oil  
2 cloves of garlic, minced  
1/4 cup of onion, diced  
1 cup of chicken broth  
2 cups of peeled, diced tomatoes (canned is fine)  
1/2 teaspoon red pepper flakes  
1/2 teaspoon sugar (tames the tomato acidity)  
1 teaspoon salt  
4 cups of fresh baby arugula, rinsed

Begin this recipe by bringing a large pot of salted water to a rolling boil. Add the pasta and cook according to the package instructions. Meanwhile, peel and devein the shrimp. (Shrimp can also be purchased cleaned and deveined) Set the shrimp aside. (Avoid pen-raised shrimp).

Place the olive oil in a large deep skillet over medium-low heat. Add the garlic and onion and slowly cook until they are translucent—about 5 minutes. Do not brown the garlic and onion, as they will become bitter. Turn up the heat to medium-high and add the chicken broth, tomatoes, red pepper flakes, sugar, and salt. Bring to a boil and add the shrimp and arugula. Turn down the heat to a simmer and cook, stirring constantly, until the shrimp are opaque and the arugula is tender—about 5 minutes. Remove the skillet from the heat. Do not over-cook the shrimp, as they will become tough. Please note that like all seafood shrimp will continue to cook for another minute or more after they are removed from the heat.

**Shrimp Pasta continued...** Drain the pasta, leaving in 1/4 cup of pasta water. Add the pasta to the shrimp mixture in the skillet, one half of the pasta at a time. You may not want to use all of the pasta, depending on the brand and how much sauce-pasta ratio you prefer. I usually only use about two thirds of the cooked pasta and save the rest for another time. Toss the pasta thoroughly with the shrimp mixture and serve immediately.

Note: While touring Italy many years ago I was told by several chefs that they do not use grated Parmesan cheese over seafood pasta. I've always followed that rule. But if you love a little grated cheese, go for it. Mop up the juices with toasted garlic bread.

#### Salad

6 to 8 cups of tender mixed greens  
1/4 cup of chopped fresh mint (optional)  
2 carrots, peeled and shredded

#### Vinaigrette

2/3 cup olive oil  
1/4 cup tarragon vinegar or other herbal vinegar  
2 teaspoons of Dijon mustard  
A pinch of sugar (softens the bite from the vinegar)  
1/2 teaspoon salt  
Freshly ground pepper

Place all of the ingredients in a glass jar and shake well. This vinaigrette will keep in the refrigerator for weeks.

Toss the greens, mint, and carrots in a large salad bowl. Just before serving sprinkle 3 tablespoons of the vinaigrette over the salad and toss until the leaves glisten. Add a touch more dressing if necessary. It's better to add more than over-saturate the delicate greens and carrots. Variation—try a little Gorgonzola or feta cheese sprinkled over the salad. Garnish with a few Greek kalamata olives.