



## WHAT'S FOR DINNER?

This delicious and nutritious Chile Shrimp with Brussels Sprouts and Lemon Aioli gives a festive warmth to the cooler seasons. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this tasty meal easy to prepare and a treat to eat.



### CHILE SHRIMP WITH BRUSSELS SPROUTS & LEMON AIOLI

#### Nutritional Facts:

Shrimp is a great source of protein, selenium, iodine, Vitamin B12, zinc, copper, omega-3s, and antioxidants. While potatoes, brussels sprouts together are high in fiber; vitamins C, B6, iron, potassium; antioxidants; and magnesium. All this helps digestive and heart health; blood pressure and cholesterol levels, reduces inflammation; boosts immune function and energy levels, as well as protect against osteoporosis, cancer, and diabetes.

#### Ingredients:

1 pound new or baby potatoes  
Salt and pepper to taste  
Olive oil  
1/2 pound Brussels sprouts, thinly sliced  
1/2 teaspoon chile powder  
1/2 teaspoon crushed red pepper flakes,  
1/2 teaspoon garlic powder  
1 1/2 tablespoons butter, cut into small cubes  
1/2 pound peeled, deveined shrimp  
Handful of parsley leaves, chopped

#### Aioli Dressing:


3/4 cup mayonnaise  
1 preserved lemon, pitted and, finely chopped  
1 large garlic clove, minced  
Finely grated zest of 1 large lemon


#### Instructions:

1. Preheat oven to 475 degrees. On a lightly oiled sheet pan toss the sprouts with chile powder, red pepper flakes and garlic powder. Roast for 5 minutes, dab with butter and turn over and roast for another 5 minutes until brown. Remove the pan from the oven and stir in the shrimp. Return to the oven for 3 to 5 minutes, until the shrimp are pink, curled and cooked through.
2. While the sprouts are cooking, submerge the potatoes in a pot with salted water and bring to a boil for 10 to 15 minutes, until the potatoes can be easily pierced with a fork. Drain and cover to keep warm.
3. In a bowl, stir together the mayonnaise, lemon, garlic and lemon zest until well combined.
4. Transfer the shrimp and sprouts to a platter, alongside the potatoes. Sprinkle additional crushed red pepper flakes over the potatoes, salt and pepper, and drizzle with olive oil. Scatter the parsley on top and with the aioli.

*Eat & Enjoy!*

Recipe adapted from: [www.washingtonpost.com](http://www.washingtonpost.com)

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