

# Recipe of the Month – April 2024

## Shrimp Pad Thai

Serves: 6

Serving Size: 1 1/4 cup

Cost per Serving: \$1.23

### Ingredients:

- 6 oz whole grain spaghetti
- 2 tablespoons olive oil OR vegetable oil
- 1 24 oz package frozen vegetable mix
- 2 tablespoons lite soy sauce
- 1/4 cup water
- 1/4 cup peanut butter
- 2 tablespoons sugar
- 1/2 pound of raw, frozen, deveined, tail-off shrimp
- 3 eggs
- 1/3 cup unsalted peanuts, chopped



### Directions:

1. Thaw shrimp according to the package directions.
2. Cook spaghetti, in a medium pot or saucepan, according to the package directions. Drain in colander. Toss with 1 Tablespoon oil.
3. Defrost vegetables in microwave for 5 minutes as spaghetti cooks.
4. Combine soy sauce, water, peanut butter, and sugar in a small bowl. Stir until smooth.
5. Heat 1 tablespoon of oil in large frying pan over medium-high heat. Add shrimp, cook for 3-4 minutes or until pink. Remove from pan.
6. Crack eggs into a small bowl and beat with a fork. Add to frying pan. Scramble until form. Add vegetables and cooked spaghetti noodles to the pan. Stir to heat through. Add shrimp after heated.
7. Add soy sauce mixture to the frying pan. Stir to coat
8. Garnish with chopped peanuts and serve.

**Nutrition Facts per Serving:** 430 calories, 19g total Fat (3.5g sat. fat),

150mg.Cholesterol, 620mg Sodium, 47g Carbohydrates, 9g Fiber, 10g Sugar, 22g Protein

*Recipe compliments of Ohio SNAP-Ed (Ohio State Extension) Celebrate Your Plate 2024 Calendar*



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