

Warm Shrimp Nest Salad

* 1 24oz Jar of Ragu 7 Herb Thick and Chunky
* 1 Spaghetti Squash
* 4 oz Parmareggio Cheese grated
* 2 Eggs
* 8 oz Shrimp - cleaned, deveined, butterfly
* ¼ teaspoon of Minced Garlic
* 4 cups Baby Arugula (2 -4oz packages)
* Balsamic Vinegar
* 8oz Goat Cheese crumbled
* 1 tablespoon Butter
* ¼ teaspoon Salt
* ¼ teaspoon Pepper

1. Preheat oven 350 degrees
2. Cut spaghetti squash in half lengthwise, place face down in shallow glass pan, with water to cover bottom of pan ,
3. Roast Squash in oven 45 min till skin is fork tender. (I recommend roasting night before so has time to cool in refrigerator)
4. Scrape out the spaghetti squash into bowl (should be stringing) allow to cool
5. Drain any liquid off squash, Add 2 eggs, parmareggio cheese, salt, and pepper mix
6. In a preheated frying pan add little butter, Place small amounts of squash mixture flattening in to small (size of your palm) pancakes (too big you won’t flip)
7. Fry carefully till both sides are golden brown, remove set on side
8. Place Ragu in a pot and bring to temperature
9. Take shrimp seasoned with salt and pepper sauté in a pan with garlic till pink and non translucent cooked
10. Lay baby arugula on plate, sprinkle with balsamic vinegar
11. Stack Spaghetti Squash Pancake, Ragu Sauce, Shrimp, and sprinkle with goat cheese crumbles.