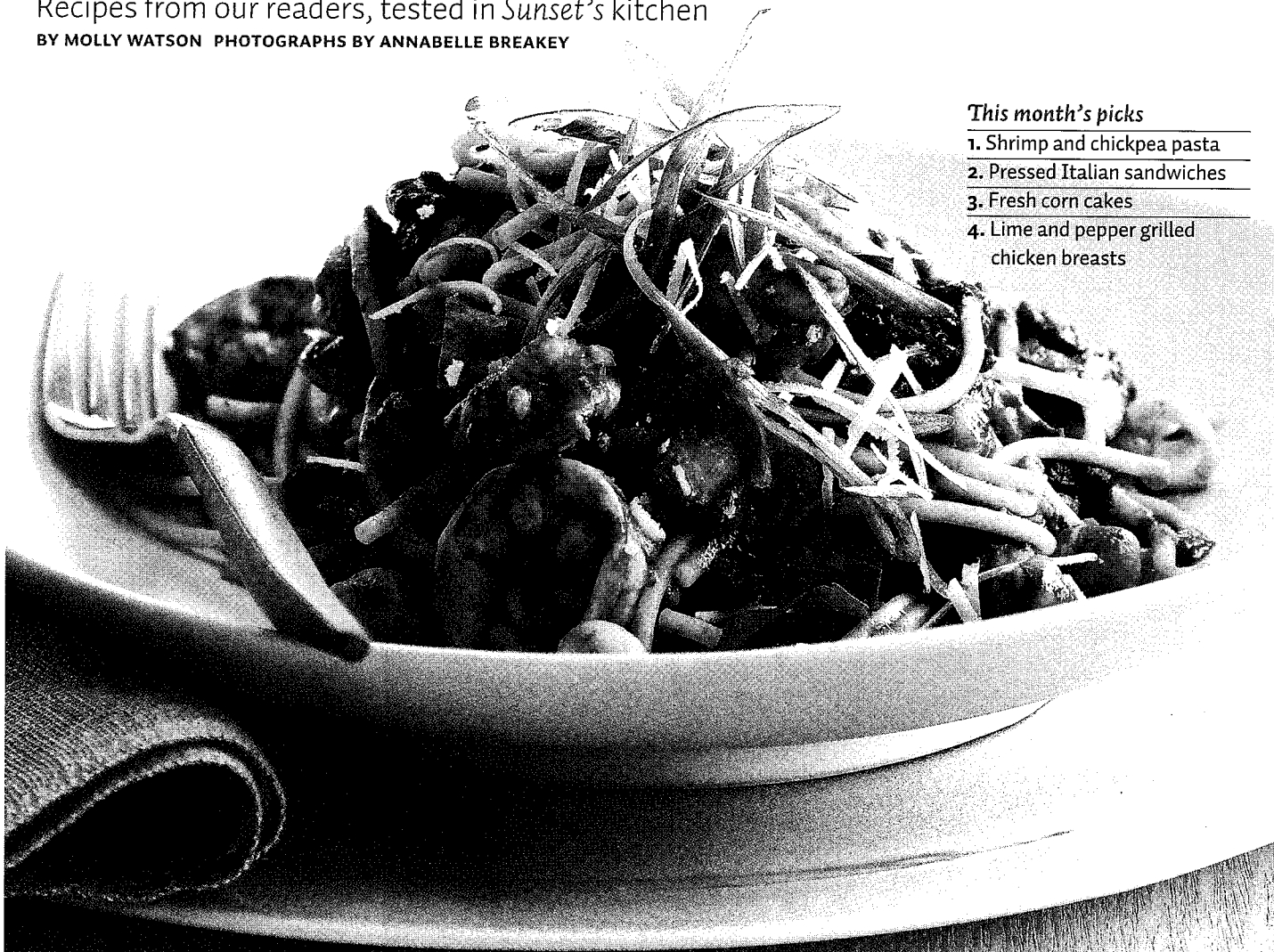


# August favorites

Recipes from our readers, tested in *Sunset's* kitchen

BY MOLLY WATSON PHOTOGRAPHS BY ANNABELLE BREakey



## This month's picks

1. Shrimp and chickpea pasta
2. Pressed Italian sandwiches
3. Fresh corn cakes
4. Lime and pepper grilled chicken breasts

### Shrimp and chickpea pasta

Karen Schmitt, Phoenix

Schmitt created this quick one-pan dinner with the colors of an Arizona desert sunset in mind.

**PREP AND COOK TIME** 40 minutes

**MAKES** 6 servings

**3** tbsp. olive oil

**8** oz. mushrooms, sliced

**½** tsp. salt

**4** cloves garlic, chopped

**½** tsp. red chile flakes

**1** can (14½ oz.) whole peeled tomatoes, chopped

**2** cans (14½ oz. each) reduced-sodium chicken broth

**1** can (15 oz.) chickpeas (garbanzo beans), drained and rinsed

**¾** lb. thin spaghetti

**1½** lbs. shrimp, peeled and deveined

**2** tsp. chopped fresh oregano

**1** to **2** tbsp. lemon juice

**4** green onions, white and light green parts, thinly sliced

**2** tbsp. finely shredded parmesan cheese

**1** tbsp. chopped flat-leaf parsley

**1.** In a large frying pan with a tight-fitting lid, cook olive oil, mushrooms, and salt, uncovered, over high heat, stirring until mushrooms start to brown slightly, 3 to 5 minutes. Lower heat to medium high, add garlic and chile flakes, and cook,

stirring, until fragrant, 1 to 2 minutes. Add tomatoes, chicken broth, and chickpeas. Bring to a boil. Cover, reduce heat to low, and cook 20 minutes.

**2.** Break pasta into 2-in. pieces. Add pasta to vegetable mixture, cover, and simmer until pasta is cooked on the outside but still raw in the center, about 4 minutes. Add shrimp, cover, and cook until shrimp and pasta are cooked through, about 5 minutes. Stir in oregano and 1 tbsp. lemon juice. Sprinkle with remaining lemon juice to taste. Garnish with green onions, parmesan, and parsley. Serve hot.

**PER 2-CUP SERVING** 462 CAL., 21% (99 CAL.) FROM FAT; 33 G PROTEIN; 11 G FAT (1.7 G SAT.); 57 G CARBO (4.6 G FIBER); 882 MG SODIUM; 142 MG CHOL.