



RECIPE OF THE WEEK



Herb Pesto Zucchini Noodles with Grilled Shrimp

A light, fresh, and flavorful dish that's quick to make and packed with herbs, nutrients, and deliciousness!



INGREDIENTS

FOR THE PESTO:

- 2 cups fresh basil leaves
- 1/4 cup fresh parsley
- 2 cloves garlic
- 1/4 cup pine nuts
- 1/4 cup grated Parmesan cheese
- 1/4 cup olive oil
- Juice of 1/2 lemon
- Salt and pepper to taste

FOR THE DISH:

- 2 medium zucchinis, spiralized
- 1 tbsp olive oil
- 1 lb large shrimp, peeled & deveined
- 1 tsp garlic powder
- 1/2 tsp paprika
- Salt and pepper to taste
- 1 cup cherry tomatoes, halved
- Extra Parmesan for garnish



HERBAL BENEFITS

-  Basil – Rich in antioxidants and may help reduce stress and inflammation.
-  Parsley – Supports digestion, detoxification, and provides vitamins A, C, and K.
-  Lemon – High in vitamin C and antioxidants that support immunity and overall wellness.



DIRECTIONS

MAKE THE PESTO:

- 1 In a food processor, combine basil, parsley, garlic, pine nuts, Parmesan, lemon juice, salt, and pepper.
- 2 With the processor running, slowly drizzle in olive oil until smooth. Set aside.

COOK THE SHRIMP:

- 3 Toss shrimp with olive oil, garlic powder, paprika, salt, and pepper.
- 4 Heat a skillet over medium-high heat. Add shrimp and cook for 2–3 minutes per side, until pink and cooked through. Remove from skillet.

ASSEMBLE THE DISH:

- 5 In the same skillet, add zucchini noodles and cherry tomatoes. Sauté for 2–3 minutes, just until tender.
- 6 Remove from heat and toss with pesto. Top with shrimp and garnish with extra Parmesan. Serve and enjoy!



BIBLE VERSE

Psalm 104:14 (KJV)

"He causeth the grass to grow for the cattle, and herb for the service of man..."

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