

Paleo Shrimp and Cilantro Pesto

Unit: Large Skillet or Electric Skillet

2-4 Zucchini Squash
½ Cup of Macademia Nuts
1 Bundle of Cilantro
1 Pound of peeled shrimp
or cubed chicken

2 Cloves of Garlic
½ Cup Olive Oil
Dash of cayenne pepper
Salt to taste

Blend all of the ingredients except for the shrimp and zucchini in a blender until it forms a smooth consistency. Add salt and cayenne pepper to taste.

Next, put the #2 blade on the cutter machine and lay the zucchini horizontally on top. Cut long noodles out of the zucchini and set aside.

Preheat a skillet on medium heat (325 on the electric skillet) for 3-5 minutes. Add the shrimp to the skillet and cook until pink on both sides (5 minutes). When the shrimp is done, add the sauce and noodles and turn to low heat for 3 to 5 minutes or until done to your liking. Salt to taste and toss the noodles in the sauce thoroughly before serving.



HEALTH QUEST