

Pretty Pretty Pineapple

Recipe: Grilled Shrimp and Veggie Zoodles

Ingredients

Zucchini, 2 whole
Jumbo Shrimp (cooked), 8-10
Cherry Tomatoes (cut into fourths), 6
Sliced Mushrooms, 1 cup
Basil Pesto or Marinara, 1 cup
Sliced Sweet Pepper, ½ cup
Chopped Yellow Onion, ¼ cup
Pine Nuts, ¼ cup
EVOO, 1 tbsp.

Recipe

- 1 Grill shrimp, seasoning to taste. This can be done on a grill or stove-top (2-3 minutes on each side over medium-high heat).
- 2 Heat EVOO in a large pan over medium heat. Sauté sweet pepper, onions, and pine nuts for 3-5 minutes.
- 3 While the onions and sweet peppers are cooking, rinse zucchinis and pat dry. Cut the ends off to form a flat surface.
- 4 Spiralize zucchinis into thin zoodles using a Vegetable Spiralizer (Blade C or D).
- 5 Bring heat to medium-high. Add zoodles and sliced mushrooms to the pan. Sauté for 3-5 minutes.
- 6 Mix in sauce and serve warm. Top each plate with grilled shrimp and fresh-cherry tomatoes.