

# HEALTHY, HAPPY & WHOLE

with *Shaunna Leinster*

“Easy recipes that nourish your soul”



## CREAMY LEMON SHRIMP FETTUCCINE

### Ingredients

- 1 lb Shrimp (or chicken breast)
- Avocado oil
- 1 bunch of asparagus, cleaned and cut into 1 inch pieces
- 4 cloves of garlic, crushed and roughly chopped
- 10 sprigs of fresh thyme, leaves torn off
- 1 small package of goat's cheese
- ½ cup filtered water
- Juice and zest of 1 large lemon
- Sea salt & fresh ground black pepper, to taste
- Chili flakes, to taste (optional)
- Freshly shaved manchego cheese
- 1 package of brown rice fettuccine

### Preparation

1. Cook pasta according to package directions.
2. In a large pan on medium heat, sauté asparagus and garlic in the avocado oil for about 5 minutes.
3. Add the thyme leaves and continue to cook for 1 more minute, adjusting the heat so you don't burn the garlic and thyme. Add shrimp and continue to sauté for 1 minute.
4. Flip the shrimp, and add the goat's cheese and water. Continue to stir until everything is incorporated, about 1 minute.
5. Season with salt, pepper, chili flakes, lemon zest and juice. Taste, and adjust seasonings if necessary. Remove from heat so as not to overcook the shrimp.
6. Without rinsing, transfer cooked pasta straight into the pan with the sauce and toss until combined.
7. Garnish with freshly shaved manchego cheese and a few sprigs of thyme leaves, and serve!

*Yields 6 servings*



## BUFFALO MOZZARELLA & HEIRLOOM TOMATO SALAD

### Ingredients

- 2 heirloom tomatoes, sliced
- 2 balls of buffalo mozzarella, sliced
- Extra virgin olive oil
- Balsamic vinegar
- Basil leaves, torn

### Preparation

1. On a platter, arrange tomato slices alternating with mozzarella slices.
2. Drizzle with a generous amount of olive oil and balsamic vinegar and finish with torn basil leaves. Serve immediately.

## ROASTED GARLIC BALSAMIC VEGETABLES WITH GRATED MANCHEGO

### Ingredients

- 1 green zucchini, chopped
- 1 yellow zucchini, chopped
- ½ a red onion, chopped
- 1 red pepper, chopped
- 1 carrot, chopped
- 2 tbsp avocado oil
- 2 tbsp balsamic vinegar
- 3 garlic cloves, minced
- Sea salt and pepper, to taste
- ½ cup of Manchego cheese, shaved

### Preparation

1. Preheat oven to 350°.
2. Mix all ingredients, except the Manchego cheese, in a large baking dish and roast for 40 minutes.
3. Sprinkle with shaved Manchego and serve.

### Facts:

Sheep, goat and water buffalo cheeses are great alternatives to cow's cheese as they are much easier to digest because they have a different protein make up. They are great alternatives for kids, especially babies being weaned off of breast milk or formula. In fact, sheep's milk has twice as much protein and almost twice as much calcium as cow's milk! Goat's milk is most similar to human breast milk.

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