Wellnesssleuth **Recipes**

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delicious food

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SHEET PAN SHRIMP

INGREDIENTS:

Ingredients

For this recipe, you will need:

- 2 lb. of shrimp, medium shrimp, peeled and deveined.
- 1 lb thin Asparagus
- 3 cups cherry tomatoes cut in half
- 3 yellow squash sliced ¼ to ½ inches thick
- 3 tablespoons of extra-virgin olive oil,
- ½ teaspoon of salt (to taste)
1 tablespoon squeezed lemon juice
- ¼ teaspoon of black pepper, (to taste)
- ½ lemon,
- 4 cloves of garlic,
- ¼ teaspoon of dried thyme, and
- ¼ teaspoon of paprika.

DIRECTIONS

- ***Directions***
- ***Simply***
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- ***- Preheat your oven to 400 degrees Fahrenheit.***
- ***- In a medium bowl, add the shrimp, with 1 tablespoon of olive oil, salt, thyme, paprika, and pepper.***
- ***- Mix everything together and set it aside.***
- ***- Then, line a baking sheet with foil and coat with cooking spray.***
- ***- place the asparagus, squash, and cherry tomatoes on one side of your sheet pan, then next to them place shrimps.***
- ***- drizzle with the remaining olive oil, lemon juice, and garlic, and sprinkle salt and pepper to taste.***

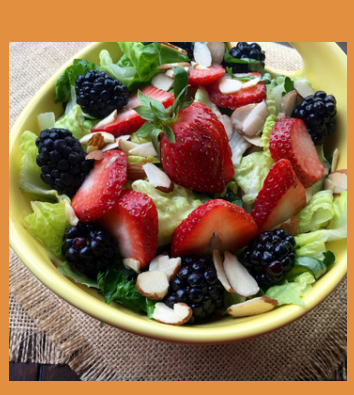
- Then, roast in the preheated oven for 10-12 minutes or until the shrimp are pink and slightly charred around the edges.

GRILLED POLENTA CROSTINI

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. Click here

EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! Click here



MIXED BERRY SALAD WITH RASPBERRY VINAIGRETTE

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. Click here