

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Lemon Shrimp Linguini

1 (8 ounce) package linguini pasta
1 tbsp extra virgin olive oil
6 garlic cloves, minced
½ cup chicken broth or bone broth
¼ cup white wine
2 organic lemons juiced and zested
sea salt and black pepper
1 lb shrimp, peeled and devined
¼ cup butter
3 tbsp parsley

Bring a large pot of salted water to a boil. Add linguini and cook for 7 minutes or until al dente; drain.

Heat oil in a large saucepan over medium heat and sauté garlic about 1 minute. Mix in broth, wine, lemon juice, lemon zest, salt and pepper. Reduce heat and simmer until liquid is reduced by about half.

Add shrimp, butter, parsley to the saucepan. Cook 2 to 3 minutes until shrimp is opaque. Stir in the cooked linguini and continue to cook for another 3 minutes, until well coated. Season well and toss.

Serves 4.



Recipe courtesy of food writer, Lynn Ogryzlo

Episode: Butter is Brautiful

Email Lynn with questions or comments at
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Because What You Eat Matters!