

## "Nourish This" Website Launch and Shrimp Spring Roll Recipe

"Nourish This is a wellness website centered around achieving optimal health from an integrative perspective; incorporating body, soul and earth." according to founder, Kristin O'Connor. Within the Nourish This website, you will find delicious and easy to prepare recipes that are recommended by Naturopathic Doctors for specific health conditions and tagged for allergens they are free of. Additionally, each recipe is provided with a brief overview as to how it will benefit your health.

Not only is the approach to recipes unique on the Nourish This website, but the creators did not skip a beat, they included videos, tips for navigating the grocery store, as well as a multitude of articles on an array of informative subjects such as: alternative therapies, yoga, fitness, etc.

Nourish This was created by Kristin O'Connor during her struggle to heal from various health conditions. A natural in the kitchen, Kristin discovered her life's passion, cooking for health, and began seeking professionals to support her endeavor toward achieving optimal health. After years of collaborating with Naturopathic Doctors, Medical Doctors and Dietitians, Nourish This was born.

Together Kristin and her medical advisors make an unstoppable team ready to spread the joy and ease of good health! Stop by Nourish This next time your on the web and get inspired to eat well and be well! As they say, "it tastes good to take care of yourself!" Visit the website at: [www.nourishthis.com](http://www.nourishthis.com).

### Shrimp Spring Rolls

Sample recipe from the website Nourish This

#### Ingredients:

- 1 1/2 lbs. large raw shrimp, peeled, deveined
- 1 ripe avocado
- 10 sheets of rice paper (found at sushi venues or japanese specialty stores)
- 4 cups HOT water
- 2 cups julienned carrots
- 2 cups julienned snow peas
- 2 cups julienned seedless cucumber

#### Orange Dipping Sauce:

- 1/3 cup pure orange marmalade (no sugar added)
- 1 tsp. cracked red pepper
- 2 TBS rice wine vinegar
- 1/2 tsp. ground ginger

#### How To Prepare:

Peel and de-vein shrimp. (De-vein by gently slicing along the back of the shrimp with a sharp knife, in doing so, shrimp will reveal a dark string that you will remove).

Season shrimp with sea salt and pepper and cook in a skillet over medium heat with 1/2 cup chicken broth to create a non-stick surface, and to keep shrimp tender. After the shrimp has turned pink on all sides, or about 6 minutes, remove from the heat and slice lengthwise in half, refrigerate until ready to serve.

Thinly slice julienne carrots through cucumbers and set aside.

Place HOT water in a shallow bowl, place next to a clean cutting board with your prepared veggies and shrimp standing by! One at a time, dip your rice paper sheets into the hot water until it softens and becomes pliable (should take only 20-30 seconds). Once softened, place gently on the cutting board. Place a small amount of veggies and shrimp into the center of the rice paper and fold rice paper over filling on the bottom, then the top and tightly roll the sides. Repeat until all the filling is in rice paper.

In a small saucepan, gently heat orange marmalade with rice wine, ginger and cracked red pepper for 2-3 minutes, just to melt the marmalade. Place in a small bowl for dipping and serve with shrimp rolls.

Naturopathic Doctor Says:

This recipe provides a delicious assortment of cooked and raw ingredients. On a macronutrient level, this recipe has fiber, healthy fat, protein, lots of minerals, some B vitamins and antioxidants. These macronutrients fuel all major body systems, particularly liver, brain, skin, lungs and blood.

**Dietary Information:**

**Nourish** This offers additional information on each recipe, using images to designate what health conditions the recipe is suitable for and which food allergens it is free from.