



Pasta Alternatives:

Zucchini Noodles (Zoodles) with Lemon-Garlic Spicy Shrimp

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Servings: 1 • Size: 1 zucchini + shrimp • Calories: 235.5 • Fat: 9 g • Carb: 14.5 g • Fiber: 4 g • Protein: 25 g • Sugar: 4 g
Sodium: 179 mg (without salt) • Cholesterol: 173 g

Ingredients:

- 1 1/2 teaspoons olive oil
- pinch crushed red pepper flakes
- 4 oz. peeled and deveined shrimp
- 2 cloves garlic, sliced thin and divided
- 1 medium zucchini, spiralized
- pinch salt and fresh black pepper
- 1/4 lemon
- 1/4 cup halved grape tomatoes

Directions:

1. Heat a medium nonstick skillet over medium-high heat. Add 1 teaspoon of the oil and crush red pepper flakes, add the shrimp and season with pinch salt and pepper; cook 2 to 3 minutes. Add half of the garlic and continue cooking 1 more minute, or until the shrimp is cooked through and opaque. Set aside on a dish
2. Add the remaining 1/2 teaspoon oil and garlic to the pan, cook 30 seconds then add the zucchini noodles and cook 1 1/2 minutes. Add the shrimp and tomatoes to the pan and squeeze the lemon over the dish. Remove from heat and serve.