

Zucchini Shrimp

Scampi

Ingredients:

12 large shrimp, peeled
4 zucchini, spiralized
2 cloves garlic, minced
1 tablespoon of unsalted butter
1 1/2 tbsp fresh lemon juice
2 tbsp parmesan cheese
1/4 cup reduced sodium chicken
broth
1/2 tsp red pepper flakes
Salt and pepper to taste



Directions:

1. Cut zucchini using a spiralizer and set aside.
2. Heat butter in skillet and add shrimp, garlic, and red pepper flakes. Cook until shrimp is done. Then add chicken broth, lemon juice, and zucchini noodles; simmer for 2 minutes. Sprinkle with parmesan cheese and serve.

Nutrition Facts:

160 calories per serving
15g carbs
11g protein
4g fiber