



SHRIMP SCAMPI WITH ZOODLES

Makes 2 ½ servings | Serving size: 4 cups

PREP TIME

10 min

COOK TIME

10 min

TOTAL TIME

20 min

Traditionally, shrimp scampi has a rich, buttery sauce that's served over noodles. It's delicious, but loaded with calories. So we decided to make a lower-calorie dish, by using a lighter lemon sauce and zucchini noodles.



Ingredients

- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 pound medium shrimp
- Pinch red pepper flakes
- ½ teaspoon salt
- Fresh pepper
- 1½ teaspoons dried parsley
- ¼ cup chicken broth
- ¼ cup lemon juice
- Zest of one lemon
- 5 small zucchinis, spiralized
- 3 tablespoons Parmesan, grated

Directions

1. Heat the olive oil in a large skillet with the garlic.
2. Sauté the shrimp until pink and cooked thoroughly.
3. Add the red pepper flakes, salt, pepper, parsley, chicken broth, lemon juice, and lemon zest. Allow to come to a simmer.
4. Add the zucchini noodles and cook until the noodles are tender—about two minutes. Top with Parmesan and serve.