

# Shrimp Scampi Spaghetti with Zucchini Noodles



## Ingredients:

- 1 lb shrimp (raw, fresh, large, peeled and deveined)
- 1 lb (~4 large) zucchini
- 1 pint cherry tomatoes (halved)
- ½ large yellow onion (minced)
- 1 whole lemon
- 1 oz parmesan cheese (grated)
- ¼ cup Pasolivo Extra Virgin Olive Oil
- Salt and pepper to taste (~¼ tsp salt)
- 3 cloves garlic (minced)
- ½ tsp crushed red pepper flakes
- 2 tbsp Italian parsley (chopped)

## Directions:

1. Using a spiralizer or Julienne peeler, create zucchini noodles and set aside.
2. Heat olive oil in a large skillet over medium heat.
3. Add onion, garlic and pepper flakes to the skillet.
4. When the onion is translucent, add shrimp and cook until pink.
5. Remove from heat. Stir in the parsley and toss.
6. Squeeze the fresh lemon and pour over the shrimp.
7. Season the shrimp with salt and pepper.
8. Pour the shrimp and liquids over the spaghetti.
9. Add the zucchini noodles and tomatoes and toss until the zucchini wilts slightly.
10. Garnish with parmesan cheese.

## Nutritional information:

Calories .....	327
Total Fat.....	16 g
Saturated Fat .....	3.3 g
Cholesterol .....	226 mg
Total Carbohydrate.....	19 g
Dietary Fiber .....	5.2 g
Protein .....	31 g
Sodium .....	514 mg
<b>Serving Size .....</b>	<b>1 cup</b>
<b>Recipes yields.....</b>	<b>4 servings</b>

Prep time: 15 minutes  
Cook time: 15 minutes

Adjusted from:  
<https://www.diabetesfoodhub.org/recipes/shrimp-scampi-spaghetti-with-zucchini-noodles-fresh-tomatoes.html>

[hoag.org/healthyrecipes](https://hoag.org/healthyrecipes)