

Zucchini Shrimp Scampi

This isn't a pasta salad, but a salad that pretends to be pasta. Trade in the high carb pasta for another serving of vegetables with zucchini noodles. It's unbelievably delicious, easy and healthy.

Ingredients:

- 2 tablespoons unsalted butter
- 1 pound medium shrimp, peeled and deveined
- 3 cloves garlic, minced
- ½ teaspoon red pepper flakes, or more, to taste
- ¼ cup chicken stock
- Juice of 1 lemon
- Kosher salt and freshly ground black pepper, to taste
- 1 ½ pounds (4 medium-sized) zucchini, spiralized
- 2 tablespoons freshly grated Parmesan
- 2 tablespoons chopped fresh parsley leaves

Directions:

1. Melt butter in a large skillet over medium high heat. Add shrimp, garlic and red pepper flakes. Cook, stirring occasionally, until pink, about 2-3 minutes.
2. Stir in chicken stock and lemon juice; season with salt and pepper, to taste. Bring to a simmer; stir in zucchini noodles until well combined, about 1-2 minutes.
3. Serve immediately, garnished with Parmesan and parsley, if desired.

Yield: 4 servings

Prep Time: 15 minutes

Cook time: 10 minutes

Source: <http://damndelicious.net/2015/01/24/zucchini-shrimp-scampi/>