

Garlic Butter Shrimp and Zoodles (Zucchini Noodles)

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A light meal that takes little time and effort, but delivers big on flavor. Tender shrimp sauteed in garlic butter and served over sauteed zucchini noodles – perfect for a fast, delicious lunch.

Ingredients

1 lb. uncooked shrimp (peeled and deveined)
4 large zucchini (spiraled)
 $\frac{1}{2}$ cup sun dried tomatoes (not the kind in oil)
1 teaspoon olive oil
1 tablespoon light butter
5 cloves of garlic (minced)
Juice from $\frac{1}{2}$ a lemon
 $\frac{1}{4}$ cup fresh parsley (finely chopped)
Salt and pepper to taste
Fresh grated Parmesan cheese (optional)

Method

1. Heat butter in a large, non-stick skillet over medium high heat. Add in the shrimp, half of the garlic, salt, and pepper. Cook until shrimp is pink, about 4-5 minutes. Transfer shrimp to a bowl.
2. Add oil and remaining garlic to skillet. Cook for about 1 minutes, then add in the zucchini noodles, and cook for about 2 minutes, while stirring regularly.
3. Return the shrimp to the pan, and add in the sun-dried tomatoes, and season with additional salt and pepper if desired.
4. Squeeze lemon juice over the dish, and spoon onto serving plates. Garnish with fresh parsley.

Notes

Melissa's note – I used plain sun-dried tomatoes in a zip-pack. Added to pan along with zucchini noodles in second step so they could soften up during cooking.

1 WW Freestyle SmartPoint

Source: LaaLoosh (Servings: 4 | Yield: Serving size is about 1 1/2 cup)

Lemony Shrimp with Orzo, Feta, and Olives



Lemony Shrimp

with Orzo, Feta, and Olives

Cooking the orzo pilaf-style gives it extra flavor and allows you to control the slightly creamy consistency.

Ingredients

1 tablespoon grated lemon zest plus 1 tablespoon juice

Salt and pepper

1 ½ pounds extra-large shrimp (21 to 25 per pound), peeled and deveined

2 tablespoons extra-virgin olive oil, plus extra for drizzling

1 onion, chopped fine

2 garlic cloves, minced

2 cups orzo

4 cups chicken broth

1 cup pitted Kalamata olives, chopped coarse

4 ounces feta cheese, crumbled (1 cup)

Method

1. Garnish with chopped fresh parsley.
2. Mix lemon zest, 1/2 teaspoon salt, and 1/2 teaspoon pepper together. Pat shrimp dry with paper towels and toss with lemon-salt mixture to coat; set aside.
3. Heat 1 tablespoon oil in 12-inch nonstick skillet over medium-high heat until just smoking. Add onion and cook until softened, about 4 minutes. Stir in garlic and cook until fragrant, about 30 seconds. Add 1 tablespoon oil to pan. Stir in orzo and cook, stirring frequently, until orzo is coated with oil and lightly browned, about 4 minutes. Add broth, bring to boil, and cook, uncovered, until orzo is al dente, about 6 minutes. Stir in olives, 1/2 cup feta, and lemon juice. Season with salt and pepper to taste.
4. Reduce heat to medium-low, nestle shrimp into orzo, cover, and cook until shrimp are pink and cooked through, about 5 minutes. Sprinkle remaining 1/2 cup feta over top and drizzle with extra oil. Serve.

Notes

WHY THIS RECIPE WORKS

Cooking the orzo pilaf-style gives it extra flavor and allows you to control the slightly creamy consistency.

Source: Cook's Country (4 servings)

Colossal Shrimp with Watercress & Tomato Salad



Colossal Shrimp
with Watercress & Tomato Salad

This main-course salad, lightly dressed with a lemon-spiked vinaigrette, shows off your garden tomatoes in a most delicious way. The large size of the shrimp helps keep them tender and succulent despite the heat of the broiler or grill.

Ingredients

1 clove garlic
1 teaspoon kosher salt
1 small red onion, finely diced (about 3/4 cup)
6 tablespoons extra-virgin olive oil
6 tablespoons coarsely chopped fresh flat-leaf parsley
3 tablespoons fresh lemon juice
3 teaspoons finely grated lemon zest (from 1 lemon)
3/8 teaspoons freshly ground black pepper
8 colossal shrimp (6 to 8 count; about 1 lb.), peeled and deveined
2 pints red or yellow grape or cherry tomatoes, or a combination, halved
8 cups watercress sprigs, washed and dried (from about 8 oz. untrimmed watercress)

Method

1. Peel and chop the garlic clove. Sprinkle with 1\4 tsp. of the salt and, using the side of a chef's knife, mash and scrape the garlic into a paste. Transfer to a medium bowl and whisk in half the onion, 2 Tbs. of the olive oil, 2 Tbs. of the parsley, 1 Tbs. of the lemon juice, 1 tsp. of the zest, and a generous 1\8 tsp. pepper. Add the shrimp and marinate, stirring occasionally, for 20 minutes.
2. Meanwhile, in another bowl, stir together the tomatoes, 3\4 tsp. salt, the remaining onion, and the remaining 1\4 cup olive oil, 1\4 cup parsley, 2 Tbs. lemon juice, 2 tsp. zest, and 1\4 tsp. pepper. Stir from time to time.
3. Position an oven rack 3 to 4 inches from the broiler element and heat the broiler to high. Line the bottom of a broiler pan with foil and replace the perforated top part of the pan. Arrange the shrimp on the broiler pan. Broil until the shrimp are beginning to turn bright pink and are firm to the touch on top, about 3 minutes. Turn the shrimp over, rotate the broiler pan from back to front, and broil until the shrimp are just opaque throughout (cut into a piece to check),

1 to 2 minutes longer.

4. To serve, arrange the watercress on 4 plates, top with the tomatoes and their sauce, and arrange 2 shrimp on top.

Notes

Serve the salad with some grilled garlic bread to round out the meal.

You can grill the shrimp instead of broiling them.

Source: Fine Cooking (4 servings)

Stir-Fried Jerk Shrimp and Peppers



Stir-Fried Jerk Shrimp and Peppers

Ingredients

2 tablespoons jerk sauce

1 tablespoon orange juice

3 medium uncooked scallion(s)

4 teaspoons peanut oil, or vegetable oil

1 tablespoon minced garlic

1 pound(s) uncooked shrimp, large, peeled, deveined, patted dry

3 cup(s), sliced orange bell pepper, and yellow beller peppers strips (1/4-inch wide)

$\frac{1}{2}$ teaspoon table salt

Method

1. Combine jerk sauce and orange juice in small bowl; set aside. Thinly slice scallions, separating green sections from white sections.

2. Heat a 14-inch flat-bottomed wok (or 12-inch skillet) over high heat until a bead of water vaporizes within 1 to 2 seconds of contact; swirl in oil. Add white parts of scallion and garlic; stir-fry 10 seconds or until fragrant. Push scallion mixture to sides of wok and carefully add shrimp; spreading them evenly in one layer. Cook undisturbed, 1 minute, until shrimp begin to sear; using a metal spatula, stir-fry 30 seconds, incorporating scallion mixture, until shrimp are orange but not cooked through.

3. Add peppers and sprinkle with salt; stir-fry 15 seconds or until just combined. Swirl in jerk sauce mixture; stir-fry 1-2 minutes or until shrimp are just cooked and vegetables are tender-crisp. Sprinkle on scallion greens; serve.

Prep

- Prep: 25 Minutes
- Cook: 5 Minutes
- Total Time: 30 Minutes

Source: Weight Watchers (Servings: 4 | Yield: 1 1/2 cups per serving)

Sesame Shrimp with Smashed Cucumber Salad

Sesame Shrimp with Smashed Cucumber Salad

Gently smashing fresh cucumber slices helps them absorb much more of the vinaigrette, almost as if they've been marinating overnight. It's a popular technique in many parts of Asia because cucumbers take on sweet, sour, and spicy flavors so well. Start with firm cucumbers and smash with about as much force as you'd smash a garlic clove to remove its papery skin

(the slices should be just slightly broken down, not pulpy). Serve this light summer entrée with hot cooked brown rice, and sprinkle with chopped roasted peanuts for a little extra crunch.

Ingredients

¼ cup toasted sesame oil, divided
1 lb. medium shrimp, peeled and deveined
5 teaspoons reduced-sodium soy sauce, divided
2 cups thinly sliced (1/8-in.-thick) cucumbers
2 tablespoons chopped fresh flat-leaf parsley
2 tablespoons unseasoned rice vinegar
1 tablespoon honey
1 tablespoon minced peeled fresh ginger
1 teaspoon crushed red pepper
1 garlic clove, minced

Method

1. Heat 2 tablespoons oil in a large nonstick skillet over medium-high. Add shrimp; cook 3 minutes on each side. Add 1 tablespoon soy sauce; cook 30 seconds.
2. Place remaining 2 tablespoons oil, remaining 2 teaspoons soy sauce, and remaining ingredients in a large ziplock bag; seal and shake. Lay bag flat on a cutting board. Use a rolling pin or the side of a knife to gently smash cucumber mixture a few times so that slices just begin to break into large pieces. Serve cucumber mixture with shrimp.

Source: Cooking Light (Servings: 4 | Yield: 4 oz shrimp and about 1/2 cup cucumber mixture per serving)

Shrimp Scampi with Zucchini Noodles



Ingredients

4 zucchini
2 tablespoons butter
1.33 lbs. shrimp, peeled and deveined
1 cup cherry tomatoes, halved
3 cloves garlic, minced
 $\frac{1}{2}$ teaspoon red pepper flakes
 $\frac{1}{2}$ cup chicken broth
1 lemon
salt and pepper
4 tablespoons freshly grated Parmesan
2 tablespoons chopped fresh parsley leaves

Method

1. Using a spiralizer, peeler, or knife, cut the zucchini into noodles.
2. Melt the butter in a skillet. Add the shrimp, tomatoes, garlic, shallot, and red pepper flakes. Cook for 3-4 minutes until shrimp is just pink
3. Add the chicken broth and lemon juice. Once simmering, add the zucchini noodles. Cook for 1-2 minutes.
4. Serve with Parmesan cheese and parsley.

Notes

6 WW SmartPoints per serving

Sauce is more like a broth, try using 1/4 chicken broth next time.

Prep

- Prep: 10 Minutes
- Cook: 15 Minutes
- Total Time: 25 Minutes

Source: Slender Kitchen (4 servings)

Szechwan Shrimp



Szechwan Shrimp

Ingredients

- 4 tablespoons water
- 2 tablespoons ketchup
- 1 tablespoon soy sauce
- 2 teaspoons cornstarch
- 1 teaspoon honey
- $\frac{1}{2}$ teaspoon crushed red pepper
- $\frac{1}{4}$ teaspoon ground ginger
- 1 tablespoon vegetable oil

¼ cup sliced green onions
4 cloves garlic, minced
12 ounces cooked shrimp, tails removed

Method

1. In a bowl, stir together water, ketchup, soy sauce, cornstarch, honey, crushed red pepper, and ground ginger. Set aside.

2. Heat oil in a large skillet over medium-high heat. Stir in green onions and garlic; cook 30 seconds. Stir in shrimp, and toss to coat with oil. Stir in sauce. Cook and stir until sauce is bubbly and thickened.

Prep

- Prep: 10 Minutes
- Cook: 10 Minutes
- Ready in: 20 Minutes

Source: Allrecipes.com (4 servings)

Lemon-Garlic Shrimp with Couscous and Broccoli



Lemon-Garlic Shrimp with Couscous and Broccoli

This modern take on shrimp scampi features quick-cooking

couscous and broccoli. It's a delicious, all-in-one dinner for busy nights.

Ingredients

4 cup(s) canned low-sodium chicken broth, divided
1 cup(s) uncooked whole wheat Israeli couscous
4 cup(s) uncooked broccoli, florets
2 teaspoons olive oil, extra virgin, divided
1 pound(s) uncooked shrimp, large-size, peeled, deveined
1 large uncooked shallot(s), minced
2 tablespoons minced garlic
 $\frac{1}{8}$ teaspoon red pepper flakes, or to taste
 $\frac{1}{4}$ cup(s) white wine, dry
1 teaspoon fresh lemon juice
1 teaspoon lemon zest, grated
3 tablespoons basil, minced, fresh

Method

1. In a medium saucepan, bring 2 cups broth to a boil over high heat. Add couscous and broccoli to pan; cover, reduce heat to low and cook until broccoli is tender and couscous is cooked, about 8 minutes. Remove from heat; set aside.
2. Meanwhile, in a large nonstick sauté pan, heat 1 teaspoon oil over medium-high heat. Add shrimp and cook, flipping once, until lightly seared and cooked through, about 2 to 3 minutes per side; remove to a plate.
3. Add remaining teaspoon oil, shallot, garlic and hot pepper flakes to pan; cook, stirring a few times, 1 minute. Add wine; stir and scrape up browned bits from bottom and sides of pan. Add remaining 2 cups broth and increase heat to high; cook, stirring occasionally, until reduced to a thick sauce, about 10 to 15 minutes. Add shrimp and any accumulated juices to pan; stir in lemon juice, lemon zest and basil.
4. To serve, spoon shrimp over couscous-broccoli mixture. Yields about 3 1/2 oz shrimp and 1 cup couscous-broccoli mixture per serving.

Notes

You can substitute chopped asparagus for the broccoli for a different flavor twist.

Prep

- Prep: 15 Minutes
- Cook: 35 Minutes

Source: Weight Watcher (Servings: 4 | Yield: 3 1/2 oz shrimp and 1 cup couscous-broccoli mixture per serving)

Athenian Orzo



Excellent dinner!

Athenian Orzo

Orzo, a rice-shaped pasta, makes a delightful base for an authentically Greek combination of shrimp, tomatoes and feta. To serve as a side dish, omit the shrimp and drain the tomatoes before adding them.

Ingredients

- 1 ½ teaspoons extra-virgin olive oil
- 1 small onion, chopped
- 4 cloves garlic, minced
- ¼ cup dry white wine

1 28-ounce can diced tomatoes
3 tablespoons chopped fresh parsley, divided
1 tablespoon drained capers
 $\frac{1}{2}$ teaspoon dried oregano
 $\frac{1}{2}$ teaspoon dried basil
 $\frac{1}{2}$ teaspoon salt, or to taste
Freshly ground pepper, to taste
Pinch of crushed red pepper
1 lb. medium shrimp, (30-40 per pound), peeled and deveined
1 cup orzo
 $\frac{1}{2}$ cup crumbled feta cheese

Method

1. Preheat oven to 450°F. Coat a 9-by-13-inch (or other 3-quart) baking dish with cooking spray. Put a large pot of lightly salted water on to boil.
2. Heat oil in a 2-quart saucepan over medium heat. Add onion and garlic and cook, stirring, until softened, 3 to 4 minutes. Add wine and cook for about 1 minute. Stir in tomatoes, 1 1/2 tablespoons parsley, capers, oregano, basil, salt, pepper and crushed red pepper; cook for 5 minutes. Drop in shrimp and cook, stirring, until barely pink, about 2 1/2 minutes.
3. Cook orzo in the boiling water until tender but still firm, 8 to 10 minutes. Drain and transfer to the prepared baking dish. Toss with the tomato-shrimp sauce. Sprinkle with feta and the remaining 1 1/2 tablespoons parsley.
4. Bake, uncovered, until the feta is bubbly, about 10 minutes.

Prep

- Active: 30 Minutes
- Total Time: 50 Minutes

Source: EatingWell.com (4 servings)

Quick Risotto with Shrimp, Corn & Edamame



Quick Risotto with Shrimp, Corn & Edamame

In this healthy, quick risotto recipe, we use instant brown rice instead of arborio rice, and frozen corn and edamame to speed up the cooking time and add fiber. To get the creamy risotto texture without slow cooking, we stir in cream cheese and Parmesan just at the end of cooking.

Ingredients

1 tablespoon extra-virgin olive oil
1 bunch scallions, sliced, white and green parts separated
2 cups instant brown rice
1 cup dry white wine
2 cups reduced-sodium chicken broth
1 lb. peeled and deveined raw shrimp (see Tip)
1 cup frozen shelled edamame
1 cup frozen corn, thawed
4 ounces reduced-fat cream cheese (Neufchâtel), cut into small pieces
 $\frac{1}{2}$ cup finely shredded Parmesan cheese
 $\frac{1}{4}$ teaspoon freshly ground pepper

Method

1. Heat oil in a large nonstick skillet over medium heat. Add scallion whites and rice; cook, stirring, 1 minute. Add wine

and cook on medium-high until most of it is evaporated, 2 minutes. Add broth; return to a boil. Reduce heat, cover and simmer for 5 minutes. Place shrimp on the rice. Return to a simmer. Cover and cook until the shrimp are cooked through, 5 to 7 minutes.

2. Stir in edamame, corn and cream cheese until the cream cheese is incorporated. Simmer, uncovered, stirring occasionally, until most of the liquid is evaporated, 4 to 5 minutes more. Remove from heat; stir in Parmesan and pepper. Top with scallion greens.

Notes

12 WW PointsPlus

Prep

- Active: 30 Minutes

Source: EatingWell.com (4 servings)