

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)

Easy Cashew Chicken



Easy Cashew Chicken

Easy Cashew Chicken – Forget the takeout and cook in with this

super easy Chinese-American dish. It's simple, flavorful, and also great the next day if you have any left over.

Ingredients

3 tablespoons Hoisin sauce

$\frac{1}{2}$ teaspoon chili garlic sauce

3 tablespoons water

1 $\frac{1}{2}$ lbs. boneless, skinless chicken thighs , cut into 1-inch pieces

1 tablespoon cornstarch

salt and pepper

1 $\frac{1}{2}$ tablespoons vegetable oil

1 small sweet onion, cut into 1-inch pieces

4 cloves garlic, minced

2 tablespoons rice vinegar

6 scallions, diced

$\frac{3}{4}$ cup unsalted, roasted cashews

cooked white rice, for serving

Method

1. In a small bowl, whisk together the hoisin, chili garlic sauce, and water. Set aside.

2. In a medium bowl, toss the chicken with the cornstarch until the chicken is coated, season with a few grinds of salt and pepper.

3. In a large nonstick pan, heat the oil over medium-high heat. Saute the chicken, tossing often, until browned and cooked, about 10 minutes. Add the onion, cook for 3 minutes until soft and translucent, stirring frequently. Add garlic and cook for 15 seconds until fragrant. Add the rice vinegar and deglaze the pan, scraping up any brown bits, about 1 minute.

4. Reduce heat to medium-low. Add the hoisin mixture; cook, tossing to combine and warm through, about 1 more minute.

5. Remove from heat and stir in the scallions and cashews. Taste, season with a little more salt and pepper, if necessary. Serve over cooked, hot white rice.

Prep

- Prep: 15 Minutes
- Cook: 15 Minutes
- Total Time: 30 Minutes

Source: Belly Full (4 servings)

Garlicky Chicken and Broccoli



Garlicky Chicken and Broccoli

Ever wonder the secret to really tender chicken stir-fry? A simple egg white-cornstarch marinade and easy poaching technique, gives juicy results every time.

Ingredients

- 1 large egg white(s)
- 2 tablespoons rice cooking wine, or sherry wine
- 3 $\frac{2}{3}$ tablespoons cornstarch, divided
- 2 teaspoons kosher salt
- 1 pound(s) uncooked boneless skinless chicken breast(s), use thin cutlets, thinly sliced
- 3 tablespoons low sodium soy sauce
- 2 tablespoons ketchup
- 4 teaspoons dark brown sugar

2 teaspoons chili sauce, such as sambal oelek (or to taste)
2 teaspoons sesame oil
1 tablespoon minced garlic
1 tablespoon ginger root, fresh, minced
5 cup(s) uncooked broccoli, cut into bite-size pieces
1 cup(s) reduced-sodium chicken broth
4 medium uncooked scallion(s), thinly sliced

Method

1. In a glass dish, whisk together egg white, rice wine, 3 tablespoons cornstarch and salt; add chicken and toss to coat. Cover dish and marinate chicken for 30 minutes (or overnight).
2. In a small bowl, whisk together soy sauce, ketchup, brown sugar, chili sauce and remaining 2 teaspoons cornstarch; set aside.
3. When ready to cook, bring a large pot of water to a boil; remove chicken from marinade and add to pot (discard marinade). Poach until chicken is cooked through, about 5 minutes; drain well and set aside.
4. Heat oil in a large nonstick skillet (or wok) over medium heat. Add garlic and ginger; cook, stirring, for 1 minute. Add broccoli and toss to coat. Pour broth over broccoli and increase heat to medium-high; cover skillet and cook until broccoli is crisp tender, about 5 minutes. Stir in chicken and reserved sauce; reduce heat to low and simmer until thick, about 3 minutes. Garnish with scallions and serve. Yields about 1 cup per serving.

Notes

To slice the raw chicken more easily, purchase thin cutlets and/or freeze the chicken before slicing it.

Prep

- Prep: 30 Minutes
- Cook: 20 Minutes

(6 servings)

Source: Weight Watchers