

# Garlic Butter Shrimp and Zoodles (Zucchini Noodles)

## **Garlic Butter Shrimp and Zoodles (Zucchini Noodles)**

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)