

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)