

Garlic Lemon Shrimp & Zucchini Noodles



Ingredients:

- 2 cups Spiral zucchini
- 1 tbs Olive Oil
- 2 Fresh garlic cloves minced
- 10 oz shrimp
- 1 tomato diced
- 1 Lemon
- ½ cup chopped parsley
- Morton Lite Salt
- Black Pepper
- Jalapeño or Crushed Pepper(optional)

Instructions:

1. Cut your zucchini into noodles with a spiralizer
2. Spray pan with Pam Original. Lightly brown minced garlic
3. Add the zucchini in the pan with salt and pepper. Turn the heat up to medium.
4. Toss and sauté for 4 minutes
5. Push the noodles to the side.
6. Add shrimp and squeeze half the lemon over the shrimp. Cook for 5-10 minutes.
7. Turn the heat off, squeeze the other half a lemon over the whole meal, and toss in the tomato, fresh parsley, and olive oil.
8. Place in a bowl and enjoy!

Makes 2 servings

Slim For Life For Children Regime And Recipes

Harris Solomon



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