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
- · 1/2 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 gartic
- 3. Add the zucchini in the pan with salt and pepper. Turn the heat up to medium.
- 4. Toss and sauté for 4 minutes
- Push the noodles to the side.
- Add shrimp and squeeze half the lemon over the shrimp. Cook for 5-10 minutes.
- 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 enjoyl



Slim For Life For Children Regime And Recipes

Tania Lewis

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