

Zoodles and Shrimp

Servings: 4

RECIPE BOX

INGREDIENTS

4 LARGE ZUCCHINI
1-1/2 TBSP OLIVE OIL
1 POUND LARGE SHRIMP (ABOUT 22)
PEELED AND DEVEINED
2 CUPS FRESH CORN KERNELS
1-1/2 CUPS FRESH PEAS
1/2 CUP DRY WHITE WINE
2 TBSP UNSALTED BUTTER
2 TBSP LEMON JUICE



DIRECTIONS:

STEP 1: Create zucchini noodles using a zoodler or vegetable peeler.

STEP 2: In a deep skillet, warm oil over medhigh heat. Season shrimp with salt & pepper and cook, turning often. When pink & cooked through, about 3 min, put shrimp in a wok.

STEP 3: Add corn and peas and cook 1 min.

STEP 4: Add zucchini and wine and mix by tossing with tongs until zucchini is crisp and tender, approx. 5-6 min.

STEP 5: Add butter and continue tossing until all veggies are tender.

STEP 6: Remove from heat, stir in lemon juice and basil. Season with salt & pepper.

GF This recipe is gluten free as written.

V Substitute chopped tofu for the spinach.

Nutrition per Serving: Calories 230, Total Fat 7.3g, Carbs 22g, Protein 19.9g, Fiber 5g, Sugars 7g.

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