

Easy Shrimp Scampi with Zucchini Noodles

Enjoy classic shrimp scampi lightened up with a white wine-butter sauce and zucchini noodles in place of pasta. The tomatoes add some sweetness and color, while the cheese contributes nuttiness and richness. Serves 4



Source: EatingWell Magazine

- 2 tablespoons unsalted butter
- 3 tablespoons olive oil, divided
- 1 medium shallot, finely chopped (about 1/4 cup)
- 2 medium garlic cloves, finely chopped
- 2 tablespoons white wine
- 2 tablespoons unsalted chicken stock
- 1 pound large shrimp, peeled and deveined
- ½ teaspoon black pepper
- ⅞ teaspoon kosher salt, divided
- 1 cup multicolored cherry tomatoes, halved
- 6 cups spiralized zucchini (from 2 [10.7-oz.] pkgs.)
- 4 tablespoons pre-grated Parmesan cheese, divided
- 2 tablespoons chopped fresh flat-leaf parsley

Heat butter and 1 tablespoon of the oil in a large skillet over medium-high until butter melts, about 1 minute. Add shallot; cook, stirring occasionally until softened, about 3 minutes. Add garlic; cook, stirring constantly, 1 minute. Add wine and stock; cook, undisturbed, until liquid reduces by half, about 2 minutes. Then add shrimp, pepper, and 1/2 teaspoon of the salt; cook until shrimp are just cooked through, about 3 minutes, turning shrimp once halfway through cook time. Transfer shrimp to a plate and set aside. (Reserve shallot sauce in skillet.)

Add tomatoes and remaining 2 tablespoons oil to same skillet. Cook over medium-high, undisturbed until tomatoes just soften, about 1 minute. Add zucchini and remaining 3/8 teaspoon salt; toss to combine. Return shrimp to skillet; cook, stirring constantly, until mixture is heated through, about 1 minute. Remove from heat; add 2 tablespoons of Parmesan and toss to combine. Divide mixture evenly among 4 bowls; sprinkle with parsley and remaining 2 tablespoons Parmesan. Serve immediately.

Nutrition Facts

Serving Size: 1 1/2 cups

Per Serving:

349 calories; protein 19g; carbohydrates 6g; dietary fiber 1g; sugars 3g; fat 27g; saturated fat 7g; sodium 620mg.