



Super-Delicious Shrimp Scampi



1/2 of recipe (about 1 3/4 cups): 214 calories, 8g total fat (2g sat. fat), 330mg sodium, 12g carbs, 4.5g fiber, 2g sugars, 25g protein

Prep: 20 minutes **Cook:** 10 minutes

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Ingredients

1 small lemon
2 bags House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute
1/4 cup chopped onion
1 tsp. chopped garlic
8 oz. raw shrimp, peeled, tails removed, deveined
1 plum tomato, chopped
2 tbsp. light whipped butter or light buttery spread
2 tsp. reduced-fat Parmesan-style grated topping
Optional seasonings: salt, black pepper, red pepper flakes, chopped parsley

Directions

Cut lemon in half and, over a strainer, squeeze the juice from one half into a small bowl. Cut the other half into wedges.

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles.

Bring a skillet sprayed with nonstick spray (butter flavored, if you've got it) to medium heat. Cook and stir onion and garlic until softened, 2 to 3 minutes.

Add shrimp and tomato. Cook and stir until shrimp are opaque, about 2 minutes. Add lemon juice and cook and stir for 1 minute.

Raise heat to medium high, add noodles, and mix well. Cook and stir until entire dish is hot and shrimp are cooked through, 1 to 2 minutes.

Stir in butter until melted. Serve sprinkled with Parm-style topping and garnished with lemon wedges!

MAKES 2 SERVINGS

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