



ZUCCHINI NOODLES WITH AVOCADO PESTO & SHRIMP

Servings: 4

Serving Size: 1 3/4 Cups Each

INGREDIENTS

5-6 medium zucchini (2 1/4-2 1/2 pounds total), trimmed

3/4 teaspoon salt, divided

1 ripe avocado

1 cup packed fresh basil leaves

1/4 cup unsalted shelled pistachios

2 tablespoons lemon juice

1/4 teaspoon ground pepper

1/4 cup extra-virgin olive oil plus 2 tablespoons, divided

3 cloves garlic, minced

1 pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired

1-2 teaspoons Old Bay seasoning

DIRECTIONS

1. Using a spiral vegetable slicer or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini "noodles" in a colander and toss with 1/2 teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.
2. Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper and the remaining 1/4 teaspoon salt in a food processor. Pulse until finely chopped. Add 1/4 cup oil and process until smooth.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, 3 to 4 minutes. Transfer to a large bowl.
4. Add the remaining 1 tablespoon oil to the pan. Add the drained zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.

Nutrition Information (Per 1 Serving): 446 calories; protein 25.9g; carbohydrates 15.8g; dietary fiber 6.6g; sugars 6.6g; fat 33.2g; saturated fat 4.7g; cholesterol 158.8mg; vitamin a iu 1143.9IU; vitamin c 54.7mg; folate 112.3mcg; calcium 140.8mg; iron 2.4mg; magnesium 109.6mg; potassium 1271.2mg; sodium 712.9mg; thiamin 0.2mg.

Source: Eating Well | This information is shared by My Health Onsite for general information and education only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should always consult your healthcare provider if you have any concerns or questions about your health.

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