Avocado Alfredo Zucchini Noodles

Servings: 4  Serving Size: Serving Size: 1 ½ cups

Nutritional Facts (per serving):
302 calories, 12g carbohydrate, 22g total fat, 19g protein

Ingredients

4 tablespoons olive oil (extra virgin preferred, divided use)
15-20 peeled, raw, medium shrimp (rinsed, patted dry)
2-3 medium to large unpeeled zucchini, ends trimmed
1 medium avocado (peeled, pitted, cut)
¼ cup fresh basil
2 tablespoons fresh lemon juice
2 medium garlic cloves

Directions

1. In a large skillet, heat 2 tablespoons oil over medium heat, swirling to coat the bottom. Cook the shrimp for about 4 minutes, or until pink on the outside, stirring occasionally. Remove from the heat. Transfer the shrimp to a large bowl. Cover to keep warm. Wipe the skillet with paper towels.

2. Put the zucchini on a cutting board. Using a spiralizer, julienne peeler, or mandoline, make zoodles from the zucchini.

3. In the same skillet, still over medium heat, heat the remaining 2 tablespoons oil, swirling to coat the bottom. Put the zoodles in the skillet.

4. In a food processor, process the avocado, basil, lemon juice, and garlic until the mixture is smooth and creamy.

5. Stir the sauce into the zoodles. Cook for about 3 to 4 minutes, or until the zoodles are tender and the sauce is heated through, stirring occasionally. Stir in the shrimp. Cook for 1 minute.

Recipe Source: https://recipes.heart.org/en/recipes/avo-fredo-avocado-alfredo-zoodles-noodles