



# Zucchini Noodles with Shrimp & Feta

## INGREDIENTS

2 tsp extra-virgin olive oil  
1 tsp oregano  
2 garlic cloves; minced  
1 ½ TBS fresh lemon juice  
¼ tsp lemon zest

12 peeled and deveined jumbo shrimp  
Salt and pepper to taste  
2 medium zucchinis, spiralized into zoodles  
2 oz crumbled feta cheese

## DIRECTIONS

In a large nonstick skillet, heat 1 tsp of the oil over medium-high heat. Season the shrimp with ½ tsp of the oregano, 1/8 teaspoon of the salt, and pepper to taste. Add shrimp to the skillet and cook until they are just opaque, about 2 minutes per side. Transfer to a plate. Heat remaining 1 tsp oil in the same skillet and add the garlic. Cook, stirring, until golden, 30 - 60 seconds (don't burn). Add zucchini noodles, the remaining oregano, salt and pepper to taste. Cook, stirring, for 1-2 minutes until the zucchini is crisp-tender. Add lemon juice, stir and remove the pan from heat.

Top with the shrimp, feta, and lemon zest. Serve hot. Makes 2 servings: 185 calories each.