



*cara price*

## SHRIMP & ZUCCHINI "PASTA"

### INGREDIENTS

- 1.5 pounds shrimp, peeled & deveined
- 3 large zucchini
- 1 small yellow onion, diced
- 1 - 14 ounce can crushed tomatoes
- 3/4 cup light coconut milk
- 4 cloves garlic, minced
- 3 tablespoons olive oil, divided
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon italian seasoning
- 1/4 teaspoon red pepper flakes
- fresh ground salt & pepper for zucchini noodles
- a handful of freshly chopped basil

### DIRECTIONS

cut end off of zucchini & spiralize into noodles.

place 1 tablespoons of olive oil in the bottom of a skillet & heat over medium high. sauté zucchini 3-4 minutes, until soft but not soggy. sprinkle with freshly ground salt & pepper. place zucchini noodles in colander while cooking shrimp, to drain off extra liquid.

place remaining olive oil into pan & sauté onion 5 minutes. add in garlic & continue to cook 1 minute. add tomatoes, coconut milk, salt, pepper, italian seasoning & red pepper flakes into pan. cook at a low boil for 5 minutes. place shrimp into the sauce & cook an additional 5 minutes, until shrimp are done.

add zucchini noodles back into pan & stir to heat thoroughly.

top with fresh chopped basil & serve.