

Shrimp Zucchini Fettuccini

4-5 cups spiraled zucchini
2 servings of shrimp
½ fresh lemon
1 tlbs. olive oil
1 tlbs. butter
½ finely minced onion
2-3 cloves minced garlic
Red pepper flakes to taste

Sauté onions, garlic, and pepper flakes in olive oil and melted butter, until tender. Add shrimp, heat through, add juice from lemon, allow most of the excess fluid to evaporate (keep more than you might think you should)...add zucchini, toss, heat through and serve hot.

You can also add additional veggies of your liking. Steamed broccoli is a nice addition, as would be red, yellow, or orange peppers.