

# Avocado Alfredo Zucchini Noodles

**Servings:** 4 **Serving Size:** Serving Size: 1 1/2 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)

1/4 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>

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