

Healthy and Pasta-Free Shrimp Scampi



- 1 zucchini
- 1 yellow squash
- 1/2 pound shrimp
- 4 tbsp. olive oil
- 2 cloves garlic - chopped
- 2 tbsp. capers
- ¼ cup Parmesan cheese

With a vegetable peeler, peel zucchini and squash into thin strips, similar to linguini. Heat 2 tbsp. of olive oil, and ½ the garlic in a Sautee pan, and add zucchini and squash. Cook for about 10 minutes, or until they are both cooked, but still *al dente*.

In a separate pan, heat olive oil and remaining garlic. Add shrimp and cook for about 1-2 minutes per side (depending upon the size of the shrimp) until pink on the outside and cooked through. Add capers in for the last minute.

Pour shrimp mixture over squash and sprinkle with Parmesan. You can add a bit of crushed red pepper to give the meal a bit of a kick, and Italian parsley for garnish. This makes a delicious, and healthy version of shrimp scampi. (Serves 2)