

Shrimp Scampi

Use zucchini or other squash and save on the carbs!

Ingredients:

3 zucchini, tops and bottoms cut off
10 oz raw shrimp – peeled and deveined
2 Tbls butter
5-6 cloves garlic, minced
Salt & pepper to taste



Directions:

Cut zucchini into ribbons or matchstick size pieces.
In large pan, melt butter and add garlic. Saute over medium heat.
Add shrimp and turn heat to high.
Stir shrimp and add zucchini as shrimp is starting to turn pink
Top with parmesan cheese and serve hot.

Serves 2

Nutritional info:

Calories	280
Carbohydrates	4.5 g
Fat	11 g
Protein	33 g

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