

LEMON AND HERB SPAGHETTI SQUASH WITH ROASTED SHRIMP

Yield: 4 Servings

INGREDIENTS

- 2 small to medium spaghetti squash
- 12 oz. large shrimp, peeled and deveined
- 1 Tbsp olive oil
- 2 Tbsp grass fed butter
- Salt and cracked pepper, to taste
- 3 cloves garlic, minced
- 1 lemon, juiced
- 1 tsp lemon zest
- ½ cup dry white wine
- 1 tsp dijon mustard
- ¼ tsp red pepper flakes
- ¼ cup plain Greek yogurt
- 2 Tbsp fresh parsley, chopped

A LIGHTER
TAKE ON SHRIMP
SCAMPI!

INSTRUCTIONS

1. To make the spaghetti squash, preheat oven to 350°F and cut squash right down the middle. Scoop out all the seeds and place cut side down on a baking sheet lightly sprayed with oil so they don't stick. Bake the squash in the oven for 45 minutes until tender.
2. Meanwhile in a large skillet, melt oil and butter over medium high heat, add shrimp and season with salt and pepper, sauteing for about 2 minutes. Add garlic and saute an additional 2 minutes until shrimp is cooked through; remove from heat and set aside (you don't want to overcook the shrimp)
3. Add lemon juice, lemon zest, white wine, dijon mustard and red pepper flakes and bring to a boil. Reduce heat and allow sauce to simmer until the spaghetti squash has finished baking.
4. Remove the skillet from heat and take squash out of the oven. Scrape out all the strands of spaghetti using a fork, throw spaghetti squash into a colander and place in the sink, pressing gently with a paper towel to allow any excess water to drain out.
5. Whisk yogurt in with the sauce until creamy and smooth then stir in chopped parsley. Toss with spaghetti squash and shrimp, serve and enjoy!

