



## Super-Delicious Shrimp Scampi with Fettuccine

PER SERVING (1/2 of recipe, about 1 3/4 cups): 240 calories, 8.5g fat, 329mg sodium, 14g carbs, 5g fiber, 2g sugars, 26g protein

### Ingredients

1 small lemon  
2 bags tofu shirataki fettuccine-shaped noodle substitute  
1/4 cup chopped onion  
1 tsp. chopped garlic  
8 oz. raw shrimp, peeled, tails removed, deveined  
1 plum tomato, chopped  
2 tbsp. light whipped butter or light buttery spread  
2 tsp. reduced-fat Parmesan-style grated topping  
Optional: salt, black pepper, crushed red pepper, chopped parsley

### Directions

Cut lemon in half and, over a strainer, squeeze the juice from one half into a small bowl. Set aside. Cut the other half into wedges, and set those aside as well.

Use a strainer to rinse and drain noodles well. Dry as thoroughly as possible, using paper towels. Cut noodles up a bit with kitchen shears (if you've got 'em), and set aside.

Bring a skillet sprayed with nonstick spray (butter flavored, if you've got it) to medium heat on the stove. Add onion and garlic, and cook until softened, 2 to 3 minutes.

Add shrimp and tomato. Stirring occasionally, cook until shrimp are opaque, about 2 minutes. Add lemon juice and continue to cook and stir for 1 minute.

Raise heat to medium high, add noodles, and mix well. Continue to cook for 1 to 2 minutes, until entire dish is hot and shrimp are cooked through. Add butter and stir.

Plate (or bowl!) your scampi, and top each serving with 1 tsp. Parm-style topping. Garnish with lemon wedges and, if you like, season to taste with optional ingredients. Enjoy!

MAKES 2 SERVINGS

***A serving of the original recipe has 480 calories and 20g fat!***



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