



Cup o' Zoodles with Shrimp



Entire recipe: 178 calories, 2g total fat (0.5g sat. fat), 749mg sodium, 16g carbs, 4.5g fiber, 8g sugars, 25g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

1/2 cube (about 1 tsp.) chicken bouillon
4 oz. (about 1/2 medium) spiralized zucchini, roughly chopped
3 oz. (about 6 large) ready-to-eat shrimp, chopped
1/2 cup frozen peas and carrots
1/2 cup thinly sliced white mushrooms
1/4 cup chopped scallions
1/2 tsp. garlic powder
1/4 tsp. onion powder

Directions

In a wide-mouth, quart-size mason jar, gently break apart bouillon cube. Add remaining ingredients. Seal and refrigerate (if not eating immediately).

Once ready to eat, add 2 cups boiling water. Gently stir, reseal, and let sit for 15 minutes, or until zucchini has slightly softened and bouillon has dissolved. (Alternatively, add 2 cups cold or room temp water, gently stir, and microwave for 6 minutes.)

Mix well.

MAKES 1 SERVING

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