



# Zucchini-Noodle & Shrimp Stir-Fry



1/2 of recipe (about 2 cups): 206 calories, 2g total fat (0.5g sat. fat), 792mg sodium, 19.5g carbs, 4.5g fiber, 12.5g sugars, 25g protein

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

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## Ingredients

- 1 lb. (about 2 medium) zucchini
- 2 cups frozen Asian-style stir-fry veggies
- 8 oz. (about 16) raw large shrimp, peeled, tails removed, deveined
- 1 tsp. crushed ginger
- 2 tbsp. thick teriyaki sauce or marinade
- Optional seasonings: salt and black pepper

## Directions

Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, peel zucchini into super-thin strips, rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Add frozen veggies, shrimp, and ginger. Cook and stir until shrimp are fully cooked, veggies have thawed, and excess liquid has evaporated, about 4 minutes.

Add zucchini noodles, and cook and stir until slightly softened, about 3 minutes.

Remove from heat, and stir in teriyaki sauce.

### MAKES 2 SERVINGS

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