

## Sweet Chili Sesame Shrimp & Zoodles

Low-carb, bold flavor.



### INGREDIENTS:

4 small zucchinis  
1/4 cup sweet chili sauce  
1/4 cup soy sauce  
1 1/2 teaspoons  
sesame oil  
16-20 jumbo shrimp,  
peeled, deveined and  
patted dry

### DIRECTIONS:

1. Spiralize the zucchini to create zoodles and then add to a colander set inside a large bowl.
2. Add a sprinkle of salt and toss to coat. Place in the refrigerator for 30-60 minutes to allow for excess water to drain. Pat dry with kitchen towels.
3. In a large bowl, add sweet chili sauce, soy sauce and sesame oil. Whisk to combine. Save half the sauce in another dish for later, and add the shrimp. Toss to coat.
4. Heat a skillet over medium heat and coat with nonstick spray. Add half of the shrimp and sauté for 2 minutes. Flip the shrimp over, add some of the saved sauce and sauté another 2 minutes, or until cooked through. Set cooked shrimp aside in another dish. Repeat until all the shrimp have been cooked.
5. Turn the heat to medium-high and add zoodles to sauté for about 1-3 minutes. Add reserved sweet chili sauce and shrimp, combine with the zoodles.
6. Once warmed through, dish into bowls and enjoy!

*credit: Iowa Girl Eats*



*Innovating primary care, leading as a Patient-Centered Medical Home.*