



GRILLED CHILI LIME SHRIMP ZOODLES

Entire Recipe is 24oz of protein and 4 cups of vegetables
From: Saltandlavender.com

Ingredients

- $\frac{3}{4}$ pounds medium shrimp, thawed, peeled and deveined
- 2 medium zucchini (see subs below)
- 3 cups baby arugula

Marinade:

- Juice of 1 lime
- $\frac{1}{2}$ tsp chili powder
- 4 cloves garlic, minced
- 1 Tbsp olive oil
- $\frac{1}{4}$ tsp basil
- $\frac{1}{4}$ tsp oregano

Dressing:

- 1 tsp lime juice
- 1 Tbsp olive oil
- 1 Tbsp chives, chopped

Directions

1. Add marinade ingredients to a ziplock bag. Shake to combine then add the shrimp and toss until coated. Marinate for 30 minutes - 1 hour
2. If using wooden skewers, soak them for 30 minutes to prevent burning and splintering.
3. While the shrimp are marinating, you can prep your other ingredients. Spiralize the zucchini on the medium setting and add to a bowl, along with the arugula.
4. Add the dressing ingredients to a small bowl and mix using a spoon.
5. Once the shrimp are done marinating, thread them onto the skewers. Preheat your BBQ/grill to high, and grill for 2 min/side with the lid down (I like mine with a little char) or until they're cooked to your liking.
6. Pour the dressing over the zoodles and arugula and toss to coat. You can take the shrimp off the skewers or leave them on. Serve immediately.

Notes

Options

- TJs sells the kohlrabi noodles which make a great and easy substitute
- Hearts of Palm noodles (Palmini) - in the angle hair form - can be used instead of (or in combo) with the zucchini noodles
- don't let the shrimp marinate for over an hour or the texture starts to change