

## Shrimp Scampi on Zoodles

### INGREDIENTS

- 6 cloves garlic, minced
- 4 T butter-melted
- 2 T olive oil
- 1 lb shrimp, peeled, dried
- ½ C white wine
- 1 lemon, juiced
- 2 zucchini, spiralized (zoodles)

### DIRECTIONS

1. Heat a skillet over high heat, add 2 T butter, 1 T olive oil and zoodles to pan. Stir constantly for 5 min.
2. Transfer to a serving dish
3. Lower heat in skillet to medium high, melt 2 T butter, 1 T olive oil, add garlic and cook about 1 min
4. Add shrimp in a single layer and cook for 1-2 min per side
5. Add wine and lemon juice to skillet, remove shrimp and layer on top of zoodles
6. Reduce for 1-2 min until wine evaporates
7. Drizzle sauce on shrimp and zoodles, serve

## Simple Green Salad

### INGREDIENTS (Demo ingredients in **BOLD**)

#### Salad

- 6-8 C Greens: Arugula, Cabbage, **Lettuce** or Spinach
- 2-5 Vegetables, chopped: **peppers**, **cucumbers**, tomatoes, radishes, jicama, onions, **scallions**

#### Dressing

- 2 T Acid: lemon or **lime** juice or vinegar
- 1-2 T Flavoring: **soy sauce**, ginger, herbs, **honey**, avocado, bacon, strawberries, sesame oil, truffle juice
- ¼ – ½ C Oil: **olive**, walnut, peanut, vegetable
- ½ C additions, chopped: **watermelon**, **berries**, **nuts**, cheese crumbled, chickpeas, lentils, beans, quinoa, bulgur, couscous

### PREPARATION

1. Wash, dry, trim and chop or julienne selected greens and vegetables. Toss together\*.
2. Whisk together selected acid, flavorings and spices or place in blender to combine\*\*.
3. Add oil, shake well and dress salad just before serving.

# Fruit Mini-Cheesecakes

## INGREDIENTS

- 8 oz. cream cheese (at room temperature)
- 2 t vanilla extract
- 1 lemon, juiced
- ½ C sweetener
- 2 eggs
- ½ C fruit (blueberries, cherries, etc)
- 3-4 ramekins or 6 cupcake liners

## PREPARATION

1. Preheat oven to 375° F
2. Mix the cream cheese, vanilla, lemon juice and sweetener until smooth. Begin with all ingredients at room temperature.
3. Add 1<sup>st</sup> egg and beat until smooth
4. Add 2<sup>nd</sup> egg and repeat
5. Grease ramekins or place cupcake liners in cupcake pan.
6. Gently spoon in the mixture to ½ to ¾ full.
7. Distribute the fruit evenly among the containers.
8. Bake 30-40 min, until set. Enjoy.