

RECIPE OF THE WEEK

Shrimp Scampi Spaghetti Squash

Ingredients

- 1 cup spaghetti squash
- 4 – 8 ounces of shrimp – drained and thawed
- 2 tsp. olive oil
- 1 tsp. smoked paprika
- Sea salt
- Freshly ground pepper
- 1 garlic clove – minced
- 2 tbsp. green onion – diced
- 1 cup baby spinach
- ¼ cup fresh basil – cut into thin long strips
- 2 tsp. fresh lemon juice



Preparation

1. Season shrimp with paprika, salt, and pepper and set it aside while preparing spaghetti squash.
2. Preheat oven to 400 degrees.
3. Cut the squash lengthwise – scrape out and discard seeds
4. Place squash face down on a baking sheet lined with parchment paper.
5. Roast squash for 25 minutes then remove from oven and let it cool.
6. Once cooled down, scrape out squash into a bowl using a fork to create long spaghetti strands.
7. Place oil in a large skillet and add shrimp, green onions, and garlic
8. Cook for a few minutes until shrimp are pink and then set aside. Cover to keep warm.
9. Place squash and spinach in a skillet and heat until spinach wilts.
10. Stir in basil and lemon juice and season with salt and pepper.
11. Plate immediately and top with shrimp. You may also add more salt, pepper, and lemon juice if needed.

