

SPICY CREAMY ZUCCHINI NOODLES

INGREDIENTS

ITEM	QUANTITY
Zucchini Noodles	2 Cups
Garlic-Infused Olive Oil	1 Tbsp.
Lactose-Free Greek Yogurt	¼ Cup
Grated Parmesan Cheese	½ Cup
Fresh Lime Juice	1 Tbsp.
Lime Zest	1 Tsp.
Smoked Paprika	½ Tsp.
Red Pepper Flakes, or to taste	¼ Tsp.
Salt	¼ Tsp.
Black Pepper	¼ Tsp.
Fresh Cilantro, chopped	¼ Cup
Cooked Chicken Breast, sliced	12 Oz.
Cooked Shrimp	12 Oz.
Cooked Salmon, flaked	12 Oz.

SERVING SIZE — **½ CUP ZUCCHINI NOODLES + 3 OZ COOKED PROTEIN**

PREPARATION

- Heat garlic-infused olive oil in a large skillet over medium heat.
- Add zucchini noodles and sauté for 2-3 minutes, until just tender.
- Remove from heat.
- Stir in Greek yogurt, Parmesan, lime juice, lime zest, smoked paprika, red pepper flakes, salt, and pepper.
- Toss until creamy and well combined.
- Divide between four bowls and top with your choice of chicken, shrimp, or salmon.
- Finish with fresh cilantro.

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