



## Southern Shrimp Scampi *Serves 3*

A traditional scampi is made with lemons and butter. This one is made heart-healthy by replacing these with olive oil and vegetable broth, then loading up on southern vegetables.

The result is a beautiful dish that is low in saturated fat and sodium and big in flavor.

### Ingredients

3 medium	Zucchini Squash
1 Tablespoon	Olive Oil
1 1/2 Tablespoons	Garlic, Minced
8 medium	Okra pods, chopped into 1-inch pieces
1 cup	Vegetable broth, Low-Sodium, <i>divided</i>
1/4 cup	White Wine, <i>divided</i>
5 large	Kale leaves (Dino/Lacinato), stems removed, cut into 1-inch squares
6 medium	Button Mushrooms, sliced
15 medium	Raw Shrimp, peeled, deveined, each one cut into 3 pieces
To taste	Garlic Powder
To taste	Italian Seasoning
To taste	Pecorino-Romano Cheese, grated



### Directions

1. Spiralize zucchini and set aside.
2. Begin sauce by heating oil in saucepan. When heated, add garlic and sauté 1 minute – do not let it brown.
3. Add okra and cook, stirring frequently for about 2 minutes.
4. Add *half* of vegetable broth and white wine and simmer, stirring frequently until okra begins to soften, about 5 minutes.
5. Add kale and mushrooms and cook until kale begins to wilt.
6. Add zucchini noodles add to pan and toss to combine.
7. Add shrimp and the remaining vegetable broth and white wine. Simmer and stir frequently until shrimp is pink and cooked through.
8. Sprinkle liberally with garlic powder, Italian seasoning and stir to combine.
9. To serve: divide into 3 servings and sprinkle with a small amount of pecorino-romano cheese. Serve hot.

Nutrition per Serving: 175 calories, 7 grams fat, 1.5 grams saturated fat, 0 grams trans fat, 50 milligrams cholesterol, 135 milligrams sodium, 14 grams carbohydrates, 4 gram fiber, 13 grams protein