

Spaghetti Squash Shrimp Scampi

Ingredients:

- 2 lb spaghetti squash
- 1/4 cup grated parmesan cheese
- 2 Tbs butter
- 3 cloves garlic, minced
- 1/8 to 1/4 tsp. red pepper flakes, depending on your desired heat
- 1/3 cup dry white wine (you can also use chicken stock)
- 12 cherry tomatoes, halved
- 1 lb fresh shrimp, peeled and deveined
- 1/3 cup lemon juice
- 4 to 6 saffron threads (optional)
- 1/4 cup parsley, chopped, divided

Place squash on a microwaveable plate and place in the oven for 5 to 6 minutes. Remove and let cool slightly. Cut the ends off of the squash and cut in half lengthwise. Remove seeds and place squash back on the plate, skin side up. Add 2 tablespoons of water to the plate and return it to the microwave for another 5 minutes. Remove, let cool slightly and gently scrape and separate the spaghetti squash strings with a fork. Place squash in a bowl, add parmesan cheese and combine. Cover and set aside.

In a large skillet over medium-high heat, add butter. Add garlic and red pepper flakes, and sauté 1 minute. Add the wine and tomatoes. Once the wine starts bubbling, add the shrimp. Cook the shrimp about 2 minutes on each side. Add the lemon juice and saffron (optional) and 2 tablespoons of the parsley. Spoon shrimp mixture over spaghetti squash and garnish with remaining parsley. Enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Change nothing, and nothing changes." - Anonymous