

PESTO SHRIMP SPAGHETTI



INGREDIENTS:

- 4 oz shrimp
- 1 1/2 cup spaghetti squash (~half a squash)
- 1 tbsp pesto sauce
- 1/4 cup part skim ricotta

DIRECTIONS:

- 1) Pre-heat oven to 375 F
- 2) Cut squash in half
- 3) Add water to a baking sheet, 1/4 of the way up. Place squash on the baking sheet, flesh side down
- 4) Bake for 40-45 minutes or until you can easily pierce squash with a fork
- 5) Once squash is cooked, use a fork to gently scrape out the spaghetti squash
- 6) Lightly spray a pan with cooking spray, cook shrimp
- 7) In a small bowl, mix pesto and ricotta. Add the ricotta mixture and spaghetti squash to pan with cooked shrimp. Mix well over medium-low heat for ~5-7 minutes
- 8) Plate and garnish with fresh basil (optional)

Enjoy!

Makes 1 Serving

Calories: 330 | Protein: 32 g | Carbs: 20 g | Fat: 14 g | Fiber: 3 g