

SPAGHETTI SQUASH SHRIMP

Scampi

With Raven Tuffin, EFNEP Educator

Makes: 4 servings

Ingredients:

- 2 Spaghetti squash , halved vertically and seeded
- 3 tablespoons olive oil
- 3 cloves of garlic, minced
- ½ teaspoon red pepper flakes
- 1 tlb shrimp, peeled and deveined
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- 1 lemon , zested
- 2 lemon, juiced
- 2 tablespoons, fresh parsley, chopped

Directions:

1. Preheat oven to 375°F
2. Wash spaghetti squash and cut in half lengthwise
3. Drizzle olive oil on the inside of each spaghetti squash and place on a baking sheet with the inside facing down.
4. Bake for 30 minutes
5. While the squash is baking, heat 2 tablespoon of olive oil in a pan over medium heat. Once the oil begins to shimmer add the garlic, red pepper flakes, and shrimp.
6. Cook until shrimp are pink and start to curl, about 2 minutes.
7. Add the lemon zest, salt, pepper, and lemon juice, and cook for 1 minute and remove from heat
8. By this time your spaghetti squash should be cooked and out the oven. Allow to cool and let the kids use two forks to shred spaghetti squash, and then discard the skin.
9. Add parsley and shredded squash to the pan and stir to combine.

Enjoy!

Chef Tip: To shorten prep time purchase shrimp without tails that have already been deveined. For added presentation tips feel free to keep the skin and serve each portion in them.

Food Safety Tip: Wash all surfaces and utensils used after prepping shrimp and wash all produce before cutting, juicing, or zesting.