

## Derek's Low-fat Shrimp Alfredo

Prep time: 10 minutes

Cooking time: 20 minutes

Serves: 4 people

### Ingredients

- 1 bag of frozen large raw peeled shrimp
- 8 oz Parmesan Cheese
- 8 oz low fat sour cream
- 1 Tbsp of garlic
- 2 Tbsp of salted butter
- 2-3 oz white wine
- 4 oz Reduced fat cream cheese
- 6 oz reduced fat half and half
- 2 Tsp Cajun Seasoning
- 2 cups Zucchini and Squash noodles or linguine

### Directions

1. Melt butter in a sauté pan on medium high heat.
2. Add garlic, shrimp and Cajun seasoning
3. Cook for about 3 minutes tossing shrimp to cook evenly
4. Splash in white wine to deglaze the pan
5. Pour creamer, sour cream, and cream cheese into the pan. Stir until cream cheese is melted.
6. Add parmesan cheese and stir until incorporated.
7. In another sauté pan cook zucchini/squash noodles for 2-3 minutes on medium high heat until al dente.
8. Serve shrimp and sauce over zucchini noodles
9. Optional: Garnish with chopped green onions and parsley