

# Recipes

## Avo-Fredo Zoodles

*Serves 4*

### Ingredients

- 4 Tablespoons olive oil
- 15-20 raw peeled medium shrimp (rinsed and patted dry)
- 2 large unpeeled zucchini, ends trimmed
- 1 medium avocado
- ¼ cup fresh basil
- 2 Tablespoons fresh lemon juice
- 2 medium cloves of garlic
- Kosher salt and freshly ground pepper, to taste



Photo courtesy of <https://recipes.heart.org/recipes/2123/avo-fredo-avocado-alfredo-zoodles-noodles>

### How to Make It

1. In a large skillet, heat 2 Tablespoons oil over medium heat, swirling to coat the bottom. Cook the shrimp for about 4 minutes, or until pink on the outside, stirring occasionally. Remove from the heat. Transfer the shrimp to a large bowl. Cover to keep warm. Wipe the skillet with paper towels.
2. Put the zucchini on a cutting board. Using a spiralizer, julienne peeler or mandoline, make zoodles in the skillet.
3. In food processor, process avocado, basil, lemon juice, and garlic until the mixture is smooth and creamy.
4. Stir sauce into zoodles. Cook for about 3-4 minutes, or until the zoodles are tender and the sauce is heated through, stirring occasionally. Stir in shrimp. Cook for 1 minute.

***Nutrition Facts***

<b><i>Calories</i></b>	<b><i>302</i></b>
<b><i>Total Fat</i></b>	<b><i>22.0 g</i></b>
<b><i>Saturated Fat</i></b>	<b><i>3.0 g</i></b>
<b><i>Trans Fat</i></b>	<b><i>0.0 g</i></b>
<b><i>Polyunsaturated Fat</i></b>	<b><i>2.5 g</i></b>
<b><i>Monounsaturated Fat</i></b>	<b><i>15.0 g</i></b>
<b><i>Cholesterol</i></b>	<b><i>119 mg</i></b>
<b><i>Sodium</i></b>	<b><i>108 mg</i></b>
<b><i>Total Carbohydrate</i></b>	<b><i>12 g</i></b>
<b><i>Dietary Fiber</i></b>	<b><i>5 g</i></b>
<b><i>Sugars</i></b>	<b><i>5 g</i></b>
<b><i>Protein</i></b>	<b><i>19 g</i></b>

# Recipes

## Whole Wheat Pancakes with Strawberries

*Serves 6*

### Ingredients

- Cooking spray
- 2/3 cup whole wheat flour
- ¼ cup oats
- 1 teaspoon baking powder
- 2/3 cup fat free milk
- 1 large egg lightly beaten
- 2 teaspoons canola oil
- 6 hulled, sliced strawberries



Photo courtesy of <https://recipes.heart.org/recipes/2089/whole-wheat-pancakes-with-strawberries>

### How to Make It

1. In a large bowl, combine flour, oats and baking powder; mix well. In a medium bowl combine milk, egg and oil; blend well.
2. Add dry ingredients all at once; stir just until dry ingredients are moistened.
3. Coat skillet with spray and heat to medium high. For each pancake, spoon ¼ cup of batter into the skillet.
4. Flip when batter bubbles and edges begin to set. Remove from heat and top with the strawberries.

## Nutrition Facts

<b>Calories</b>	120
<b>Total Fat</b>	3.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.5 g
<b>Cholesterol</b>	32 mg
<b>Sodium</b>	91 mg
<b>Total Carbohydrate</b>	20 g
Dietary Fiber	3 g
Sugars	6 g
<b>Protein</b>	5 g