



Avocado Girlfredo



Entire recipe: 285 calories, 13g total fat (3g sat. fat), 860mg sodium, 18.5g carbs, 9g fiber, 3.5g sugars, 22.5g protein

Prep: 10 minutes **Cook:** 10 minutes

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Ingredients

- 1 bag [House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute](#)
- 3 oz. raw shrimp, peeled, tails removed, deveined
- 2 oz. (about 1/4 cup) mashed avocado
- 1/2 tsp. chopped garlic
- 1/8 tsp. each salt and black pepper
- 1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
- 1/2 cup diced tomato
- 2 tbsp. finely chopped fresh basil
- 2 tbsp. finely chopped fresh cilantro
- 2 tsp. reduced-fat Parmesan-style grated topping

Directions

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir shrimp for about 4 minutes, until just cooked through.

Remove shrimp and set aside. If needed, clean skillet. Remove from heat, re-spray, and return to medium heat.

To the skillet, add noodles, avocado, garlic, salt, pepper, and cheese wedge, breaking the wedge into pieces. Cook and stir until cheese has melted, mixed with avocado, and coated noodles, 2 - 3 minutes.

Add tomato, basil, cilantro, Parm-style topping, and cooked shrimp. Cook and stir until tomatoes are hot, 1 - 2 minutes. Dig in!

MAKES 1 SERVING

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