

Cilantro Lime Shrimp with Zucchini Noodles

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Ingredients

1 lb (450g) shrimp, shelled and deveined

2 + 1 tablespoons olive oil

4 cloves garlic, minced

1 pinch red pepper flakes (optional)

1/4 cup vegetable broth

1 teaspoon honey

Juice of 1 1/2 lime

3 medium zucchini, spiralized or cut into noodles

Salt and fresh cracked pepper to taste

1 teaspoon lime zest

2 tablespoons cilantro, chopped

Directions

In a bowl, combine 2 tablespoons olive oil, garlic, red pepper flakes, 1 tablespoon cilantro, honey, lime juice and lime

zest. Add uncooked shrimp and toss to mix well. Marinate for 15 to 20 minutes.

Heat 1 tablespoon olive oil in a pan over medium-high heat, add the drained shrimp, cook for 2 minutes, flip, and add the marinade. Cook for 1 more minute and set the shrimp aside.

In the same skillet add vegetable broth to deglaze and simmer for 2 minutes. Add the zucchini noodles and cook until just tender, about 2 minutes. Add the shrimp and adjust seasoning. Toss everything and serve immediately topped with additional cilantro, enjoy!

Image and recipe taken from:

<http://www.eatwell101.com/cilantro-lime-shrimp-with-zucchini-noodles>

Barbecue Chicken Sweet Potatoes

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Ingredients

4 sweet potatoes

2 tbsp. butter, softened

4 oz. cream cheese, softened
1 tsp. chili powder
1 tsp. garlic powder
Kosher salt
Freshly ground black pepper
2 cups shredded rotisserie chicken
1/2 cup barbecue sauce
1 1/2 c. shredded Cheddar
Green onions for garnish

Directions

Preheat oven to 375°. Place sweet potatoes on sheet tray and bake until soft, about 1 hour. Remove from oven and let stand until cool enough to handle.

Split potatoes and remove the flesh; transfer to a medium bowl and leave the skins on the sheet tray. Add butter, cream cheese, chili powder and garlic powder to the sweet potato flesh, then season with salt and pepper. Mash with a fork or rubber spatula until the mixture is evenly combined. Spoon the mixture back into the sweet potato skins.

In a separate medium bowl, combine chicken and barbecue sauce. Divide chicken mixture between sweet potatoes. Top with cheese and garnish with green onions.

Bake for 15 minutes, or until the cheese is melted and the sweet potato filling is heated through. Serve warm.

Honey Glazed Garlic Salmon

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Ingredients

- 3 tbsp. extra-virgin olive oil
- 4 6-oz. salmon fillets, patted dry with a paper towel
- 1/3 cup honey
- 1/4 cup soy sauce
- 2 tbsp. lemon juice
- 1 tsp. red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 3 cloves garlic, minced
- 1 lemon, sliced into rounds

Directions

In a medium bowl, whisk together honey, soy sauce, lemon juice

and red pepper flakes.

In a large skillet over medium-high heat, heat two tablespoons oil. When oil is hot but not smoking, add salmon skin-side up and season with salt and pepper.

Cook salmon until deeply golden, about 6 minutes, then flip over and add the remaining tablespoon of oil.

Add garlic to the skillet and cook until fragrant, 1 minute. Add the honey mixture and sliced lemons and cook until sauce is reduced by about 1/3. Baste salmon with the sauce.

Garnish with sliced lemon and serve.

Image and recipe taken from: www.delish.com