

Creamy Cajun Shrimp Zoodle Bowls

Printable grocery list · Serves 4

- ☐ 2 lbs large shrimp, shelled and deveined
- ☐ 6 large zucchini, spiralized
- ☐ 1 1/2 cups whipped fat-free cottage cheese
- ☐ 2 1/2 tbsp Cajun seasoning
- ☐ 1 1/2 tbsp olive oil
- ☐ 2 cloves garlic, minced
- ☐ 3 tbsp lemon juice
- ☐ 1 1/2 tsp paprika
- ☐ Salt and pepper to taste
- ☐ Fresh or dried parsley, for garnish