

EASY ZUCCHINI PARMESAN



Ingredients:

- Zucchini, 1 cup, sliced
- Parmesan Cheese, grated, 1 tbsp
- I Can't Believe It's Not Butter, Original Buttery Spray, 10 sprays
- Non-stick cooking spray

Directions:

Line a cookie sheet with aluminum foil, then coat with some non-stick cooking spray. Place the zucchini slices out on the pan, then spritz with them with the butter spray. Sprinkle on the parmesan cheese and then pop it in the oven. Broil for a few minutes - until the cheese starts to brown. Enjoy it while it's warm!

Recipe Makes 1 Serving

NUTRITIONAL FACTS PER SERVING:

Calories: 51.6; Fat: 1.6g; Carbohydrates: 7.3g; Fiber: 2.5g; Protein: 3.2g

SPICY GRILLED SHRIMP

Ingredients:

- 10 oz large shrimp, peeled and deveined
- 1 large clove garlic, minced
- 2 tsp olive oil
- 1 tsp coarse sea salt
- 3/4 tsp lemon juice
- 1/4 tsp paprika
- 1/8 tsp cayenne pepper



Directions:

1. Preheat grill for medium-high heat, or heat up a George Foreman grill.
2. In a large bowl, crush the garlic with the salt. Stir in cayenne pepper and paprika. Add olive oil and lemon juice and stir to form a paste. Add the shrimp and toss with the garlic paste until the shrimp are evenly coated.
3. If using a grill, lightly oil the grill grate. (You won't have to oil your George Foreman grill.) Cook shrimp for 2 to 3 minutes per side, or until opaque. Serve immediately over rice, veggies, or as an appetizer.

Recipe Makes 2 Servings

NUTRITIONAL FACTS PER SERVING:

**Calories: 191.9; Total Fat: 7.0 g; Cholesterol: 215.3 mg; Sodium: 1,373.3 mg ;
Total Carbs: 1.7 g; Dietary Fiber: 0.1 g; Protein: 28.8 g**

Recipe Sources:

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=385723>

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2718>