Shrimp , Turkey Andoulle Sausage

Over Zoodles

Serves 2.5

Ingredients

2 Zucchini
1 [Vegetable Spiralizer](#)
1lb Shrimp (I used medium frozen shrimp, tails off + deveined)
2 links Turkey Sausage Andouille (this was an Aldi special find, a turkey sausage or spicy sausage would be fine in moderation)
2 cloves garlic (I use 1.5 tsp of minced garlic from the jar)
1 cup spinach
½ cup cherry tomatoes, halved.
1 red onion sliced
1 cup brussel sprouts – quartered + blanched (quick steam bath)
½ cup diced red pepper
3 tbsp – lemon juice
0 Calorie Olive Oil Spray (found in the aisle you would find Non-Stick Spray)
Pinch of Red Pepper Flakes
Salt-Free Herb + Garlic Seasoning (Mrs. Dash Herb Blend)
Salt + Pepper **to taste**

Instructions
1. Coat medium heated skillet with the olive oil spray. Add your sliced onions, blanched quartered brussel sprouts and diced red pepper. Lightly salt to soften veggies, spray again with olive oil seasoning and add the salt free herb + garlic seasoning. While softening, [spiralize](#) your zoodles.
2. Once onions are translucent, add diced turkey andouille sausage and garlic. Give it all a shake or stir to incorporate and heat thoroughly, careful not to burn the garlic.
3. While that's cooking, coat another medium heated skillet with olive oil spray. Add zoodles and lightly season with salt to soften, stirring frequently as they wilt down.
4. Add spinach and cherry tomatoes to vegetable and sausage pan. Allow the spinach to wilt down and the cherry tomatoes to blister. Then remove from pan and place to the side.
5. Deglaze pan with lemon juice and add shrimp. Spray generously with olive oil spray and add a few shakes of the red pepper flakes. Heat until the shrimp are pink.
6. Plate zoodles, top with vegetable and sausage mixture, add shrimp to the top
7. Add a shake of parmesan cheese if desired.

Ultimate Portion Fix: This recipe counts as 2 Greens and 1 Red, a trace of blue with the parmesan cheese.