



BODYBUILDING.com™

Roasted Red Pepper Goat Cheese and Bacon Zucchini "Pasta"

Ingredients:

2 medium zucchini
3 oz cooked shrimp
1 oz roasted red pepper goat cheese
1 slice low-sodium bacon
2 tsp parmesan
Salt and pepper, to taste

Directions:

1. Slice thin strips of zucchini with a spiralizer or vegetable peeler to make "noodles."
2. Heat a nonstick saucepan over medium heat.
3. Add bacon and cook until desired texture is reached.
4. Remove bacon and add zucchini to pan.
5. While zucchini is cooking, chop bacon into small bits.
6. After 2-3 minutes, add bacon and shrimp to zucchini.
7. Cook 2 minutes.
8. Mix in goat cheese and stir until melted.
9. Serve in bowl and top with parmesan.