

## Spaghetti Squash Shrimp Scampi with Roasted Zucchini

1 small spaghetti squash, cut in half, seeds removed  
Evo  
Salt and pepper

2 zucchini cut into thin 1/2" round slices  
Olive oil  
Salt and pepper

2 lbs of frozen shrimp, peeled and deveined  
3-4 cloves of garlic, thinly sliced  
¼ cup of olive oil  
½ cup of Sauv Blanc  
1/8 tsp chili flakes  
Lemon juice  
1 tbl chopped parsley

### Directions

Preheat your CSO to steam mode 210/212 F

Place your spaghetti squash in a pan cut side up, drizzle with EVOO, and sprinkle with salt and pepper. Place in the steam oven for 20-25 minutes or until tender and cooked through.

Once the squash is cooked, remove from the oven, turn the oven to convection steam mode 375 F.

Scrape out the flesh of the spaghetti squash, it will naturally separate into spaghetti strands, transfer to a large bowl, keep warm.

Toss the zucchini rounds with olive oil, salt and pepper and place in the oven for 15-20 minutes.

Now place the garlic and olive oil in a wide shallow pan, place in the oven for 4 minutes, the garlic and oil start to sizzle and cook. Now add the sauvignon blanc and chili flakes, and place back in the oven for 5 minutes, allowing the wine to cook and reduce down. Now add in the shrimp, tossed in salt and pepper, and place back in the oven for 5 minutes or until cooked through.

Toss the shrimp garlic mixture with the shredded spaghetti squash, finish with a squeeze of lemon juice, and parsley. Serve with roasted zucchini. ENJOY!