



Shrimp 'n Slaw Marinara



Entire recipe: 289 calories, 3g total fat (<0.5g sat fat), 770mg sodium, 31g carbs, 14g fiber, 15g sugars, 36.5g protein

Freestyle™ SmartPoints® value 3*

SmartPoints® value 4*

Prep: 5 minutes **Cook:** 15 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

One 12-oz. bag (4 cups) [broccoli cole slaw](#)
1/2 cup low-fat marinara sauce
4 oz. ready-to-eat shrimp
Seasonings: garlic powder, onion powder, red pepper flakes

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add broccoli slaw and 1/2 cup water. Cover and cook until fully softened, about 10 minutes. Uncover and, if needed, cook and stir until water has evaporated, 2 - 3 minutes.

Add marinara sauce and shrimp. Cook and stir until hot and well mixed, about 2 minutes. Season to taste!

MAKES 1 SERVING

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.