



Z'paghetti Primavera



1/2 of recipe (about 2 cups): 216 calories, 11g total fat (4g sat. fat), 624mg sodium, 20g carbs, 5.5g fiber, 11.5g sugars, 13.5g protein

[Click for WW Points® value*](#)

Prep: 15 minutes **Cook:** 10 minutes

More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Gluten-Free](#)

Ingredients

1 lb. (about 2 medium) zucchini
3/4 cup thinly sliced onion
3/4 cup thinly sliced bell pepper
3/4 cup sliced mushrooms
3/4 cup chopped broccoli
3/4 cup cherry tomatoes, halved
2 tsp. olive oil
2 tsp. chopped garlic
1/2 tsp. onion powder
1/4 tsp. each salt and black pepper
1/4 cup grated Parmesan cheese

Directions

Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, [peel zucchini into thin strips](#), rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Cook and stir zucchini until hot and slightly softened, about 2 minutes.

Transfer zucchini to a strainer, and thoroughly drain excess liquid.

Remove skillet from heat. Re-spray, and bring to medium heat. Add onion, bell pepper, mushrooms, broccoli, and 1/4 cup water. Cover and cook for 4 minutes, or until veggies are tender and water has evaporated.

Add drained zucchini and all remaining ingredients *except* Parm. Cook and stir until entire dish is hot and garlic is fragrant, about 2 minutes.

Stir in 2 tbsp. Parm. Serve topped with remaining 2 tbsp. Parm.

MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

