



## Z'paghetti Puttanesca



1/2 of recipe (about 1 2/3 cups): 193 calories, 8g total fat (1g sat fat), 798mg sodium, 23g carbs, 6.5g fiber, 13.5g sugars, 8.5g protein

Freestyle™ [SmartPoints®](#) value 3\*

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



### Ingredients

1 1/2 lbs. (about 3 medium) zucchini  
3 canned anchovy fillets, drained and chopped  
2 tsp. chopped garlic  
2 tsp. olive oil  
1/4 tsp. red pepper flakes  
1 1/4 cups canned crushed tomatoes  
3 tbsp. sliced pitted Kalamata olives  
1 tbsp. capers, drained  
2 tbsp. chopped fresh basil  
Optional topping: 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 to a strainer, and thoroughly drain excess liquid.

Remove skillet from heat. Clean, if needed. Re-spray, and bring to medium heat. Add chopped anchovies, garlic, olive oil, and red pepper flakes. Cook and stir until garlic is fragrant and browned, about 1 minute.

Add crushed tomatoes, olives, and capers to the skillet. Cook and stir until hot, about 2 minutes.

Add basil and drained zucchini. Cook and stir until hot and well mixed, 3 - 4 minutes.

MAKES 2 SERVINGS

[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.