



Zucchini Marinara Pasta Swap



Entire recipe: 117 calories, 3.5g total fat (1g sat. fat), 388mg sodium, 17g carbs, 4g fiber, 12g sugars, 7g protein

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

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

Ingredients

10 oz. (about 1 large) zucchini
1/3 cup low-fat marinara sauce
2 tsp. grated Parmesan cheese

Directions

Using a veggie peeler, slice zucchini into super-thin strips, rotating the zucchini as you slice it. (Or use a veggie spiralizer like [the Veggetti](#).)

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and stir zucchini until hot and slightly softened, about 3 minutes.

Add marinara sauce, and cook and stir until hot, about 1 minute. (Or microwave sauce, and top the cooked noodles.) Sprinkle with Parm.

MAKES 1 SERVING

As an Amazon Associate, we may receive compensation from some of these links.

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.