



## Avocado Girlfredo



Entire recipe: 285 calories, 13g total fat (3g sat fat), 860mg sodium, 18.5g carbs, 9g fiber, 3.5g sugars, 22.5g protein

**Green Plan [SmartPoints](#)® value 7\***

**Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 5\***

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



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

### Ingredients

- 1 bag [House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute](#)
- 3 oz. raw shrimp, peeled, tails removed, deveined
- 2 oz. (about 1/4 cup) mashed avocado
- 1/2 tsp. chopped garlic
- 1/8 tsp. each salt and black pepper
- 1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
- 1/2 cup diced tomato
- 2 tbsp. finely chopped fresh basil
- 2 tbsp. finely chopped fresh cilantro
- 2 tsp. reduced-fat Parmesan-style grated topping

### Directions

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir shrimp for about 4 minutes, until just cooked through.

Remove shrimp and set aside. If needed, clean skillet. Remove from heat, re-spray, and return to medium heat.

To the skillet, add noodles, avocado, garlic, salt, pepper, and cheese wedge, breaking the wedge into pieces. Cook and stir until cheese has melted, mixed with avocado, and coated noodles, 2 - 3 minutes.

Add tomato, basil, cilantro, Parm-style topping, and cooked shrimp. Cook and stir until tomatoes are hot, 1 - 2 minutes. Dig in!

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.