



Chicken Scampi Z'paghetti



1/2 of recipe (about 1 1/4 cups noodles with 3 oz. cooked chicken): 293 calories, 10g total fat (3g sat fat), 525mg sodium, 17g carbs, 4g fiber, 9.5g sugars, 31g protein

Green Plan [SmartPoints](#)® value 5*

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

Purple Plan [SmartPoints](#)® value 3*

Prep: 10 minutes **Cook:** 20 minutes



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

Ingredients

8 oz. raw boneless skinless chicken breast
1/4 tsp. each salt and black pepper
1 lb. (about 2 medium) zucchini
1 cup chopped onion
1 1/2 tsp. chopped garlic
2 tbsp. dry white wine
2 tbsp. lemon juice
2 tbsp. light whipped butter or light buttery spread
1 tbsp. grated Parmesan cheese
Optional topping: chopped fresh parsley

Directions

Pound chicken to an even thickness. Season with 1/8 tsp. each salt and pepper. Bring an extra-large skillet sprayed with nonstick spray to medium heat. Cook for about 4 minutes per side, until cooked through.

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

Transfer chicken to a cutting board. Remove skillet from heat; clean, if needed. Re-spray, and bring to medium-high heat. Cook and stir zucchini noodles until hot and slightly softened, about 3 minutes.

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

Remove skillet from heat, re-spray, and bring to medium heat. Add onion and garlic, and cook until mostly softened and browned, about 5 minutes.

Return drained zucchini noodles to the skillet. Add wine, lemon juice, butter, and remaining 1/8 tsp. each salt and pepper. Cook and stir until liquid has reduced, about 3 minutes.

Slice chicken, and serve over noodles. Sprinkle with Parm.

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.