



## Everything Salmon with Cheesy Zoodles



Entire recipe: 334 calories, 16g total fat (7g sat. fat), 431mg sodium, 11.5g carbs, 4g fiber, 6g sugars, 32g protein

**Prep:** 5 minutes    **Cook:** 10 minutes



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### Ingredients

2 tbsp. light/reduced-fat cream cheese, room temperature  
1 1/2 tsp. grated Parmesan cheese  
1/4 tsp. garlic powder (like [the kind by Spice Islands®](#))  
1/4 tsp. onion powder (like [the kind by Spice Islands](#))  
Dash each salt and black pepper  
1 package [Green Giant Veggie Spirals Zucchini](#)  
One 4-oz. raw skinless salmon fillet  
2 tsp. [Dash™ Everything But the Salt seasoning blend](#), or more for topping

### Directions

In a small bowl, combine cream cheese, Parm, garlic powder, onion powder, salt, and pepper. Mix until uniform.

Microwave Veggie Spirals for 6 minutes, or until thawed.

Meanwhile, bring a skillet sprayed with nonstick spray to medium heat. Season both sides of salmon with Dash Everything But the Salt seasoning blend. Cook for 3 minutes per side, or until cooked through.

Drain Veggie Spirals in a strainer, and thoroughly blot dry. Transfer to a microwave-safe bowl. Add cream cheese mixture, and mix well.

Cover and microwave for 1 minute, or until entire dish is hot. Mix until uniform.

Serve topped with salmon.

#### MAKES 1 SERVING

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