



Everything Zucchini-Noodle Lo Mein



1/2 of recipe: 335 calories, 9g total fat (2.5g sat fat), 807mg sodium, 21g carbs, 5.5g fiber, 12g sugars, 43g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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



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

Ingredients

2 tbsp. reduced-sodium/lite soy sauce
2 tsp. crushed garlic
1 tsp. sesame oil
1 packet natural no-calorie sweetener (like Truvia)
3/4 tsp. onion powder
4 oz. raw boneless skinless chicken breast, cut into bite-size pieces
1 cup bean sprouts
1 cup frozen stir-fry vegetables
1/2 tsp. garlic powder
4 oz. (about 12) raw medium shrimp, peeled, tails removed, deveined
4 oz. thinly sliced raw lean flank steak
20 oz. (2 - 3 medium) spiralized zucchini
1/3 cup chopped scallions

Directions

To make the sauce, in a small bowl, combine soy sauce, crushed garlic, sesame oil, sweetener, and 1/4 tsp. onion powder. Mix well.

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Add chicken, bean sprouts, frozen veggies, and 1/4 tsp. each garlic powder and onion powder. Cook and stir for 3 minutes.

Add shrimp, steak, and remaining 1/4 tsp. each garlic powder and onion powder. Cook and stir until chicken, shrimp, and beef are fully cooked and veggies are soft, about 3 minutes.

Add spiralized zucchini and scallions. Cook and stir until hot and slightly softened, about 3 minutes.

Transfer wok contents to a strainer, and thoroughly drain excess liquid.

Return wok to medium-high heat, and return drained mixture to the wok. Add sauce, and cook and stir until evenly distributed and mostly absorbed, about 2 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.