



Fettuccine Hungry Chick-fredo



Entire recipe: 252 calories, 7.5g total fat (2.5g sat fat), 515mg sodium, 9.5g carbs, 4g fiber, 1.5g sugars, 35.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 10 minutes **Cook:** 15 minutes



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

Ingredients

1 bag House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute
One 5-oz. boneless skinless raw chicken breast cutlet, pounded to 1/2-inch thickness
Dash each salt and black pepper
1 tsp. light sour cream
2 tsp. reduced-fat Parmesan-style grated topping
1 wedge The Laughing Cow Light Creamy Swiss cheese
Optional seasonings: garlic powder, paprika

Directions

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

Bring a skillet sprayed with nonstick spray to medium-high heat. Season chicken with a dash each salt and pepper and place in the skillet. Cook for 4 minutes.

Flip chicken and cook for 4 more minutes, or until cooked through.

Remove chicken and slice into strips. If needed, clean skillet. Remove from heat, re-spray, and bring to medium heat. Add noodles, sour cream, Parm-style topping, and cheese wedge, breaking the wedge into pieces. Cook and stir until cheese has melted, mixed with sour cream, and coated noodles, 2 to 3 minutes.

Stir in sliced chicken and cook and stir until hot, 1 to 2 minutes. Yum!

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.)

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