



Great Greek Z'paghetti



1/2 of recipe (about 1 1/2 cups): 154 calories, 5.5g total fat (1.5g sat. fat), 584mg sodium, 21g carbs, 6g fiber, 12.5g sugars, 6.5g protein

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

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Ingredients

1 lb. (about 2 medium) zucchini
1/2 cup artichoke hearts packed in water, drained and chopped
1/4 cup bagged sun-dried tomatoes (not packed in oil), chopped
2 tbsp. sliced Kalamata or black olives
2 tbsp. light Italian dressing
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. dried oregano
2 tbsp. crumbled feta cheese

Directions

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.

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Cook and stir zucchini until hot and slightly softened, about 3 minutes.

Transfer to a strainer, and thoroughly drain.

Remove skillet from heat. Respray, and bring to medium heat. Add drained zucchini and all remaining ingredients *except* feta. Cook and stir until hot and well mixed, about 2 minutes.

Serve topped with feta.

MAKES 2 SERVINGS

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