



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

Freestyle™ [SmartPoints®](#) value 3*

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

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

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

[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.