



Simply the Pesto Spaghetti



1/2 of recipe (about 1 cup): 172 calories, 12g total fat (1.5g sat. fat), 491mg sodium, 13.5g carbs, 5.5g fiber, 1.5g sugars, 7g protein

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



Ingredients

1 cup fresh basil leaves
1/4 cup fat-free ricotta cheese
2 tbsp. reduced-fat Parmesan-style grated topping
2 tbsp. pine nuts
1 tsp. olive oil
1 tsp. chopped garlic
1/4 tsp. each salt and black pepper, or more to taste
2 bags House Foods Tofu Shirataki Spaghetti Shaped Noodle Substitute

Directions

To make the sauce, place all ingredients except noodles in a small blender or food processor, and blend until a smooth paste forms.

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. Cook and stir noodles until hot, about 2 minutes. Add sauce, stir to coat, and serve!

MAKES 2 SERVINGS

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