



Slaw and Order



1/2 of recipe (1 heaping cup): 148 calories, 3g total fat (1.5g sat fat), 610mg sodium, 24.5g carbs, 6g fiber, 10g sugars, 8g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 5 minutes **Cook:** 20 minutes



Tagged: [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#)

Ingredients

One 12-oz. bag (4 cups) broccoli cole slaw
1 cup creamy tomato soup with 4g fat or less per serving or canned crushed tomatoes
1 tsp. chopped garlic, or more to taste
Dash onion powder, or more to taste
Dash each salt and black pepper, or more to taste
Dash red pepper flakes, or more to taste
3 tbsp. reduced-fat Parmesan-style grated topping

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add broccoli slaw and 1/2 cup water. Cover and cook until fully softened, 10 to 12 minutes. Uncover and, if needed, cook and stir until water has evaporated, 2 to 3 minutes.

Add soup/tomatoes, garlic, seasonings, and 2 tbsp. Parm-style topping. Cook and stir until hot, 3 to 4 minutes.

Serve topped with remaining 1 tbsp. Parm-style topping!

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.