



Spaghetti Squash alla Vodka



1/4th of recipe (about 1 1/4 cups squash and 3/4 cup sauce): 244 calories, 6g total fat (3.5g sat fat), 697mg sodium, 35g carbs, 8g fiber, 15g sugars, 11g protein

Green Plan [SmartPoints](#)® value 5*

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

Cook: 15 minutes (plus squash time; varies by method)

Prep: 15 minutes (plus squash time; varies by method)



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

2 cups canned crushed tomatoes
1/4 cup tomato paste
1/4 cup grated Parmesan cheese
2 tbsp. vodka
1 tbsp. white wine vinegar
1 1/2 tsp. Italian seasoning
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. red pepper flakes
1/4 tsp. salt
1 cup frozen peas
1 cup chopped onion
1/4 cup reduced-fat cream cheese
5 cups cooked spaghetti squash, drained of excess moisture
1/4 cup chopped fresh basil

Directions

In a large bowl, combine crushed tomatoes, tomato paste, Parm, vodka, vinegar, and seasonings. Mix well.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add frozen peas and 2 tbsp. water. Cover and cook for 3 minutes, or until thawed. Add onion. Cook and stir until veggies have softened and lightly browned, about 5 minutes.

Reduce heat to medium-low. Carefully add tomato mixture to the skillet. Cook and stir until hot and well mixed, about 3 minutes.

Remove from heat, and add cream cheese. Stir until smooth and uniform. Cover to keep warm.

If needed, reheat squash. Top with sauce and basil.

MAKES 4 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.