



## Too-Easy Z'paghetti Girlfredo



1/2 of recipe (about 1 1/4 cups): 114 calories, 7g total fat (3.5g sat fat), 326mg sodium, 9.5g carbs, 2.5g fiber, 6.5g sugars, 5.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

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



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

### Ingredients

- 1 lb. (about 2 medium) spiralized zucchini
- 2 1/2 tbsp. light/reduced-fat cream cheese
- 2 tsp. light whipped butter or light buttery spread
- 2 tsp. grated Parmesan cheese
- 1 tsp. chopped garlic
- 1/2 tsp. onion powder
- 1/8 tsp. each salt and black pepper

### Directions

Bring a 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-low heat. Add drained zucchini and remaining ingredients. Cook and stir until sauce is uniform and dish is hot, about 2 minutes.

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.