



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

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



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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

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