



Veggie Spirals Alfredo



Developed by Hungry Girl. Brought to you by [Green Giant](#)! For coupons, [click here](#)! And check this out: [more info on Green Giant Veggie Spirals](#)!

[Click here for a video demo](#)!

1/2 of recipe (about 1 cup): 175 calories, 6g total fat (3g sat fat), 308mg sodium, 26.5g carbs, 2g fiber, 1g sugars, 4.5g 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](#), [Recipes Developed for Our Partners](#), [30 Minutes or Less](#)

Ingredients

One 12-oz. bag [Green Giant Butternut Squash Veggie Spirals](#)
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.

Add veggie spirals and 1/4 cup water to the skillet. Cover and cook for 7 minutes, stirring occasionally.

Reduce heat to medium low. Uncover skillet, and add all remaining ingredients.

Cook and stir until cheeses have melted and entire mixture is hot and uniform, 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.