



Z'paghetti alla Vodka with Chicken



1/2 of recipe (about 1 2/3 cups): 365 calories, 9g total fat (4g sat fat), 876mg sodium, 29g carbs, 7.5g fiber, 15.5g sugars, 38g protein

Green Plan [SmartPoints](#)® value 7*

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

Prep: 15 minutes **Cook:** 20 minutes



Ingredients

8 oz. raw boneless skinless chicken breast
1/8 tsp. black pepper
1/4 tsp. salt
1 cup canned crushed tomatoes
2 tbsp. tomato paste
2 tbsp. grated Parmesan cheese
1 tbsp. vodka
1 1/2 tsp. white wine vinegar
3/4 tsp. Italian seasoning
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. red pepper flakes
1 lb. (about 2 medium) zucchini
1/2 cup frozen peas
1/2 cup chopped onion
2 tbsp. light/reduced-fat cream cheese
2 tbsp. chopped fresh basil

Directions

Pound chicken to 1/2-inch thickness. Season with black pepper and 1/8 tsp. salt. Bring a large skillet sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through. Plate chicken, and cover to keep warm.

In a large bowl, combine crushed tomatoes, tomato paste, Parm, vodka, vinegar, and seasonings, including remaining 1/8 tsp. salt. Mix well.

Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, [peel zucchini into thin strips](#), rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Clean skillet. Re-spray, and bring to medium-high heat. Cook and stir zucchini until hot and slightly softened, about 2 minutes. Transfer zucchini to a strainer, and thoroughly drain excess liquid.

Remove skillet from heat. Re-spray, and return to medium-high heat. Add frozen peas and 2 tbsp. water. Cover and cook for 2 minutes, or until peas have thawed and water has mostly evaporated. Add onion. Cook and stir until veggies have softened and lightly browned, about 4 minutes. Reduce heat to medium low. Carefully add tomato mixture to the skillet. Cook and stir until hot and well mixed, about 2 minutes.

Remove skillet from heat, and add cream cheese. Stir until smooth and uniform.

Add drained zucchini, and stir until hot and well mixed. Divide between 2 medium bowls.

Slice chicken, and add to the bowls. Sprinkle with basil.

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.

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