



## 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

[Click for WW Points® value\\*](#)

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



More: [Lunch & Dinner Recipes](#), [Gluten-Free](#)

### 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**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

---

Publish Date: January 19, 2017

Author: Hungry Girl

Copyright © 2025 Hungry Girl. All Rights Reserved.