



Z'paghetti Primavera



1/2 of recipe (about 2 cups): 216 calories, 11g total fat (4g sat fat), 624mg sodium, 20g carbs, 5.5g fiber, 11.5g sugars, 13.5g protein

Green Plan [SmartPoints](#)® value 4*

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

Prep: 15 minutes **Cook:** 10 minutes



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

Ingredients

1 lb. (about 2 medium) zucchini
3/4 cup thinly sliced onion
3/4 cup thinly sliced bell pepper
3/4 cup sliced mushrooms
3/4 cup chopped broccoli
3/4 cup cherry tomatoes, halved
2 tsp. olive oil
2 tsp. chopped garlic
1/2 tsp. onion powder
1/4 tsp. each salt and black pepper
1/4 cup grated Parmesan cheese

Directions

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.

Bring an extra-large skillet sprayed with nonstick spray 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 bring to medium heat. Add onion, bell pepper, mushrooms, broccoli, and 1/4 cup water. Cover and cook for 4 minutes, or until veggies are tender and water has evaporated.

Add drained zucchini and all remaining ingredients *except* Parm. Cook and stir until entire dish is hot and garlic is fragrant, about 2 minutes.

Stir in 2 tbsp. Parm. Serve topped with remaining 2 tbsp. Parm.

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.)

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