



Z'paghetti Puttanesca



1/2 of recipe (about 1 2/3 cups): 193 calories, 8g total fat (1g sat. fat), 798mg sodium, 23g carbs, 6.5g fiber, 13.5g sugars, 8.5g protein

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

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Ingredients

1 1/2 lbs. (about 3 medium) zucchini
3 canned anchovy fillets, drained and chopped
2 tsp. chopped garlic
2 tsp. olive oil
1/4 tsp. red pepper flakes
1 1/4 cups canned crushed tomatoes
3 tbsp. sliced pitted Kalamata olives
1 tbsp. capers, drained
2 tbsp. chopped fresh basil
Optional topping: 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 to a strainer, and thoroughly drain excess liquid.

Remove skillet from heat. Clean, if needed. Re-spray, and bring to medium heat. Add chopped anchovies, garlic, olive oil, and red pepper flakes. Cook and stir until garlic is fragrant and browned, about 1 minute.

Add crushed tomatoes, olives, and capers to the skillet. Cook and stir until hot, about 2 minutes.

Add basil and drained zucchini. Cook and stir until hot and well mixed, 3 - 4 minutes.

MAKES 2 SERVINGS

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