



## Zucchini Marinara Pasta Swap




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

Entire recipe: 117 calories, 3.5g total fat (1g sat fat), 388mg sodium, 17g carbs, 4g fiber, 12g sugars, 7g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 5 minutes    **Cook:** 5 minutes 

Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

### Ingredients

10 oz. (about 1 large) zucchini  
1/3 cup low-fat marinara sauce  
2 tsp. grated Parmesan cheese

### Directions

Using a veggie peeler, slice zucchini into super-thin strips, rotating the zucchini as you slice it. (Or use a veggie spiralizer like [the Veggetti](#).)

Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and stir zucchini until hot and slightly softened, about 3 minutes.

Add marinara sauce, and cook and stir until hot, about 1 minute. (Or microwave sauce, and top the cooked noodles.) Sprinkle with Parm.

MAKES 1 SERVING

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[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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