



Zucchini-Noodle & Shrimp Stir-Fry



1/2 of recipe (about 2 cups): 206 calories, 2g total fat (0.5g sat fat), 792mg sodium, 19.5g carbs, 4.5g fiber, 12.5g sugars, 25g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

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



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

Ingredients

1 lb. (about 2 medium) zucchini
2 cups frozen Asian-style stir-fry veggies
8 oz. (about 16) raw large shrimp, peeled, tails removed, deveined
1 tsp. crushed ginger
2 tbsp. thick teriyaki sauce or marinade
Optional seasonings: salt and black pepper

Directions

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

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Add frozen veggies, shrimp, and ginger. Cook and stir until shrimp are fully cooked, veggies have thawed, and excess liquid has evaporated, about 4 minutes.

Add zucchini noodles, and cook and stir until slightly softened, about 3 minutes.

Remove from heat, and stir in teriyaki sauce.

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.