



## Avocado Z'paghetti Girlfredo



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

1/2 of recipe (about 2 cups): 244 calories, 11g total fat (4g sat fat), 672mg sodium, 27g carbs, 10g fiber, 15g sugars, 16.5g protein

**Green Plan [SmartPoints](#)® value 4\***

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

**Purple Plan [SmartPoints](#)® value 4\***

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



### Ingredients

28 oz. (about 4 medium) zucchini  
3 cups roughly chopped cauliflower  
2 oz. (about 1/4 cup) mashed avocado  
1/4 cup grated Parmesan cheese  
2 tsp. chopped garlic  
1/4 tsp. each salt and black pepper  
1/2 cup seeded and chopped tomato  
Optional seasoning: additional salt  
Optional topping: chopped fresh basil or cilantro

### Directions

Using a spiral vegetable slicer [like the Veggetti](#), 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.

Place cauliflower in a large microwave-safe bowl. Add 1/4 cup water. Cover and microwave for 5 minutes, or until soft.

In a blender or food processor, combine cooked cauliflower, avocado, Parm, garlic, salt, and pepper. Add 1/4 cup warm water. Blend on high speed until smooth and uniform.

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

Transfer noodles to a strainer, and thoroughly drain excess liquid.

Remove skillet from heat, re-spray, and bring to medium-low heat.

Add noodles, sauce, and tomato. Cook and stir until hot and well mixed, about 2 minutes.

**MAKES 2 SERVINGS**

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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.)

\*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.