



## Simply the Pesto Spaghetti



1/2 of recipe (about 1 cup): 172 calories, 12g total fat (1.5g sat. fat), 491mg sodium, 13.5g carbs, 5.5g fiber, 1.5g sugars, 7g protein

**Prep:** 10 minutes    **Cook:** 5 minutes



### Ingredients

1 cup fresh basil leaves  
1/4 cup fat-free ricotta cheese  
2 tbsp. reduced-fat Parmesan-style grated topping  
2 tbsp. pine nuts  
1 tsp. olive oil  
1 tsp. chopped garlic  
1/4 tsp. each salt and black pepper, or more to taste  
2 bags House Foods Tofu Shirataki Spaghetti Shaped Noodle Substitute

### Directions

To make the sauce, place all ingredients except noodles in a small blender or food processor, and blend until a smooth paste forms.

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles.

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir noodles until hot, about 2 minutes. Add sauce, stir to coat, and serve!

#### MAKES 2 SERVINGS

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