



## Zucchini Marinara Pasta Swap



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

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



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### 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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