

## Mediterranean Fettuccine with Chicken and Veggies

PREP TIME 5 MINUTES  
 COOK TIME 10 MINUTES  
 YIELDS 3 CUPS  
 SERVES 2 (1 ½ CUPS PER SERVING)  
 4 SMARTPOINTS® VALUE PER SERVING

Serve this elegant yet simple dish for dinner and prepare for raves! A mixture of chicken, roasted peppers, spinach, tomato, and olives pairs deliciously with Skinny Pasta Fettuccine in a light sauce.

- 1 package Skinny Pasta Fettuccine
  - ½ tsp extra virgin olive oil
  - 1 clove garlic, minced
  - ½ tsp dried oregano
  - ½ tsp kosher salt
  - ¼ tsp pepper
  - 1 Tbsp nonfat chicken broth
  - 1 ½ cups baby spinach
  - ½ cup halved grape tomatoes
  - ½ cup roasted peppers, rinsed and drained
  - 1 Weight Watchers Frozen Chicken Breast, cooked according to package directions and sliced
  - 10 kalamata olives, chopped
  - 1 Tbsp chopped fresh basil
  - 1 Tbsp crumbled reduced-fat feta cheese
- ▶ Rinse Skinny Pasta Fettuccine well under hot water, drain well, and set aside.
  - ▶ Heat olive oil in a small nonstick sauté pan and add garlic, oregano, salt, and pepper. Cook for 1 minute.
  - ▶ Add chicken broth, baby spinach, grape tomatoes, and roasted peppers and cook for 5 minutes or until spinach wilts.
  - ▶ Stir in Skinny Pasta Fettuccine, cooked Weight Watchers Frozen Chicken Breast, and olives and cook for an additional 3-4 minutes or until heated through.
  - ▶ Serve garnished with basil and feta cheese.



## Thai Peanut Noodle and Veggie Salad

**PREP TIME** 10 MINUTES

**COOK TIME** 2 MINUTES

**YIELDS** 1 CUP SALAD

**SERVES** 2 (1 ½ CUPS PER SERVING)

3 SMARTPOINTS® VALUE PER SERVING



Skip the takeout and try our veggie-packed, Thai-inspired salad instead! It's super flavorful and simple to make.

### PEANUT DRESSING

- 3 Tbsp powdered peanut butter
- 2 Tbsp warm water
- 2 tsp soy sauce
- 2 tsp sesame oil
- 2 tsp rice wine vinegar
- ½ tsp minced fresh raw ginger root
- ¼ tsp salt

### SALAD

- 1 package Skinny Pasta Fettuccine, cooked according to the package directions
- ⅓ cup shredded carrot
- ⅓ cup seeded, thin sliced cucumber
- ⅓ cup thin sliced red pepper
- ¼ cup cilantro leaves, additional for garnish
- 2 Tbsp chopped fresh mint, additional for garnish
- 2 Tbsp chopped scallions, additional for garnish
- 1 Tbsp minced jalapeno

- ▶ To make dressing: Combine powdered peanut butter and water until smooth. Whisk in remaining ingredients and keep chilled until ready to serve.
- ▶ When ready to eat, combine all salad ingredients and toss well with dressing.
- ▶ Serve salad topped with additional mint, cilantro, and scallion.



# Spaghetti and Meatballs

**PREP TIME** 10 MINUTES

**COOK TIME** 45 MINUTES

**YIELDS** 6 ½ CUPS

**SERVES** 4 (1 ½ HEAPING CUPS OR ¾ CUP PASTA AND SAUCE PLUS 4 MEATBALLS PER SERVING)

4 SMARTPOINTS® VALUE PER SERVING



The family favorite, comfort food classic meal is lightened up tremendously with delicious turkey meatballs simmered in a flavorful marinara sauce served over Skinny Pasta Noodles. Your family will be clamoring for more and never guess how low in SmartPoints® value it is!

**3 packages Skinny Pasta Noodles**

**MEATBALLS**

- ½ lb lean ground turkey
- 1 egg
- ¼ cup plain breadcrumbs
- 2 Tbsp grated Parmesan cheese
- ¾ tsp Italian seasoning
- ¾ tsp kosher salt

**MARINARA SAUCE**

- 1 tsp olive oil
- 1 small onion, finely chopped
- ½ tsp kosher salt
- pinch red pepper flakes
- 1 tsp minced garlic
- 1 15 oz can tomato sauce
- ¼ cup chopped fresh basil, plus additional for garnish (optional)
- 1 tsp Italian seasoning

- ▶ Rinse Skinny Pasta Noodles well under hot water, drain well, and set aside.
- ▶ Combine meatball ingredients in a medium bowl.
- ▶ Roll into 16 meatballs and reserve on a plate.
- ▶ Heat olive oil in a medium nonstick saucepan and add onion, salt, and red pepper flakes.
- ▶ Cook for 10 minutes, stirring frequently, until onion is extremely soft. Add garlic and cook for 1 minute.
- ▶ Add tomato sauce, basil, and Italian seasoning and heat to a simmer.
- ▶ Add meatballs to sauce, cover, and cook for 30 minutes or until cooked through.
- ▶ Add Skinny Pasta Noodles to sauce and stir to combine. Cook for 1-2 minutes or until heated through.

**NOTE** To make this dish ahead, refrigerate or freeze marinara sauce and meatballs. Reheat and add Skinny Pasta Noodles just before serving.



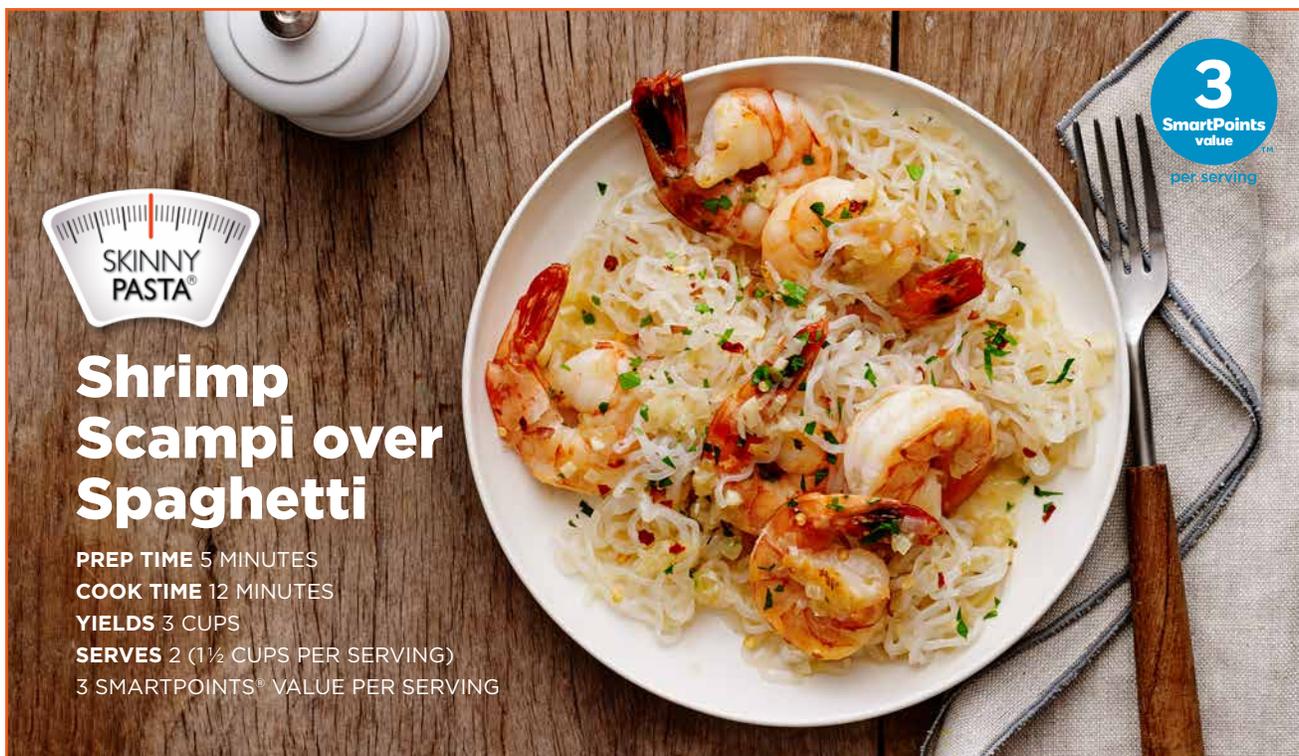
## Fettuccine Alfredo with Mushrooms

**PREP TIME** 10 MINUTES  
**COOK TIME** 10 MINUTES  
**YIELD** 1½ CUPS  
**SERVES** 2 (¾ CUP PER SERVING)  
 2 SMARTPOINTS® VALUE PER SERVING

An incredibly rich and delicious side to pair with roast chicken, fish, or other meals; this dish features Skinny Pasta Fettuccine in a creamy Parmesan sauce. So low in SmartPoints® value—it would make an excellent vegetarian main dish as well!

- 1 package Skinny Pasta Fettuccine**
- 2-3 sprays of cooking spray**
- 1 large shallot, minced**
- 1 ½ cups sliced shiitake mushroom caps**
- ½ tsp kosher salt**
- ¼ tsp pepper**
- ½ tsp minced fresh rosemary**
- 2 Tbsp nonfat chicken broth**
- 1 Tbsp light cream cheese**
- 1 Tbsp grated Parmesan cheese**
- 1 Tbsp chopped chives**

- ▶ Rinse Skinny Pasta Fettuccine well under hot water, drain well, and set aside.
- ▶ Coat a medium nonstick sauté pan with cooking spray and heat over medium heat.
- ▶ Add shallot, shiitakes, salt, pepper, and rosemary and cook, stirring frequently for 10 minutes or until shallot and shiitakes are softened.
- ▶ Add chicken broth and cream cheese to pan and stir to combine.
- ▶ Toss in Skinny Pasta Fettuccine and stir to coat with sauce.
- ▶ Stir in Parmesan and serve garnished with chives.



## Shrimp Scampi over Spaghetti

**PREP TIME** 5 MINUTES

**COOK TIME** 12 MINUTES

**YIELDS** 3 CUPS

**SERVES** 2 (1½ CUPS PER SERVING)

3 SMARTPOINTS® VALUE PER SERVING

Our delicious, garlicky take on the classic dish is incredible with Skinny Pasta! So low in SmartPoints® value, it lets you enjoy Italian cuisine while still staying on plan.

- 1 package Skinny Pasta Noodles**
  - 1 tsp butter**
  - 1 clove garlic, minced**
  - 1 small shallot, minced**
  - ½ tsp kosher salt**
  - Pinch hot pepper flakes**
  - ½ lb large peeled deveined shrimp**
  - ¼ cup nonfat chicken broth**
  - 2 tsp lemon juice**
  - 2 tsp dry white wine**
  - 1 Tbsp chopped fresh parsley**
- ▶ Rinse Skinny Pasta Noodles well under hot water, drain well, and set aside.
  - ▶ Heat butter in a small nonstick skillet over medium heat.
  - ▶ Add garlic, shallot, salt, and hot pepper flakes and cook for 1 minute.
  - ▶ Add shrimp and cook for 5 minutes or until pink and cooked through.
  - ▶ Add chicken broth, lemon juice, and wine and cook for 2 minutes or until slightly reduced.
  - ▶ Add Skinny Pasta Noodles and cook for 1-2 minutes or until heated through. Serve garnished with parsley.