



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.



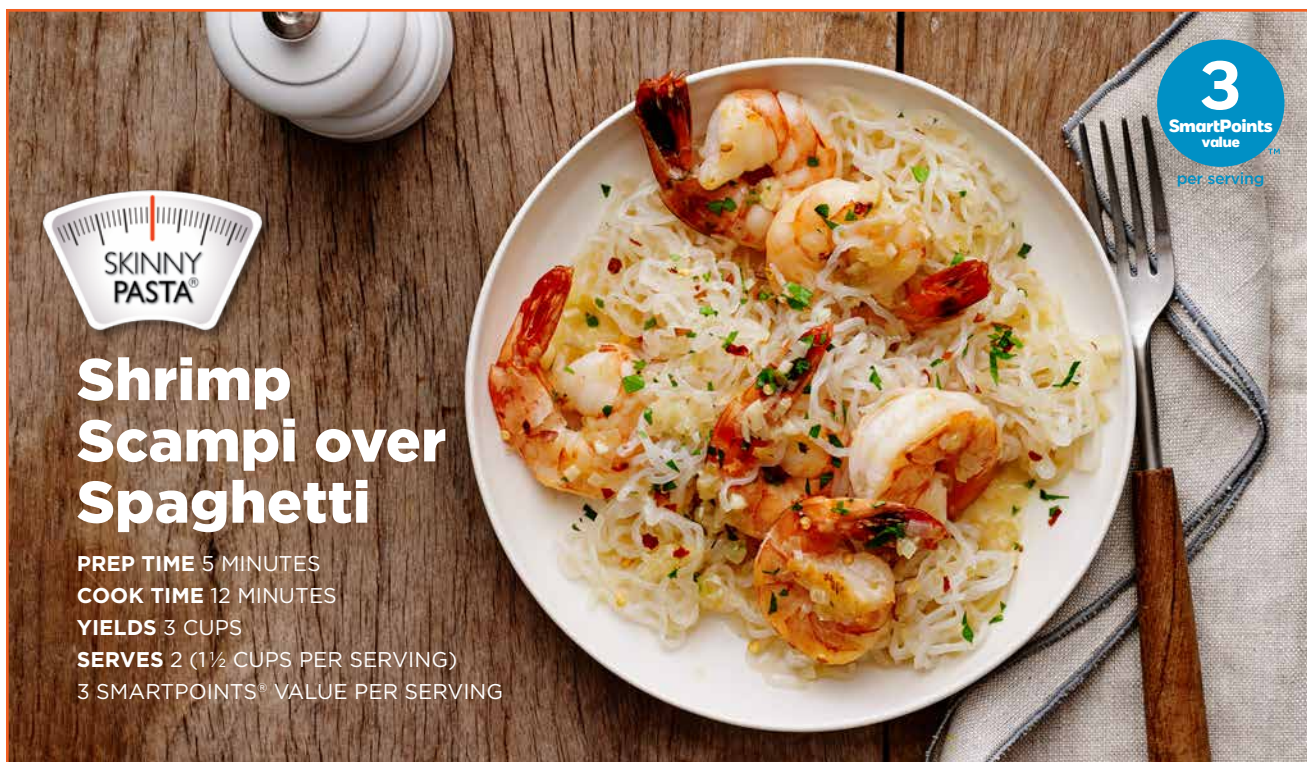
Fettuccine Alfredo with Mushrooms

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.