

Sesame Chicken & Broccoli Stir-Fry

Skip the greasy takeout and try our take on the classic Chinese dish using Skinny Pasta Noodles.

PREP: 10 MINUTES | COOK: 10 MINUTES | SERVES: 1 - 2 CUP SERVING

INGREDIENTS

- 2 Tbsp low sodium soy sauce
- 1 Tbsp cornstarch
- 1 Tbsp ketchup
- ½ tsp dark brown sugar
- 1 tsp sesame oil
- 5 sprays cooking spray
- 1 tsp minced garlic
- 1 tsp minced ginger
- 2 cups bite-size broccoli pieces
- ¼ pound chicken breast, thinly sliced
- ½ cup chicken broth
- 1 pouch Skinny Pasta Noodle Shape Konjac Noodles, rinsed & drained
- 1 scallion, thinly sliced
- 1 Tbsp sesame seeds
- Hot Sauce to taste

DIRECTIONS

In a small bowl, whisk together soy sauce, cornstarch, ketchup, brown sugar, and sesame oil until smooth; set aside.

Coat a medium nonstick skillet with cooking spray and heat over medium heat. Add garlic and ginger; cook, stirring, for 1 minute. Add broccoli and chicken; toss to coat. Add broth and increase heat to medium-high; cover and cook until broccoli is crisp-tender and chicken is cooked through, about 5 minutes. Stir in Skinny Pasta Noodles, and reserved sauce; reduce heat to low and simmer until thick, about 3 minutes. Garnish with scallion and sesame seeds and serve with hot sauce.



Spanish Picadillo

Lean ground turkey is simmered in a lightly sweet and spicy, Spanish-spiced tomato sauce in this hearty dish featuring Skinny Pasta Rice. Serve it as is or stuffed into baked peppers for a hearty weeknight supper.

PREP: 5 MINUTES | COOK: 20 MINUTES | SERVES: 6 - 1 CUP SERVINGS

INGREDIENTS

- 1 tsp olive oil
- 1 large onion, chopped
- 1 tsp kosher salt
- ¼ tsp pepper
- 1 lb 99% lean ground turkey
- 1 Tbsp minced garlic
- 2 tsp cumin
- 1 ½ tsp dried oregano
- 1 ½ cups tomato sauce
- ½ cup chopped olives
- ½ cup chopped raisins
- 3 pouches Skinny Pasta Rice Shape Konjac Noodles, rinsed & drained
- Cilantro and hot sauce for garnish

DIRECTIONS

Heat olive oil in a large nonstick skillet over medium-high heat. Cook onion, salt, and pepper for 5 minutes, stirring frequently, until onion is soft. Add turkey and cook, breaking up with a spoon, until well browned. Add garlic, cumin, and oregano and stir to combine. Add tomato sauce, olives, raisins, and Skinny Pasta Rice and cook for 2-3 minutes to heat through (or serve over Skinny Pasta Rice). Serve garnished with cilantro and hot sauce.



Fettuccine & Butternut Squash in Brown Butter Sage Sauce

This rich and buttery dish features sweet roasted butternut squash tossed in Skinny Pasta Fettuccine for a lower SmartPoints® take on a decadent Italian favorite.

PREP: 5 MINUTES | COOK: 30 MINUTES | SERVES: 1 - 1 ½ CUP SERVING

INGREDIENTS

- 2 cups diced butternut squash
- Cooking spray
- Salt and freshly ground black pepper to taste
- 1 tsp butter
- 2 shallots, sliced
- 2 tsp chopped fresh sage, additional for garnish
- ½ tsp minced garlic
- 1 Tbsp chicken broth
- 1 tsp lemon juice
- 1 pouch Skinny Pasta Fettuccine Shape Konjac Noodles, rinsed & drained
- 1 Tbsp Parmesan cheese
- Additional freshly ground black pepper

DIRECTIONS

Preheat oven to 450°F and line a baking pan with parchment paper. Spread squash over parchment and spray lightly with cooking spray. Season with salt and pepper and roast for 25 minutes, stirring once, or until golden. While squash roasts melt butter in a small skillet over low heat; add shallots and cook for 10-15 minutes or until soft and lightly brown. Stir in sage and garlic and cook for 1 minute. Add chicken broth, lemon juice, Skinny Pasta Fettuccine, and roasted squash. Toss to combine and serve garnished with Parmesan cheese and pepper.



Rice Pudding

We've slashed the SmartPoints® in your favorite childhood comfort food dessert but kept all the flavor using Skinny Pasta Rice!

PREP: 5 MINUTES | COOK: 10 MINUTES, PLUS TIME TO CHILL
SERVES: 4 - ¾ CUP SERVINGS

INGREDIENTS

- 1 ¾ cups low fat milk
- 3 Tbsp sugar
- 2 egg yolks
- 3 Tbsp cornstarch
- ½ tsp vanilla extract
- ¼ tsp ground cinnamon
- Pinch salt
- Pinch ground nutmeg
- 2 pouches Skinny Pasta Rice Shape Konjac Noodles, rinsed & drained

DIRECTIONS

Whisk together milk, sugar, egg yolks, cornstarch, vanilla, cinnamon, salt, and nutmeg in a medium saucepan. Heat over medium heat until bubbles form, whisking occasionally. Once the milk starts to boil, whisk constantly and cook for 1 minute or until slightly thick. Stir in Skinny Pasta Rice and chill well to set before serving.



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