

Zucchini Alfredo

Prep: 5 minutes

Cook: 10 minutes

Ingredients:

- 1 lb. (about 2 medium) spiralized zucchini
- 1 tsp minced garlic
- 3 wedge The Laughing Cow Light Creamy Swiss cheese
- 2 tbsp reduced-fat Parmesan-style grated topping
- 1 tbsp fat free Greek yogurt
- Optional seasonings: 1/8 tsp - salt, black pepper, onion powder, or cayenne pepper.

Directions:

1. Bring a large skillet sprayed with nonstick spray to medium-high heat. Cook and stir zucchini until hot and slightly softened, about 3 minutes.
2. Transfer to a strainer, and thoroughly drain.
3. Remove skillet from heat, respray, and bring to medium-low heat. Add drained zucchini and remaining ingredients. Cook and stir until sauce is uniform and dish is hot, about 2 minutes.

Nutrition Facts	
Servings: 2	
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 4.3g	5%
Saturated Fat 2.7g	13%
Cholesterol 13mg	4%
Sodium 394mg	17%
Total Carbohydrate 11.6g	4%
Dietary Fiber 2.5g	9%
Total Sugars 7.2g	
Protein 12.7g	

