



Cold Sesame Zucchini Noodles



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Entire recipe: 137 calories, 7.5g total fat (1g sat fat), 576mg sodium, 15g carbs, 4g fiber, 8.5g sugars, 7g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 10 minutes

Chill: 15 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving, 30 Minutes or Less](#)

Ingredients

1 tbsp. reduced-sodium/lite soy sauce
1 1/2 tsp. plain rice vinegar
1 1/2 tsp. [powdered peanut butter](#)
1 tsp. sesame oil
Half a packet no-calorie sweetener (like the kind by Truvia)
1/4 tsp. crushed garlic
1/8 tsp. ground ginger
10 oz. (about 1 large) zucchini
2 tbsp. chopped scallions
1 tsp. sesame seeds
Optional topping: crushed red pepper

Directions

In a small bowl, combine soy sauce, vinegar, powdered peanut butter, sesame oil, sweetener, garlic, and ginger. Whisk with a fork until uniform.

Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (Or simply peel zucchini into super-thin strips, rotating the zucchini as you slice it.) Roughly chop for shorter noodles.

Place zucchini noodles in a medium bowl. Add sauce, and toss to coat. Cover and refrigerate until chilled, at least 15 minutes.

Stir well, and top with scallions and sesame seeds.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.