



Shrimp 'n Slaw Marinara



Entire recipe: 289 calories, 3g total fat (<0.5g sat fat), 770mg sodium, 31g carbs, 14g fiber, 15g sugars, 36.5g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes **Cook:** 15 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

One 12-oz. bag (4 cups) [broccoli cole slaw](#)

1/2 cup low-fat marinara sauce

4 oz. ready-to-eat shrimp

Seasonings: garlic powder, onion powder, red pepper flakes

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add broccoli slaw and 1/2 cup water. Cover and cook until fully softened, about 10 minutes. Uncover and, if needed, cook and stir until water has evaporated, 2 - 3 minutes.

Add marinara sauce and shrimp. Cook and stir until hot and well mixed, about 2 minutes. Season to taste!

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.)

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