

DINNER

Zesty Zucchini Spaghetti

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.20	403 kcal



The recipe Zesty Zucchini Spaghetti can be made in roughly 45 minutes. This recipe makes 4 servings with 403 calories, 14g of protein, and 4g of fat each. For \$1.2 per serving, this recipe covers 17% of your daily requirements of vitamins and minerals. 1 person has tried and liked this recipe.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 2 garlic cloves, minced
- ☐ 2 tablespoons Parmesan cheese, shaved
- ☐ ¾ pound uncooked spaghetti
- ☐ 7 ounce chipotle chiles in adobo sauce canned
- ☐ 2 teaspoons olive oil
- ☐ ¾ teaspoon salt
- ☐ 1¼ pounds cups shredded zucchini (about

EQUIPMENT Frying pan

Method

- 1

Cook pasta according to package directions, omitting salt and fat.
- 2

Remove 1 chile (smaller for less spice, larger for more) and 1 tablespoon sauce from can (reserve remaining sauce for another use).
- 3

Remove seeds from chile (for extra heat, leave seeds in); mince chile.
- 4

Heat oil in a large nonstick skillet over medium-high heat.
- 5

Add chile, sauce, and garlic; saut 1 minute.
- 6

Add zucchini; cook, stirring constantly, 4 minutes. Toss pasta with zucchini mixture.
- 7

Sprinkle with salt, pepper, and cheese.

Nutrition per serving			
	403	14 g	4 g
	KCAL	PROTEIN	FAT
			77 g
			CARBS
Saturated Fat			1 g · 7% of daily needs
Fibre			9.2 g · 37% of daily needs
Sugar			9.2 g · 10% of daily needs
Sodium			493 mg · 21% of daily needs
Cholesterol			1.7 mg · 1% of daily needs
Vitamin C			25.8 mg · 31% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/zesty-zucchini-spaghetti-148397