



Veggie Spirals Alfredo



Developed by Hungry Girl. Brought to you by [Green Giant](#)! For coupons, [click here](#)! And check this out: [more info on Green Giant Veggie Spirals](#)!

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1/2 of recipe (about 1 cup): 175 calories, 6g total fat (3g sat. fat), 308mg sodium, 26.5g carbs, 2g fiber, 1g sugars, 4.5g protein

Prep: 5 minutes **Cook:** 10 minutes 

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Ingredients

One 12-oz. bag [Green Giant Butternut Squash Veggie Spirals](#)
2 1/2 tbsp. light/reduced fat cream cheese
2 tsp. light whipped butter or light buttery spread
2 tsp. grated Parmesan cheese
1 tsp. chopped garlic
1/2 tsp. onion powder
1/8 tsp. each salt and black pepper

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat.

Add veggie spirals and 1/4 cup water to the skillet. Cover and cook for 7 minutes, stirring occasionally.

Reduce heat to medium low. Uncover skillet, and add all remaining ingredients.

Cook and stir until cheeses have melted and entire mixture is hot and uniform, about 2 minutes.

MAKES 2 SERVINGS

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