



Cold Sesame Zucchini Noodles



[Click to see how it's made](#) !

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

[Click for WW Points® value*](#)

Prep: 10 minutes

Chill: 15 minutes



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

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here](#).

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.