

- » Nonstick vegetable cooking spray
 - » 1/4 tsp olive oil
 - » 1/2 cup mushrooms, sliced
 - » 1 green onion, sliced
 - » 3/4 cup zucchini, sliced thin
 - » 2 tbsp red bell pepper, sliced
 - » 1 oz (1/8 8-oz package) reduced-fat cream cheese
 - » 1/4 cup skim milk, divided
 - » Pinch of Italian seasoning
 - » 2 tbsp Parmesan cheese, divided
 - » Pinch of salt
 - » Pinch of pepper
- » 2 oz fettuccini noodles, cooked according to directions without salt or fat
 - » 2 tbsp slivered almonds

Nutritional Content

Per Serving

Calories	496 cal	Cholesterol	27mg
Protein	21g	Sodium	669mg
Carbohydrate	49g	Calories from Fat	40%
Fat	22g	Fiber	6g
Saturated Fat	7g		

In a skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil, mushrooms, green onions, zucchini, and red bell pepper. Sauté vegetables for 5 to 7 minutes until they are tender. Remove from heat. Combine cream cheese, milk, and the Italian seasoning in a small saucepan over low heat until cream cheese is melted, stirring frequently. Stir in 1 tbsp Parmesan cheese (sauce will thicken when removed from heat). Season with salt and pepper. Pour sauce over fettuccini in serving bowl and toss. Add vegetable mixture and slivered almonds and toss. Sprinkle with remaining Parmesan cheese. Serves 1.