

# Low-Point Spinach and Zucchini Angel Hair Rounds

## Ingredients:

- 8 oz. angel hair pasta, broken into 3-inch pieces
- 3 cups shredded zucchini, drained
- 1, 10 oz. package frozen chopped spinach, thawed and drained
- 1 tsp. salt
- 1/3 cup flour
- 1/3 cup light sour cream
- 2 Tbs grated parmesan cheese
- 2 Tbs green onion, chopped (white and green parts)
- 2 Tbs fresh basil, chopped
- 1/2 tsp. baking powder
- 1/2 tsp. pepper
- 1/2 tsp. ground oregano
- 2 eggs, lightly beaten
- 1 garlic clove, minced
- 1 Tbs Land O Lakes light butter with canola oil
- 1/2 cup marinara sauce, heated
- 1 tomato, diced

Cook pasta according to package directions, omitting salt and fat. Place zucchini in a colander and drain well (pressing with paper towels until barely moist). Repeat process with spinach. Place flour in a large bowl and add salt, sour cream, parmesan, onion, basil, baking powder, pepper, oregano, eggs, and garlic. Mix well. Add zucchini, spinach, and pasta to flour mixture and combine. Melt butter in a large nonstick skillet over medium-high heat. Form little round patties with pasta mixture, pressing them so they're not too thick, and place in skillet (my rounds were approximately four inches in diameter). Repeat process until all patties are made. Cook for 5 or so minutes until bottom is lightly browned and then carefully turn over. Cook for about 5 minutes longer or until bottom is lightly browned. Remove from heat. Top with diced tomatoes and marinara. Sprinkle with just a little parmesan and serve. Enjoy!

Total servings - 9

Serving size - 1

Points per serving - 3.4

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"If you don't ask, it's an automatic no." - Margaret Spittle Agard***