

## **Low-Point Zucchini or Squash Spaghetti - 2nd option**

Ingredients:

- 2 medium zucchini or yellow squash, peeled lengthwise (to look like spaghetti)
- 1/2 tsp. minced garlic
- 1/4 tsp. pepper
- 1/4 tsp. salt
- 1/4 tsp. Goya Adobo seasoning
- 1 tsp. olive oil (If you need more oil, use Pam Cooking Spray with olive oil)

Heat olive oil in skillet or grill pan over medium/high heat. Add minced garlic and saute' for about 30 seconds. Add zucchini/squash and grill for about a minute. Add pepper, salt, and Adobo and continue grilling for a minute longer. Serve hot and enjoy!

Total servings = 3

Points per serving = 0

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