



**Nutrition Information Per Serving:**

*With Classic Plain Muuna cottage cheese 4%*  
Calories: 384 Protein: 20 g  
Carbohydrates: 43 g Fat: 16 g  
Fiber: 12 g

*With Lowfat Plain Muuna cottage cheese (2%)*  
Calories: 374 Protein: 20 g  
Carbohydrates: 43 g Fat: 15 g  
Fiber: 12 g

<b>PREP TIME</b> <b>12</b> mins	<b>COOK TIME</b> <b>3</b> mins	<b>TOTAL TIME</b> <b>15</b> mins	<b>RECIPE MAKES</b> <b>2</b> serving
---	--	--	--

It's time to think green! This flavorful vegetarian "pasta" dish is ridiculously creamy and protein-packed with the addition of Classic Plain Muuna cottage cheese. By using spiralized zucchini noodles, you also cut down on empty carbs while boosting flavor!

**INGREDIENTS**

- 3 Medium zucchini, spiralized (or 3 cups zucchini noodles)
- 1 Tbsp. Extra virgin olive oil
- 1 cup Frozen peas, cooked
- 1 tsp. Salt
- ½ cup Pesto sauce, homemade or store-bought
- ½ cup Classic Plain Muuna cottage cheese (You can also use Lowfat Plain as well)
- ¼ cup Fresh mint, roughly chopped
- ¼ cup Pine nuts, toasted

**INSTRUCTIONS**

- 1) Lay the zucchini noodles on paper towels to absorb any extra moisture.
- 2) In a medium bowl, combine pesto and cottage cheese.
- 3) Heat a large non-stick skillet over medium heat, add olive oil and zucchini noodles.
- 4) Sprinkle with salt and cook for 2-3 minutes, stirring often.
- 5) Remove from heat and allow to cool slightly.
- 6) Toss the noodles in the sauce and top with chopped mint and pine nuts.
- 7) Enjoy immediately!