



pampered chef

your guide to the
—veggie—
SPIRALIZER



eating healthy has never been easier!

6 Easy & Creative RECIPES

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nutrition SYMBOLS

Recipes in this ebook can be included in a healthy diet when considered in the context of a daily or weekly meal plan. At the time of printing, the nutrition symbols used in the recipes were based on FDA's recommended Daily Values for a 2,000 calorie daily intake for adults. For more information visit healthcanada.gc.ca/foodguide.



Low Sodium: ≤ 140 mg per serving



Low Carb: ≤ 15 g per serving



Low Calorie: ≤ 250 calories per serving (main dishes only)



Low Fat: ≤ 3 grams and no more than 30% of calories from fat for main dishes



High Fiber: ≥ 5 g per serving



Vegetarian: Does not contain meat, fish or poultry



Vegan: Does not contain any animal products, including eggs, milk, cheese or other dairy products, or honey

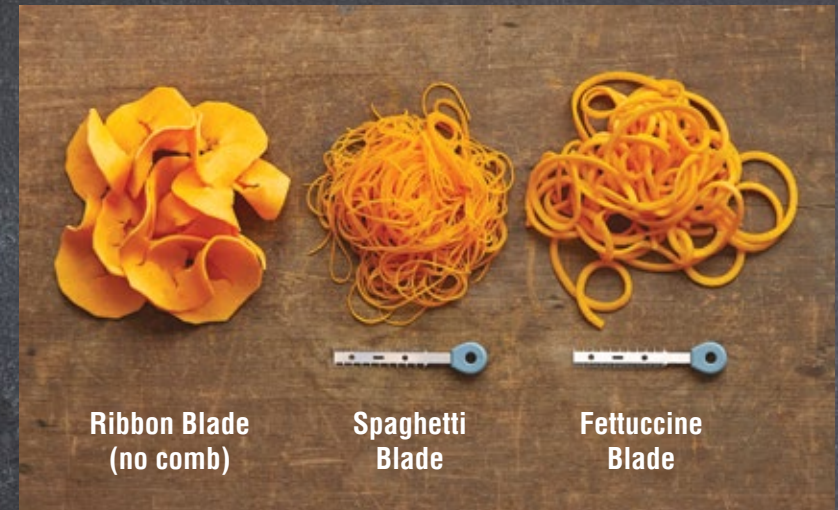


Gluten-Free: We have verified that recipes marked as gluten-free do not contain wheat, rye, barley or oats. Read packaged ingredient labels to make sure there are no hidden sources of gluten. Serving recommendations may contain gluten.

before you START

- Watch the video to get familiar with assembling and disassembling your Veggie Spiralizer.
- Use produce at its peak for the best results.
- Invest in a small cleaning brush, like the **Dual-Sided Cleaning Brush**—it will come in handy! Rinse the blade combs under water and clean with the brush. This is really helpful after spiralizing a few vegetables in a row.

blade & veggie GUIDE



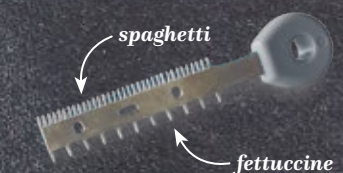
These are the combinations of blades and veggies we tried and liked. Try out your own combinations, and let us know how they worked!

These work with all three blades:

- Beets
- Butternut squash
- Carrots (use bulk instead of bagged)
- Celery root (celeriac)
- Daikon radish
- Kohlrabi
- Parsnip
- Plantain
- Potatoes
- Rutabaga
- Turnip
- Yellow squash
- Zucchini

These work best with the ribbon blade (no comb) or fettuccine blade:

- Apple
- Chayote
- Cucumber (seedless)
- Jicama
- Onion
- Pear
- Taro root



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prep your VEGGIES

- 1 Thoroughly wash produce, even those with a peel, to prevent cross-contamination.
- 2 Trim the ends to create a flat, stable base.
- 3 Remove core from fruit like apples and pears.
- 4 Remove the peel from tough root vegetables and butternut squash. Zucchini, potatoes and apples do not need to be peeled.
- 5 Trim to fit:
 - Cut long vegetables into halves or thirds to fit inside the frame.
 - Cut down wide vegetables. Try microwaving large, firm root vegetables like rutabaga to make them easier to cut. Microwave peeled vegetable for 2 minutes, rotating halfway through. Then cut into quarters to fit into the frame.

helpful TIPS

- Place the narrow end of your produce on the center pin, and the wide end on the plunger. Make sure it's centered! See the image below.
- You may need to use more pressure when spiralizing narrow or firm vegetables like carrots or butternut squash. If you need more leverage, press down and rotate the center of the handle. This will reposition the food again and get you going. Once you get started, resume using the handle.
- Snip your noodles as you spiralize to get just the right size. See image.
- When you're using the ribbon blade, you might get long spirals or shorter slices, depending on the texture of your produce.



butternut SQUASH

Butternut squash is a unique vegetable—only the upper neck can be used to create noodles. See the steps below to get yours ready to spiralize!



1 With large knife, cut neck off from lower bulb.



2 Trim top neck to create flat base.



3 Remove outer skin with peeler.



4 Start spiralizing!

get STARTED

Now that you know how to spiralize, it's time to put your new skills to the test! Use the info on p. 8–11 to find your favorite new flavor combinations. Try one, or try them all—and let us know what you like best!

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PICK A “NOODLE”



Beet (Golden* & Red)

Stovetop: 5–7 minutes (Golden), 6–8 minutes (Red)

Oven: 11–15 minutes

Microwave: 6–8 minutes (Golden), 4–6 minutes (Red)

*Toss with equal portions of lemon juice and water before cooking to prevent browning.



Kohlrabi

Stovetop: 2–4 minutes

Oven: 11–15 minutes

Microwave: 4–8 minutes



Turnip

Stovetop: 5–7 minutes

Oven: 11–15 minutes

Microwave: 4–6 minutes



Butternut Squash

Stovetop: Not recommended

Oven: 6–10 minutes

Microwave: Not recommended



Parsnip

Stovetop: Not recommended

Oven: 5–7 minutes

Microwave: 2–3 minutes



Yellow Squash & Zucchini

Stovetop: 2–4 minutes (use ¼ cup water only)

Oven: 5–9 minutes

Microwave: 2–5 minutes



Carrot

Stovetop: 1–2 minutes

Oven: 7–11 minutes

Microwave: 2–3 minutes



Sweet Potato

Stovetop: 1–3 minutes

Oven: 8–12 minutes

Microwave: 2–3 minutes



Celery Root

Stovetop: 2–3 minutes

Oven: Not recommended

Microwave: 2–3 minutes



Rutabaga

Stovetop: 8–10 minutes

Oven: Not recommended

Microwave: 4–6 minutes

cooking INSTRUCTIONS

Servings

Cook a quick meal for one or the whole family. Use a half or a whole veggie for each serving, depending on your appetite. Cook times can vary based on quantity.

Stovetop

Heat 1 tsp (5 mL) oil in large skillet over medium heat 3–5 minutes. Sauté veggie noodles for 2 minutes. Add ½ cup (125 mL) water; cover. Cook based on additional time shown with vegetable, or until crisp tender.

Oven

Arrange veggie noodles in a single layer on parchment-lined baking sheet. Spray veggies with oil and add desired seasonings. Roast in preheated 400°F (200°C) oven for time shown with vegetable.

Microwave

Place vegetables in 2-qt. (2-L) microwave-safe dish. Add ¼ cup (50 mL) water; cover and microwave on HIGH for time shown with vegetable.

Pick a veggie & sauce to pair for a quick, tasty meal. We can't wait to see what you make!

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half the fat of traditional alfredo sauce!

Greek Yogurt Alfredo Sauce

Total time: 5 minutes

YOU'LL NEED

- | | |
|----------------------------|---|
| 1 tbsp (15 mL) butter | ½ cup (125 mL) milk |
| 2 garlic cloves, pressed | 1 oz (30 g) fresh Parmesan cheese, grated (¼ cup/50 mL) |
| ¼ tsp (1 mL) ground nutmeg | ¾ cup (175 mL) 2% plain low-fat Greek yogurt |
| ¼ tsp (1 mL) salt | |
| 2 tbsp (30 mL) cornstarch | |

DIRECTIONS

- Place the butter, pressed garlic, nutmeg, and salt in a bowl. Microwave uncovered, on HIGH 1 minute or until the butter is melted.
- Place the cornstarch in a small bowl. Slowly whisk in the milk. Whisk the milk mixture into the bowl with the garlic mixture. Microwave, uncovered, on HIGH 1 minute to 1 minute 30 seconds, stirring every 30 seconds or until the sauce is thickened. Whisk until smooth. Stir in the Parmesan cheese and yogurt (sauce will be thick).

Serves 7 ▶ U.S. Nutrients per serving (3 tbsp/45 mL): Calories 140, Total Fat 4 g, Saturated Fat 2.5 g, Cholesterol 10 mg, Sodium 190 mg, Carbohydrate 20 g, Fiber 1 g, Protein 7 g

the walnuts thicken this pesto, and avocado makes it smooth and creamy.

Creamy Avocado Pesto

Total time: 10 minutes

YOU'LL NEED

- | | |
|---|---------------------------------|
| 1 cup (250 mL) lightly packed fresh basil | ¼ cup (50 mL) olive oil |
| ¼ cup (50 mL) walnuts, toasted | ½ ripe avocado, peeled |
| 1 garlic clove | ½ tbsp (7 mL) fresh lemon juice |
| 1 oz (30 g) fresh Parmesan cheese, grated (¼ cup/50 mL) | ¼ tsp (1 mL) salt |

DIRECTIONS

- Add the basil, walnuts, and garlic to the **Manual Food Processor**; process until finely chopped, scraping down the sides as needed. Add the remaining ingredients; process until almost smooth.

Serves 6 ▶ U.S. Nutrients per serving (2 tbsp/30 mL): Calories 160, Total Fat 16 g, Saturated Fat 2.5 g, Cholesterol 5 mg, Sodium 150 mg, Carbohydrate 3 g, Fiber 2 g, Protein 3 g

Crushed Tomato Sauce

Total time: 20 minutes

YOU'LL NEED

- 2 tbsp (30 mL) olive oil
- 6 garlic cloves, pressed
- ½ tsp (2 mL) dried basil leaves
- ½ tsp (2 mL) dried oregano leaves
- ½ tsp (2 mL) dried red pepper flakes (optional)
- 1 small carrot, peeled and grated
- 1 can (28 oz/796 g) crushed tomatoes, undrained
- ½ tsp (2 mL) salt

DIRECTIONS

- Heat the oil in a large skillet over medium-high heat 3–5 minutes or until shimmering. Add the garlic, basil, oregano, and pepper flakes; cook 1 minute, stirring constantly.
- Add the carrot, tomatoes with their juices, and salt. Cook over medium heat 12–14 minutes or until the sauce is thickened, stirring occasionally.

Serves 5 ▶ U.S. Nutrients per serving (½ cup/125 mL): Calories 60, Total Fat 3.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 250 mg, Carbohydrate 7 g, Fiber 2 g, Protein 2 g

40% less sodium than store-bought!

PICK A SAUCE

Toss these quick sauces with spiralized veggies, noodles or rice for healthy meals on the fly.

lighten this recipe by subbing half the oil for vegetable or chicken broth

Chimichurri

Total time: 5 minutes

YOU'LL NEED

- | | |
|---|---|
| 1½ cups (375 mL) loosely packed fresh cilantro leaves | 2 tbsp (30 mL) red wine vinegar |
| 1½ cups (375 mL) loosely packed fresh parsley leaves | ⅛ tsp (0.5 mL) each salt and ground black pepper |
| 2 garlic cloves | ½ tsp (2 mL) crushed red pepper flakes (optional) |
| ¼ cup (50 mL) olive oil | |

DIRECTIONS

- Add the cilantro, parsley, and garlic to the **Manual Food Processor**; process until coarsely chopped. Add the remaining ingredients; process until well blended, scraping down the sides as needed.

Serves 4 ▶ U.S. Nutrients per serving (2 tbsp/30 mL): Calories 130, Total Fat 14 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 90 mg, Carbohydrate 2 g, Fiber 1 g, Protein 1 g

pour over bean sprouts, chopped peanuts and chicken or shrimp. yum!

Pad Thai Sauce

Total time: 5 minutes

YOU'LL NEED

- | | |
|--|---|
| 1 1" (2.5 cm) piece fresh gingerroot, peeled and grated (1 tbsp/15 mL) | 1 tbsp (15 mL) soy sauce |
| ½ cup (125 mL) smooth cashew, almond or peanut butter | ½ tbsp (7 mL) honey |
| ¼ cup (50 mL) water | ½ tsp (2 mL) toasted sesame oil |
| 1 tbsp (15 mL) fresh lime juice | 1 garlic clove, pressed |
| | ½ tsp (2 mL) dried red pepper flakes (optional) |

DIRECTIONS

- Combine all the ingredients in the **Manual Food Processor**; process until well blended, scraping down the sides as needed.

Serves 4 ▶ U.S. Nutrients per serving (3 tbsp/45 mL): Calories 210, Total Fat 16 g, Saturated Fat 3 g, Cholesterol 0 mg, Sodium 360 mg, Carbohydrate 12 g, Fiber 1 g, Protein 6 g

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Serves 4 ▶ Prep time: 20 minutes | Total time: 30 minutes

ZUCCHINI NOODLES

with CRUSHED TOMATO SAUCE

ZUCCHINI NOODLES

- | | |
|--|---|
| 5 medium zucchini, ends trimmed, cut into halves or thirds | 2 tbsp (30 mL) plus 1 tsp (5 mL) olive oil, divided |
|--|---|

SAUCE

- | | |
|---|--|
| 1 small carrot, peeled | ½ tsp (2 mL) salt |
| 6 garlic cloves, pressed | 2 oz (60 g) grated fresh Parmesan cheese (½ cup/125 mL grated), plus additional for topping (optional) |
| ½ tsp (2 mL) dried basil leaves | |
| ½ tsp (2 mL) dried oregano | |
| ½ tsp (2 mL) dried red pepper flakes (optional) | |
| 1 can (28 oz/796 g) crushed tomatoes, undrained | |

DIRECTIONS

- 1 For the noodles, spiralize the zucchini with the *fettuccine blade* on the **Veggie Spiralizer**.
- 2 Heat 1 tsp (5 mL) of the oil in the 12" (30-cm) **Executive Nonstick Skillet** over medium-high heat 3–5 minutes or until shimmering. Add the zucchini and cook 3 minutes, stirring occasionally.
- 3 Turn off the heat. Remove the zucchini; drain well and press down with paper towels to get rid of any extra moisture; set aside.
- 4 For the sauce, grate the carrot with the **Microplane® Adjustable Fine Grater**.
- 5 Heat the remaining oil in the skillet. Add the garlic, basil, oregano, and red pepper flakes: cook 1 minute, stirring constantly. Add the carrot, tomatoes with their juices, and salt.
- 6 Cook over medium heat 12–14 minutes or until the sauce is thickened, stirring occasionally.
- 7 Add the zucchini noodles and Parmesan cheese to the skillet and toss to coat. Bring to a boil over high heat; reduce the heat and simmer for 2 minutes. Remove from heat. Top with additional Parmesan cheese, if desired.

COOK'S TIP

Add cooked chicken, shrimp or tofu for an easy weeknight meal.

U.S. Nutrients per serving (1½ cups/375 mL): Calories 170, Total Fat 9 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Sodium 630 mg, Carbohydrate 18 g, Fiber 6 g, Protein 5 g



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Serves 6 ▶ Prep time: 10 minutes | Total time: 30 minutes

VEGGIE NOODLES *with* GREEK YOGURT ALFREDO SAUCE

VEGETABLES

- | | |
|--|--|
| 4 large zucchinis, ends trimmed, cut into halves or thirds | 1 medium sweet potato, peeled, ends trimmed, cut in half |
|--|--|

SAUCE

- | | |
|--|--|
| 1 oz (30 g) fresh Parmesan cheese (¼ cup/50 mL grated) | ¼ tsp (1 mL) salt |
| 1 tbsp (15 mL) butter | 2 tbsp (30 mL) gluten-free cornstarch |
| 2 garlic cloves, pressed | ½ cup (125 mL) milk |
| ¼ tsp (1 mL) ground nutmeg | ¾ cup (175 mL) 2% plain low-fat Greek yogurt |

TOPPINGS

- | | |
|--|-----------------------------------|
| ¾ cup (175 mL) shredded Italian blend cheese or shredded mozzarella cheese | 1 plum tomato, seeded and chopped |
|--|-----------------------------------|

DIRECTIONS

- 1 Preheat the broiler. Place an oven rack 2"–4" (5–10 cm) from the heating element. For the vegetables, spiralize the zucchini with the *ribbon blade* on the **Veggie Spiralizer**. Place in the **Rockcrok® Everyday Pan**. Using the *fettuccine blade*, spiralize the sweet potato. Arrange on top of the zucchini. (*Note: Pan will be very full*)
- 2 Microwave, covered, on HIGH 6–9 minutes or until the vegetables are crisp-tender. Drain the vegetable noodles well and press down with paper towels to get rid of any extra moisture.
- 3 Meanwhile, for the sauce, grate the Parmesan cheese with the **Microplane® Adjustable Fine Grater**; set aside.
- 4 Place the butter, pressed garlic, nutmeg, and salt in the **Small Batter Bowl**. Microwave, uncovered, on HIGH 1 minute or until the butter is melted.
- 5 Place the cornstarch in a small bowl. Slowly whisk in the milk. Whisk the milk mixture into the batter bowl with the garlic mixture. Microwave, uncovered, on HIGH 1 minute–1 minute 30 seconds, stirring every 30 seconds or until sauce is thickened. Whisk until smooth. Stir in the Parmesan cheese and yogurt (sauce will be thick).
- 6 Add the sauce to the vegetable noodles in the pan. Top with shredded cheese and broil 2–4 minutes or until the cheese is melted. Remove from the oven and top with tomato.

COOK'S TIPS

To save time, you may use 1 cup (250 mL) of jarred reduced-fat Alfredo sauce for the *Greek Yogurt Alfredo Sauce*.

Make sure to drain the vegetable noodles after cooking so the sauce doesn't get too watery.

U.S. Nutrients per serving (1 cup/250 mL): Calories 190, Total Fat 8 g, Saturated Fat 4.5 g, Cholesterol 20 mg, Sodium 350 mg, Carbohydrate 17 g, Fiber 3 g, Protein 12 g

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Serves 4 ► Prep time: 15 minutes | Total time: 45 minutes

CHIMICHURRI NOODLES *with* GRILLED FLANK STEAK

YOU'LL NEED

- | | |
|---|--|
| 1½ cups (375 mL) loosely packed fresh cilantro leaves | ¼ tsp (1 mL) <i>each</i> salt and black pepper, divided |
| 1½ cups (375 mL) loosely packed fresh parsley leaves | 1 medium rutabaga, peeled, ends trimmed and cut into quarters (about 2 lbs/1 kg) |
| 3 garlic cloves, divided | 1 lb (450 g) beef flank steak |
| ¼ cup (50 mL) plus 1 tsp (5 mL) olive oil, divided | ½ cup (125 mL) water |
| 2 tbsp (30 mL) red wine vinegar | ½ tsp (2 mL) crushed red pepper flakes (optional) |

DIRECTIONS

- 1 Combine the cilantro, parsley, and 2 garlic cloves in the **Manual Food Processor**; process until coarsely chopped.
- 2 Add ¼ cup (50 mL) oil, vinegar, and ⅛ tsp (0.5 mL) *each* salt and pepper to the processor; process until well blended, scraping down the sides as needed.
- 3 Spiralize the rutabaga with the *fettuccine blade* on the **Veggie Spiralizer**; set aside.
- 4 Season the steak with the remaining salt, pepper, and remaining garlic pressed with **Garlic Press**. Heat the **Executive Nonstick Square Grill Pan** and **Grill Press** over medium heat for 5 minutes. Grill the steak 10–15 minutes or until it reaches 140°F (60°C) for medium-rare doneness, or 155°F (68°C) for medium doneness, turning once. Remove the steak from the pan to a cutting board; tent with aluminum foil and let stand for 5 minutes.
- 5 Meanwhile, heat the remaining oil in the 12" (30-cm) **Executive Nonstick Skillet** over medium heat 3–5 minutes or until shimmering. Add the rutabaga noodles; cook 2 minutes, stirring occasionally.
- 6 Add water to the skillet; cover. Reduce the heat to medium-low, cook 6–8 minutes or until the noodles are crisp-tender. Add the sauce to the noodles and toss to coat.
- 7 Slice the steak diagonally across the grain into thin slices.
- 8 To serve, place the noodles on a serving platter and arrange the steak over the noodles. Top with pepper flakes, if desired.

COOK'S TIP

Rutabaga prep tips: Large rutabagas can be difficult to slice. For easier prepping, use the **Serrated Peeler** to remove the waxy skin and cut ends off to create a flat base. Then, microwave the rutabaga for 2 minutes on HIGH, flipping halfway through cooking. Using a large chef's knife, slice the rutabaga in half and then into quarters.

U.S. Nutrients per serving (1¼ cups/425 mL noodles; about 4 oz/125 g meat): Calories 400, Total Fat 24 g, Saturated Fat 6 g, Cholesterol 75 mg, Sodium 250 mg, Carbohydrate 22 g, Fiber 6 g, Protein 27 g



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Serves 8 > Total time: 25 minutes

GREEK CUCUMBER NOODLE SALAD

DRESSING

- | | |
|----------------------------------|--|
| 2 tbsp (30 mL) fresh lemon juice | 1/8 tsp (0.5 mL) <i>each</i> salt and black pepper |
| 2 tbsp (30 mL) red wine vinegar | 1 garlic clove, pressed |
| 1/2 tsp (2 mL) dried oregano | 2 tbsp (30 mL) olive oil |

SALAD

- | | |
|--|---|
| 2 English cucumbers, cut into halves or thirds | 1 jar (7.5 oz /212 g) marinated artichoke hearts, drained |
| 1 small red onion (or 1/2 medium onion), peeled and ends trimmed | 1/4 cup (50 mL) Kalamata olives, pitted |
| 1 pint (2 cups/500 mL) cherry tomatoes | 4 oz (125 g) crumbled feta cheese |

DIRECTIONS

- 1 To make the dressing, whisk together all ingredients; set aside.
- 2 Spiralize the cucumbers with the *fettuccine blade* on the **Veggie Spiralizer**. Snip cucumber noodles occasionally to shorten the strands. Place the cucumber noodles into the large colander of the **Salad & Berry Spinner**. Place the colander into the outer bowl, then blot any excess moisture with a paper towel. Allow excess water to drain prior to assembling salad.
- 3 Using the *ribbon blade*, spiralize the red onion; cut the spirals in half. Rinse the red onion under water to remove the bite. Drain and set aside.
- 4 Slice the tomatoes in half.
- 5 Combine the cucumber, onion, tomatoes, artichoke hearts, olives, and cheese. Toss to combine. Drizzle with half of the salad dressing and serve the remaining dressing on the side.

COOK'S TIPS

Draining the cucumber prior to assembling salad helps keep it from getting too watery. If you're not serving the salad right away, keep the ingredients separate and assemble just before serving.

To make an Italian version of this recipe: Add 1 oz (30 g) finely grated Parmesan cheese to dressing. Substitute 3 oz (90 g) salami, cubed, for Kalamata olives and 4 oz (125 g) Ciligine fresh mozzarella balls (cherry size), cut in half, for feta.

U.S. Nutrients per serving (1 cup/250 mL): Calories 120, Total Fat 9 g, Saturated Fat 2.5 g, Cholesterol 15 mg, Sodium 360 mg, Carbohydrate 8 g, Fiber 2 g, Protein 4 g



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Serves 8 ► Total time: 25 minutes

APPLE, BEET & CARROT SALAD

DRESSING

- | | |
|---|-----------------------------|
| ½ orange | ¼ tsp (1 mL) salt |
| 1 tbsp (15 mL) white wine vinegar | ⅛ tsp (0.5 mL) black pepper |
| 1 tbsp (15 mL) snipped fresh basil leaves | 1 tbsp (15 mL) canola oil |

SALAD

- | | |
|--|--|
| 1 medium beet, red or golden or other desired root vegetable such as kohlrabi, peeled and ends trimmed | 2 medium-sized apples, such as Granny Smith or Gala, cored |
| 1 large carrot, peeled, cut into half or thirds | |

DIRECTIONS

- 1 For the dressing, juice one orange half; keep the other half for another use. Pour ¼ cup (50 mL) of the juice into a small bowl.
- 2 Add the vinegar, basil, salt, and pepper to the bowl. Slowly whisk in the oil until the ingredients are well combined. Cover and refrigerate until you're ready to use it.
- 3 For the salad, spiralize the beet with the *spaghetti blade* on the **Veggie Spiralizer**. (If you're using red beets, place the spiraled beets in a medium bowl and soak them in cold water for 10 minutes to minimize bleeding. Replace the water as needed, and rinse the Veggie Spiralizer before proceeding.)
- 4 Spiralize the carrot. (The thinner end of the carrot may not be able to be spiralized. Reserve it for another use.) Place the spiralized carrots in a serving bowl.
- 5 Switch to the *fettuccine blade* and spiralize the apples. Add them to the serving bowl.
- 6 Drain the beets and dry them with a paper towel. Add the beets and half of the vinaigrette to the serving bowl, and toss until the noodles are well coated. Add additional vinaigrette to taste.

COOK'S TIPS

Golden beets can brown quickly if they're not tossed with the vinaigrette after spiralizing. If you're not dressing them immediately, toss golden beets in equal ratio of lemon juice and water.

The bright, vibrant colors of your favorite fruits and veggies don't just make them pretty, they also provide lots of healthy benefits. The pigments that give beets their rich colors are called betalains, and they're a very good source of manganese and vitamin C.

U.S. Nutrients per serving (about ¾ cup/175 mL): Calories 60, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 85 mg, Carbohydrate 11 g, Fiber 2 g, Protein 1 g



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LOW
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LOW
SODIUM

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Serves 6 ▶ Prep time: 10 minutes | Total time: 20 minutes

MEXICAN SWEET POTATO “RICE”

YOU’LL NEED

- | | |
|--|---|
| 2 large sweet potatoes, peeled, ends trimmed and cut in half | ½ cup (125 mL) vegetable broth |
| 1 tsp (5 mL) canola oil | ¼ cup (50 mL) chopped fresh cilantro leaves |
| 1 cup (250 mL) black beans, drained, rinsed | 1 lime, juiced |
| 1 cup (250 mL) canned corn, drained | ¼ tsp (1 mL) salt |
| | 1 plum tomato, seeded and chopped |

DIRECTIONS

- 1 Spiralize the sweet potatoes with the *spaghetti blade* on the **Veggie Spiralizer**.
- 2 Place the potatoes on a cutting board. Working in batches, coarsely chop the sweet potatoes with a chef’s knife until its the size of rice (see cook’s tip).
- 3 Heat the oil in the 12" (30 cm) **Executive Nonstick Skillet** over medium heat 3–5 minutes or until shimmering. Add the potatoes, beans, corn, broth, cilantro, lime juice, and salt; cook 4–5 minutes, or until the potatoes are tender, stirring occasionally.
- 4 Just before serving, top with the chopped tomato.

COOK’S TIP

Turning veggie “noodles” into “rice” is much easier when you work in small batches. Once you’ve spiralized all of your sweet potatoes, place them on a cutting board and separate into three piles (see photo). Use a chef’s knife to coarsely chop, using a back-and-forth rocking motion, until each pile is riced.



U.S. Nutrients per serving (¾ cup/175 mL): Calories 160, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 520 mg, Carbohydrate 34 g, Fiber 7 g, Protein 5 g



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LOW
CALORIE

LOW
-FAT-

HIGH
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EGAN

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8 benefits of SPIRALIZING

- 1 it's healthy
- 2 it's for everyone
- 3 have guilt-free fettuccine & pasta any time
- 4 you can save money
- 5 they cook quickly
- 6 color & variety
- 7 it's fun!
- 8 it doesn't stop at noodles

what to do with EXTRAS

A small amount of food will be left over, but it doesn't have to go to waste! Try these tips to get the most out of your food:

- ▶ Freeze leftover ends in a freezer-safe resealable bag and use later in a stock, soup or stew.
- ▶ Finely chop leftover vegetables. Sauté and use in omelets, egg scrambles, pasta sauce or rice.
- ▶ Add to smoothies or juice.
- ▶ Use leftover cucumber for infused water.
- ▶ Use scraps from veggies like carrots, sweet potatoes or butternut squash to make homemade baby food.
- ▶ Leftover butternut squash, especially the lower bulb, makes great soup. Try our *Harvest Cream Soup* recipe.

storage TIPS

- To get the most nutrients, spiralize your produce on the day you plan to use it. They can be stored in the fridge for up to 3 days in an airtight container.
- Firm vegetables like carrots, butternut squash and root vegetables can be spiralized and frozen in an airtight container or resealable bag. Increase the cook time slightly, and stir noodles halfway through to break up.
- To keep apples, white potatoes, golden beets or parsnips from browning (oxidizing), mix equal portions of lemon juice and water and toss with noodles until they're fully coated.

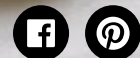
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