



pampered chef

*your guide to the*  
*—veggie—*  
**SPIRALIZER**



*eating healthy has never been easier!*

**5** 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](http://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

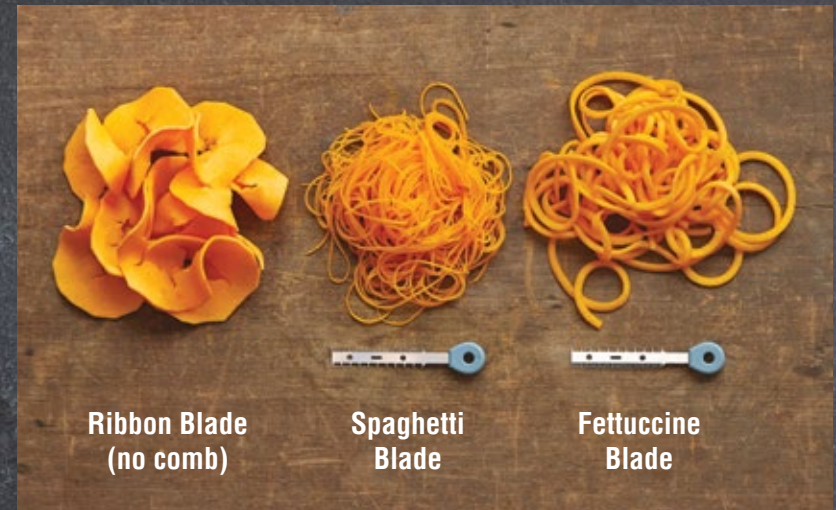


**Gluten-Free:** We have verified that recipes marked as gluten-free do not contain wheat, rye, barley or oats. Read packaged ingredient labels to make sure there are no hidden sources of gluten. Serving recommendations may contain gluten.

## before you START

- Watch this 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



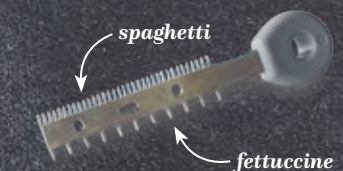
These are the combinations of blades and veggies we tried and liked. Try out your own combinations, and let us know how they worked!

### 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 butter, pressed garlic, nutmeg and salt in a bowl. Microwave uncovered, on HIGH 1 minute or until butter is melted.
- Place cornstarch in a small bowl. Slowly whisk in milk. Whisk milk mixture into bowl with garlic mixture. Microwave, uncovered, on HIGH 1 minute to 1 minute 30 seconds, stirring every 30 seconds or until thickened. Whisk until smooth. Stir in 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

## 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 oil in large skillet over medium-high heat 3–5 minutes or until shimmering. Add garlic, basil, oregano and pepper flakes. Cook 1 minute, stirring constantly.
- Add carrot, tomatoes with their juices and salt. Cook over medium heat 12–14 minutes or until 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

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  | ⅙ 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 cilantro, parsley and garlic in **Manual Food Processor**; process until coarsely chopped. Add remaining ingredients; process until well blended, scraping down 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!

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

40% less sodium than store-bought!

## 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 basil, walnuts and garlic to **Manual Food Processor**; process until finely chopped, scraping down sides as needed. Add 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

# PICK A SAUCE

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

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## 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 tsp (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 ingredients in **Manual Food Processor**; process until well blended, scraping down 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

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

HIGH  
FIBER

V

G&F



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

# VEGGIE NOODLES *with* GREEK YOGURT ALFREDO SAUCE

## VEGETABLES

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

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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 cilantro, parsley and 2 garlic cloves in **Manual Food Processor**; process until coarsely chopped.
- 2 Add ¼ cup (50 mL) oil, vinegar, and ½ tsp (0.5 mL) *each* salt and pepper to processor; process until well blended, scraping down sides as needed.
- 3 Spiralize the rutabaga with the *fettuccini blade* on the **Veggie Spiralizer**; set aside.
- 4 Season steak with remaining salt, pepper and remaining garlic pressed with **Garlic Press**. Heat **Executive Nonstick Square Grill Pan** and **Grill Press** over medium heat for 5 minutes. Grill steak 10–15 minutes or until reaches 140°F (60°C) for medium-rare doneness, or 155°F (68°C) for medium doneness, turning once. Remove steak to cutting board; tent with aluminum foil and let stand 5 minutes.
- 5 Meanwhile, heat remaining oil in 12" (30-cm) **Executive Nonstick Skillet** over medium heat 3–5 minutes or until shimmering. Add rutabaga noodles; cook 2 minutes, stirring occasionally.
- 6 Add water to Skillet; cover. Reduce heat to medium-low, cook 6–8 minutes or until noodles are crisp-tender. Add sauce to noodles; toss to coat.
- 7 Slice steak diagonally across the grain into thin slices.
- 8 To serve, place noodles on serving platter; arrange steak over 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 prepare 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 strands. Place cucumber into the large colander of the **Salad & Berry Spinner**; place colander into outer bowl. Blot excess moisture with paper towel. Allow excess water to drain prior to assembling salad.
- 3 Using the *spaghetti blade*, spiralize the red onion; cut spirals in half. Rinse red onion under water to remove the bite. Drain and set aside.
- 4 Slice tomatoes in half.
- 5 Combine cucumber, onion, tomatoes, artichoke hearts, olives and cheese. Toss to combine. Drizzle with half of the salad dressing and serve remaining as needed 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) Cilliegine 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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LOW  
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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 potatoes on a cutting board. Working in batches, coarsely chop sweet potatoes with a chef’s knife until the size of rice (see cook’s tip).
- 3 Heat oil in 12" (30 cm) **Executive Nonstick Skillet** over medium heat 3–5 minutes or until shimmering. Add potatoes, beans, corn, broth, cilantro, lime juice and salt; cook 4–5 minutes, or until potatoes are tender, stirring occasionally.
- 4 Just before serving, top with 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  
FIBER

V

V  
EGAN

G  
F



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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.

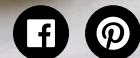
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Get more recipes, tips & tricks for the **Veggie Spiralizer** (and all our great products!) at [PamperedChef.ca](http://PamperedChef.ca).



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