

BEET VEGGIE NOODLES

Item#: 20464



Beet Noodle Salad with Blueberries and Goat Cheese



INDGREDIENTS:

18 oz Beet Veggie Noodles
1 cup of Blueberries
¼-½ cup Goat Cheese, crumbled
Mint, optional

DIRECTIONS:

Preheat oven to 400 degrees.

Lay the noodles evenly onto a baking sheet (they will overlap). Roast the beet noodles for 10-15 minutes, or until "al dente".

Place spiralized beet noodles in a large bowl and mix blueberries and goat cheese crumbles.

Add mint and or dressing (optional).

Serve and enjoy!

Spiralized Beet and Spinach Salad with Gorgonzola



INDGREDIENTS:

8 oz Beet Noodles
cooking spray
Salt and pepper
½ teaspoon dried thyme
4 cups spinach
¼ cup raw walnut halves
3 tablespoons crumbled gorgonzola cheese (or feta, or goat)
For the dressing:
1.5 tablespoons extra virgin olive oil
1 tablespoon lemon juice
½ teaspoon Dijon dressing

DIRECTIONS:

Preheat the oven to 425 degrees. Line a baking sheet with parchment paper.

Spritz the beet noodles with olive oil cooking spray and season with salt, pepper, and thyme. Roast in the oven for 5-10 minutes or until tender.

Meanwhile, prepare the dressing: whisk together all ingredients for the dressing in the bottom of a medium mixing bowl, season to taste.

Set aside.

When beet noodles are done, toss the spinach in the dressing and divide onto plates.

Top each with beet noodles, walnuts, and cheese.



SWEET POTATO VEGGIE NOODLES

Item#: 20463



Sweet Potato Carbonara with Spinach and Mushrooms

INDGREDIENTS:

- 2 pounds Sweet Potato Noodles
- 3 large eggs, beaten
- 1 cup grated Parmesan cheese
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil
- 3 strips center-cut bacon, chopped
- 1, 8-ounce package sliced mushrooms
- 2 cloves garlic, minced
- 1, 5-ounce package baby spinach

DIRECTIONS:

- Put a large pot of water on to boil.
- Cook the sweet potatoes in the boiling water, gently stirring once or twice, until just starting to soften but not completely tender, 1½ to 3 minutes.
- Reserve ¼ cup of the cooking water, then drain.
- Return the noodles to the pot, off the heat.
- Combine eggs, Parmesan, salt, pepper and the reserved water in a bowl; pour over the noodles and gently toss with tongs until evenly coated.
- Heat oil in a large skillet over medium heat.
- Add bacon and mushrooms and cook, stirring often, until the liquid has evaporated and the mushrooms are starting to brown, 6 to 8 minutes.
- Add garlic and cook, stirring, until fragrant, about 1 minute.
- Add spinach and cook, stirring, until wilted, 1 to 2 minutes.
- Add the vegetables to the noodles and toss to combine.
- Top with a generous grinding of pepper.



Singapore Sweet Potato Noodles

INDGREDIENTS:

- 12 oz Sweet Potato Veggie Noodles

SAUCE:

- 2 teaspoons sesame oil
- 1 tablespoon minced fresh ginger
- 1 clove garlic, minced or grated
- ¼ cup tamari (or low sodium soy sauce)
- 1 tablespoon raw apple cider vinegar
- 1 tablespoon maple syrup (optional)
- 2-3 teaspoons curry powder
- 1 teaspoon coconut oil
- 1 red bell pepper, chopped
- 3 cups mung bean sprouts or shredded cabbage
- 6 green onions, thinly sliced
- 1 cup fresh or frozen peas
- fresh cilantro, for garnish



DIRECTIONS:

- To prepare the sauce, in a small bowl, whisk together the sesame oil, ginger, garlic, tamari, vinegar, maple syrup, and 2 teaspoons of the curry powder, then set aside.
- In a large Dutch oven, melt the coconut oil over medium heat and cook the bell pepper until it starts to soften, about 5 minutes. Add the bean sprouts and reserved sauce and cook until the vegetables shrink in size, about 5 minutes more. Add the sweet potato noodles, green onions, and peas and toss well to combine. Partially cover the pot and cook until the potatoes are tender, 8 to 10 minutes.
- Taste and adjust the seasonings, adding more curry powder if desired. Serve warm, garnished with cilantro.

BUTTERNUT SQUASH VEGGIE NOODLES

Item#: 20462



Garlic Butternut Squash Noodles with Spinach and Ricotta

INDGREDIENTS:

16 oz Butternut Squash Noodles
2 tablespoons pine nuts
1 tablespoon extra virgin olive oil
1/2 tablespoon minced garlic
1/4 teaspoon red pepper flakes
1/4 cup thinly sliced sun-dried tomatoes
1/2 lemon, zested
1/2 lemon, juiced
2 cups baby spinach
1/2 cup ricotta
1/4 cup grated parmesan cheese
salt and pepper to taste

DIRECTIONS:

Heat a large skillet over medium heat. Add pine nuts and toast for 2-3 minutes until lightly browned. Set nuts aside.

In same skillet, add the olive oil, garlic and red pepper flakes. Sauté for about 30 seconds until fragrant.

Add the butternut squash and gently toss to coat in the garlic and olive oil. Add a splash of water to the skillet and cover with a lid. Cook for 3-5 minutes until noodles are soft.

Remove lid, add the sun-dried tomatoes, lemon zest, lemon juice and baby spinach to the skillet. Toss to combine and cook until spinach is wilted, about 2 minutes. Season to taste with salt and pepper.

Transfer noodles to a serving bowl. Dollop the ricotta on top. Garnish with the toasted pine nuts and grated parmesan cheese.



Creamy Butternut Squash Noodles with Bacon and Spinach

INDGREDIENTS:

16 oz Butternut Squash Noodles
1 Tablespoon Extra Virgin Olive Oil
Kosher Salt and Freshly Ground Black Pepper
4 Slices Thick Bacon, sliced cross-wise into small strips
1 Onion, thinly sliced
3 Cloves Garlic, finely minced
1/4 Cup Chicken Broth
2 Cups Fresh Spinach, roughly chopped
1/4 Cup (2 oz.) Mascarpone Cheese
Freshly Grated Pecorino Romano Cheese, for serving

DIRECTIONS:

Preheat oven to 400°. Toss veggie noodles with olive oil and season with salt and pepper. Lay the noodles evenly onto a baking sheet (they will overlap). Roast the butternut squash noodles for 10-15 minutes, or until "al dente".

Meanwhile, cook the bacon until crisp in a large skillet over medium high heat, about 5 minutes. Transfer to a paper towel lined plate and set aside. Discard all except 2 teaspoons of bacon grease.

Return the pan back to medium heat and add in the onion. Sauté the onion until lightly brown, about 2 minutes, then add in the garlic. Toss in the roasted butternut squash noodles.

Turn the heat down to low and add the chicken broth, spinach, and mascarpone cheese. Stir well to melt the cheese and combine everything together.

Place noodles onto serving plates and top with crisp bacon; sprinkle with Romano cheese.



ZUCCHINI VEGGIE NOODLES

Item#: 20461



Pesto Zucchini Noodles with Roasted Tomatoes and Grilled Chicken



DIRECTIONS:

INDGREDIENTS:

- 20 oz Zucchini Veggie Noodles
- 1 pint cherry tomatoes, cut in half
- 1 tablespoon oil
- 1 pound boneless skinless chicken breasts
- Salt and pepper to taste
- 1/2 cup basil pesto

Preheat oven to 400°. Toss the tomatoes in oil, salt and pepper, place on a baking sheet in a single layer and roast until they start to caramelize, about 10-15 minutes.

Meanwhile, season the chicken with salt and pepper to taste, grill over medium-high heat, about 3-5 minutes per side. Set aside.

Add zucchini noodles to the pan and cook until tender, about 1-2 minutes, stirring.

Toss the zucchini noodles, tomatoes, and chicken in the pesto and enjoy!



Stir Fry Zucchini Noodles



INDGREDIENTS:

- 12 oz Zucchini Veggie Noodles
- 2 tablespoons vegetable oil
- 2 yellow onions, spiralized
- 1 tablespoon low sodium soy sauce
- 2 tablespoons low sodium teriyaki sauce
- 1 tablespoon sesame seeds

DIRECTIONS:

Heat oil in a wok over medium heat.

Add onions and cook 4 to 5 minutes, or until translucent and tender.

Stir in zucchini and continue to cook for 2 minutes.

Add soy sauce, teriyaki sauce, and sesame seeds; mix and continue to cook for 5 minutes, or until zucchini is tender.

Remove from heat.

Serve.