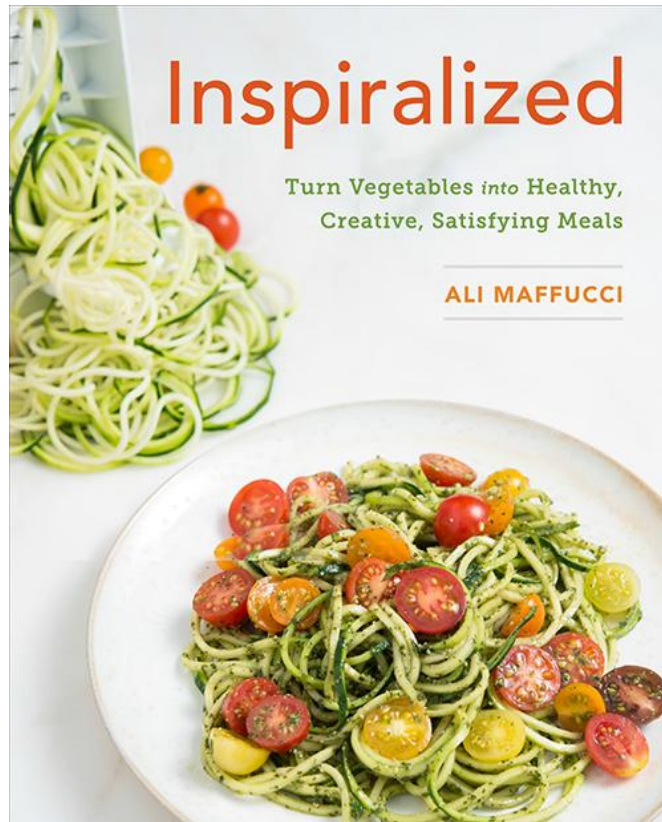




# INSPIRALIZED

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## Butternut Squash Carrot Noodles with Sausage & Kale

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Servings: 1

### Ingredients

- 1 large carrot, peeled, Blade C\*
- 1 link chicken sausage
- 1 cup chopped kale
- 1/4 cup vegetable broth, low-sodium
- 1/2 cup Dave's Gourmet butternut squash
- cracked pepper

### Instructions

1. Boil a medium saucepan of water. Once boiled, add in the carrot noodles. Cook for 3 minutes. Drain in a strainer and set aside.
2. While the water is boiling, add a medium skillet over medium heat and add in the chicken sausage. Cook until no longer pink inside.
3. Once finished, add in the kale, vegetable broth, Dave's Gourmet sauce, and cook until sauce is boiling and kale is wilted.
4. Place the carrot noodles in a plate and top with sauce mixture. Season with cracked pepper. Enjoy!

### Notes

\*carrot should be 2 inches in diameter for best results!

<http://www.inspiralized.com/2013/12/05/butternut-squash-carrot-noodles-with-sausage-kale/>



## Carrot and Parsnip Noodles with Roasted Hazelnuts and Ricotta

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Servings: 2

### Ingredients

- 1 large parsnip (at least 2" in diameter), peeled, Blade C
- 1 large carrot (at least 2" in diameter), peeled, Blade C
- 1/4 cup chopped roasted hazelnuts
- 1/2 cup ricotta cheese
- salt and pepper to taste
- 2 sprigs of rosemary
- 1 tsp ground cinnamon

### Instructions

1. Preheat the oven to 350 degrees. Once heated, place the hazelnuts on a baking tray coated with cooking spray. Cook for about 6-8 minutes.
2. Once nuts are done roasting, take them out and peel off their skins. Since the nuts will be hot, you can wait for them to cool or use gloves or a paper towel to rub the skins off. Once all nuts are peeled, set aside.
3. Place a large skillet over medium-low heat and place in the tbsp of olive oil. Add in the carrot and parsnip noodles and season with salt, pepper, rosemary, and cinnamon.
4. Cook for about 6-8 minutes, stirring frequently, or until noodles soften and are no longer tough.
5. Plate the noodles into two dishes and top each evenly with a ¼ cup dollop of ricotta. Sprinkle on hazelnuts and enjoy!

<http://www.inspiralized.com/2013/10/13/cinnamon-rosemary-sauteed-carrot-and-parsnip-noodles-with-roasted-hazelnuts-and-ricotta/>



## Ahi Tuna Poke Bowls with Avocado and Cucumber Noodles

Prep Time: 20 minutes      Total Time: 20 minutes

Servings: 3

### Ingredients

- 1 large sashimi grade ahi tuna steak, diced into bite-sized pieces
- 1 very ripe avocado, peeled, insides cubed
- 1 small jalapeno, seeds removed, finely minced
- 1 tablespoon minced cilantro
- 1.5 tablespoons freshly squeezed lime juice
- salt and pepper, to taste
- 1.5-2 large seedless cucumbers, Blade C, noodles trimmed
- 
- For the poke dressing:
- 2 teaspoons toasted white sesame seeds
- 2 teaspoons sesame oil
- ¼ cup soy sauce (low-sodium)
- 1 teaspoon rice vinegar
- ¼ heaping cup finely diced scallions
- 

### Instructions

1. Place the tuna in a bowl with the poke dressing ingredients. Stir to combine and set aside to marinate.
2. While the tuna marinades, combine the avocado, jalapeno, cilantro and lime juice in a medium sized mixing bowl and season with salt and pepper. Whisk together until creamy. Taste and adjust, if needed.
3. Thoroughly pat dry the cucumber noodles and add them to the mixing bowl and toss the noodles until they're completely coated in the avocado sauce.
- 4.
5. Divide the cucumber noodles into three bowls and top with equal amounts of the tuna poke, using a slotted spoon to portion out the poke, to avoid extra liquid. Serve.

<http://www.inspiralized.com/2014/09/04/ahi-tuna-poke-bowls-with-avocado-and-cucumber-noodles/>



## Easy Sesame Cucumber Noodles

Prep Time: 20 minutes

Total Time: 20 minutes

Servings: 5-6

*Make sure to pat the cucumber noodles dry thoroughly, using paper towels to remove excess moisture!*

### Ingredients

- For the sauce:
- 2 tablespoons sesame oil
- 3.5 tablespoons soy sauce
- 2 tablespoons rice vinegar
- ¼ cup tahini or creamy peanut butter
- 1 tablespoon honey
- 1 tablespoon finely grated ginger
- 2 teaspoons minced garlic
- 2 teaspoons sriracha
- 
- For the rest:
- 3 teaspoons white sesame seeds
- 4-5 large English cucumbers, Blade C, noodles trimmed\*
- 4 scallions, diced, to garnish
- 

### Instructions

1. In a medium bowl, whisk together the sesame oil, the soy sauce, rice vinegar, tahini (or peanut butter), honey, ginger, garlic and sriracha.
2. In a large bowl, toss the cucumber noodles with the sesame sauce. Transfer to a serving bowl and garnish with sesame seeds and scallions.

### Notes

This makes about 1 cup of "sauce."

<http://www.inspiralized.com/2015/01/22/easy-sesame-cucumber-noodles/>



## Spiralized Sushi Bowl with Salmon Sashimi and Ginger Miso Dressing

Prep Time: 25 minutes

Total Time: 25 minutes

Servings: 4

### Ingredients

- 1 large daikon radish, peeled, Blade C
- 1 large cucumber, Blade C, noodles trimmed
- 1 large carrot, Blade C, noodles trimmed
- 1 sheet nori (dried seaweed), thinly sliced
- 12oz salmon sashimi (or kani, or tofu, or anything you'd like!)
- 1 avocado, insides sliced
- 4 scallion stalks, chopped
- 4 teaspoons toasted white sesame seeds
- 
- For the dressing:
- 2 teaspoon grated ginger
- 4 tablespoons apple cider vinegar
- 2 teaspoon miso paste
- 1 tablespoon soy sauce, low sodium
- 2 teaspoons honey
- 2 tablespoon tahini
- 

### Instructions

1. Place the daikon noodles into a food processor and pulse until rice-like. If needed, squeeze the excess moisture out of the daikon "rice." Set aside.
2. In a medium bowl, whisk together all of the ingredients for the dressing until creamy. If needed, use a food processor.
3. To assemble, place even amounts of the daikon rice into bowls and top with even amounts of cucumber, carrot, salmon sashimi, avocado, scallions and sesame seeds. Top each with dressing and serve.

<http://www.inspiralized.com/2015/01/04/spiralized-sushi-bowl-with-salmon-sashimi-and-ginger-miso-dressing/>



## Caprese Zucchini Noodle Salad

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Servings: 3

### Ingredients

- 2 zucchinis, Blade A
- salt and pepper to taste
- 1/2 cup of fresh basil leaves
- 3/4 cup halved cherry tomatoes
- 12 small mozzarella balls, halved
- 
- For the marinade:
- 3 tbsp lemon juice, squeezed from a lemon
- 2 tbsp extra virgin olive oil
- 1 garlic clove, minced
- 

### Instructions

1. Lay the zucchini ribbons out. With a scissor, make sure that no ribbons are longer than 6". Once done, place in a bowl.
2. Combine all of the ingredients for the marinade in a bowl and whisk to combine.
3. Pour the marinade over the zucchini ribbons and place in the refrigerator for 10 minutes.
4. After 10 minutes, add in the tomatoes, mozzarella, basil and season with salt and pepper. Mix thoroughly to combine.
5. Serve in a platter as a pasta salad or side dish!

<http://www.inspiralized.com/2013/08/28/caprese-zucchini-noodle-salad/>



## Garlic-Parmesan Zucchini Noodles and Spaghetti Pasta

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Servings: 2

### Ingredients

- 2 ounces of spaghetti
- pinch of salt
- 3 medium garlic cloves
- 3 tablespoons extra virgin olive oil
- ¼ teaspoon red pepper flakes
- 1 medium zucchini
- 3 tablespoons grated parmesan cheese
- salt and pepper, to taste
- 

### Instructions

1. Bring a large pot of water and a pinch of salt to a boil. Once boiling, drop in the spaghetti and cook until al dente, per package directions (typically 10 minutes.)
2. While the pasta is cooking, thinly slice the garlic and spiralize your zucchini using Blade C. Trim the noodles using a scissor. Set both aside.
3. When the pasta is ready, drain it and set aside, discarding the pasta water.
4. Place a large skillet on medium heat and pour in the oil. Add the garlic and chili flakes and cook for 30 seconds or until garlic is fragrant. Add in the zucchini noodles and toss for 2-3 minutes or until al dente. Then, add in the “real” spaghetti and season generously with salt and pepper.
5. Remove the skillet from the heat and add in the parmesan cheese. Toss until cheese is melted into the pasta. Serve immediately.

<http://www.inspiralized.com/2014/09/25/garlic-parmesan-zucchini-noodles-and-spaghetti-pasta/>





## Sesame Beef Stir Fry with Zucchini Noodles

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Servings: 2

### Ingredients

- For the beef marinade:
  - 1/4 cup soy sauce
  - salt and pepper, to taste
  - 1 tsp red pepper flakes
  - 1 tbsp sesame oil
  - 1 tbsp rice wine vinegar
  -
- For the stir fry sauce:
  - 2 tbsp sesame oil
  - 4 tbsp soy sauce
  - 2 tsp cornstarch (optional)
  - 2 tbsp hoisin sauce
  -
- For the rest:
  - 2.5-3 medium zucchinis, Blade C
  - 1 garlic clove, minced
  - 1 red bell pepper, cut into 3" strips
  - 1 cup spinach
  - 2 tsp serrano chile, seeded and minced
  - 1 tsp ginger, minced
  - 1/2 onion, sliced in 1" thick strips
  - 8 thin-cut pieces of beef bottom round steak
  - 1 tbsp canola oil
  - salt and pepper to taste



### **Instructions**

1. Place the beef strips and ingredients for the marinade into a bowl and place in the refrigerator.
2. Combine all the ingredients for the stir fry sauce and set aside.
3. Spray a medium skillet with cooking spray and place in your onions and peppers. Cook on medium heat, stirring frequently, until vegetables begin to soften.
4. While the veggies are cooking, place a large skillet over medium heat and pour in beef, with marinade. Cook for about 3 minutes, stirring frequently. When done, set aside without juices.
5. Add the canola oil, diced serrano chiles, garlic and ginger to the skillet with the vegetables. Cook for about 1 minute and then add in sauce mixture, spinach and cook for about 1 minute.
6. Pour in zucchini pasta and cook for about 2-3 minutes or until zucchini pasta is heated through and softens.
7. Plate the zucchini pasta and top with beef, scallions and sesame seeds.

<http://www.inspiralized.com/2013/08/27/sesame-beef-stir-fry-with-zucchini-noodles/>



## Sesame Crusted Tuna & Avocado with Spicy Sesame Zucchini Noodles

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Servings: 1

### Ingredients

- 1 tuna steak
- 1/4 cup Bragg Hawaiian Dressing & Marinade
- 2 tbsp white sesame seeds
- 2 tbsp black sesame seeds
- 1/2 tbsp olive oil
- 1/2 tbsp sesame oil
- 1 tsp minced garlic
- 1 pinch red pepper flakes
- pepper, to taste
- 1/2 avocado, insides sliced out in vertical slivers
- 1 medium zucchini, Blade C

### Instructions

1. Place the tuna steak in a ziplock bag with the marinade and shake. Let marinade in the refrigerator for 10 minutes.
2. Meanwhile, place a baking tray or plate down and add in the sesame seeds. Mix to combine the seeds and create a thin layer.
3. Once the tuna is done marinading, place one side down onto the seeds and flip over, coating the second side in seeds.
4. Place a large skillet over medium heat and add in the sesame oil. Once the oil heats, add in the garlic. Cook for 30 seconds and then add in the red pepper flakes and zucchini noodles. Let cook for 2 minutes or until noodles soften.
5. Once you add in the zucchini noodles, place a medium skillet over medium heat and add in the olive oil. Once the oil heats, add in the tuna steak and sear on one side for 1 minute. Flip over, sear for another minute and then remove from the pan and slice into pieces.
6. Plate the zucchini noodles and top with tuna and avocado. Enjoy!

<http://www.inspiralized.com/2013/12/15/sesame-crusted-tuna-avocado-with-spicy-sesame-zucchini-noodles/>



## Zucchini Pasta Primavera

Prep Time: 15 minutes

Cook Time: 20 minutes      Total Time: 35 minutes

Servings: 3

### Ingredients

- 1.5 cup broccoli florets
- 1 tablespoon extra virgin olive oil
- 3 teaspoons minced garlic
- ¼ teaspoon red pepper flakes (or just a pinch)
- 1 cup cherry tomatoes, halved
- ½ small red onion, peeled, thinly sliced
- 1/2 cup defrosted green peas
- 1 bell pepper, seeds and top removed, thinly sliced
- salt and pepper, to taste
- 2 tablespoons freshly chopped parsley
- 2 medium zucchinis, Blade C
- 2 medium carrots, peeled and then shaved with a vegetable peeler
- 2 tablespoons lemon juice
- 1/2 cup grated parmesan cheese + more to garnish

### Instructions

1. Bring a medium pot filled halfway with lightly salted water to a boil. Once boiling, add in the broccoli and cook for 2 minutes or until tender but still crunchy. Drain into a colander, pat dry and set aside.
2. Place a large skillet over medium heat and add in the olive oil. Once the oil heats, add in the garlic, red pepper flakes and onions. Cook the onions for 2-3 minutes or until translucent. Then, add in the tomatoes, green peas and bell pepper and season with salt and pepper. Cook for about 3 minutes or until the bell pepper softens.
3. Add in the zucchini noodles, carrot shavings, lemon juice and parsley and toss for 2-3 minutes or until the zucchini noodles are al dente.
4. Add in the broccoli and parmesan cheese and toss completely to spread the cheese.
5. Plate into bowls and top with additional parmesan cheese, to garnish.

<http://www.inspiralized.com/2014/06/16/zucchini-pasta-primavera/>



## Tomato Zucchini Pasta with Turkey Meatballs

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Servings: 2, 8-9 meatballs.

### Ingredients

- For the meatballs:
- 1 garlic clove, minced
- 1/2 cup breadcrumbs
- 1 egg
- 1/4 cup grated parmigiano-reggiano cheese
- salt and pepper, to taste
- 2 tbsp warm water
- 1/2-3/4 lb lean ground turkey
- 1/2 tsp dried oregano flakes
- 2 tbsp freshly chopped parsley
- cooking spray
- 
- For the rest:
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1/4 tsp red pepper flakes
- 1/4 cup diced red onion
- 1 14oz can Muir Glen Fire Roasted Diced Tomatoes
- 1/2 tsp dried oregano flakes
- 4-5 medium zucchinis, Blade C



## Instructions

1. Preheat the oven to 375 degrees.
2. In a large saucepan, add in the olive oil. Once the oil heats, add in the garlic. Let garlic cook for 30 seconds and add in the red pepper flakes and onions. Let cook for 2 minutes or until onions begin to soften. Add in the fire roasted tomatoes and crush with a potato masher or back of a fork. Season with pepper and oregano.
3. Cook the sauce until it is reduced fully and no moisture remains, about 10 minutes. Once reduced, add in the zucchini noodles and toss until noodles soften and sauce becomes the proper consistency, about 3 minutes.
4. While the sauce is reducing, place all of your ingredients for the meatballs into a bowl and mix together. Using your hands, mold into slightly larger than golfball sized meatballs. Arrange on a baking tray that's lightly coated in cooking spray. Cook for 10-12 minutes, flipping the meatballs over after 5 minutes.
5. Plate the noodles onto a plate or bowl and top with 3 meatballs! Enjoy.

<http://www.inspiralized.com/2014/01/05/fire-roasted-tomato-zucchini-pasta-with-turkey-meatballs/>



## Zucchini Pasta Made for Men

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Servings: 1

### Ingredients

- For the pasta:
- 1 zucchini, Blade C
- 3/4 cup marinara sauce OR 1 cup of my tomato basil sauce (below)
- 1 egg, beaten
- 1 piece of whole wheat bread
- 1/4 tsp oregano flakes
- 1/4 tsp garlic powder
- salt and pepper, to taste
- 1 chicken breast
- 1 long ball of mozzarella cheese
- cooking spray
- 3 tbsp grated Parmesan cheese
- For the tomato basil sauce (makes 1 cup)
- 1/3 cup of chopped onions
- 1 (14oz) can of diced tomatoes, no salt added
- 1 pinch of red pepper flakes
- 2 tsp oregano flakes
- salt and pepper to taste
- 1 tbsp olive oil
- 1 clove of garlic, minced
- 1/3 cup loosely packed basil



## Instructions

1. Preheat the oven to 405 degrees.
2. Place your piece of bread into a food processor and pulse into breadcrumbs. Pour into a bowl and season with the oregano, garlic powder and then salt and pepper to taste. Take out a baking dish or tray and pour the breadcrumbs onto the tray. Add in Parmesan cheese and mix thoroughly to combine. Set aside.
3. Start your sauce. Place a large skillet over medium heat and pour in olive oil. Once oil heats, add in garlic. Cook for 30 seconds and then add in red pepper flakes. Cook for 10 seconds and then add in onions. Cook, stirring frequently, for about 2 minutes or until onions begin to soften and are translucent. Add in diced tomatoes, oregano and season with salt and pepper. Crush tomatoes with a potato crusher, stir and lower heat. Simmer for 15 minutes.
4. Coat a baking dish with cooking spray. Dredge your chicken in the beaten egg then dip in the breadcrumb-Parmesan mixture. Dip on both sides and pat breadcrumbs into any crevices on the chicken breast. Place on the baking tray and put into the oven for 17-20 minutes, depending on how thick the chicken breast (thicker = longer).
5. Continue to simmer the tomato sauce until all the juice is absorbed, adding in the basil at the end. Once done, reserve half of the sauce and keep the rest in the skillet, but turn off the heat.
6. After the chicken is done, take out, pour on the half cup of tomato basil sauce, top with mozzarella slice and place back in the oven for 5 minutes or until the cheese melts and starts to lightly brown on top.
7. While the chicken is cooking for the last 5 minutes, turn the skillet back on, throw in the zucchini spaghetti, and toss to combine, cooking for 3 minutes or until zucchini softens and sauce is heated. Place the zucchini pasta down on a plate and set aside.
8. Top the pasta with the chicken parmesan and enjoy.

<http://www.inspiralized.com/2013/07/24/zucchini-pasta-made-for-men/>





## Zucchini Pasta Primavera

Prep Time: 15 minutes

Cook Time: 20 minutes      Total Time: 35 minutes

Servings: 3

### Ingredients

- 1.5 cup broccoli florets
- 1 tablespoon extra virgin olive oil
- 3 teaspoons minced garlic
- ¼ teaspoon red pepper flakes (or just a pinch)
- 1 cup cherry tomatoes, halved
- ½ small red onion, peeled, thinly sliced
- 1/2 cup defrosted green peas
- 1 bell pepper, seeds and top removed, thinly sliced
- salt and pepper, to taste
- 2 tablespoons freshly chopped parsley
- 2 medium zucchinis, Blade C
- 2 medium carrots, peeled and then shaved with a vegetable peeler
- 2 tablespoons lemon juice
- 1/2 cup grated parmesan cheese + more to garnish

### Instructions

1. Bring a medium pot filled halfway with lightly salted water to a boil. Once boiling, add in the broccoli and cook for 2 minutes or until tender but still crunchy. Drain into a colander, pat dry and set aside.
2. Place a large skillet over medium heat and add in the olive oil. Once the oil heats, add in the garlic, red pepper flakes and onions. Cook the onions for 2-3 minutes or until translucent. Then, add in the tomatoes, green peas and bell pepper and season with salt and pepper. Cook for about 3 minutes or until the bell pepper softens.
3. Add in the zucchini noodles, carrot shavings, lemon juice and parsley and toss for 2-3 minutes or until the zucchini noodles are al dente.
4. Add in the broccoli and parmesan cheese and toss completely to spread the cheese.
5. Plate into bowls and top with additional parmesan cheese, to garnish.

<http://www.inspiralized.com/2014/06/16/zucchini-pasta-primavera/>



## Lemon-Dill Zucchini Pasta with Shrimp and Capers

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Servings: 2

### Ingredients

- 1 tablespoon extra virgin olive oil
- 1 garlic clove, minced
- 3 roma tomatoes, seeds removed, chopped
- 12 shrimp, deshelled, deveined
- juice of 1 lemon
- salt and pepper, to taste
- 2 zucchinis, Blade C
- 1.5 tablespoon freshly chopped dill
- 1 tablespoon capers

### Instructions

1. Place a large skillet over medium heat and add in the olive oil. Once the oil heats, add in the garlic and cook for 30 seconds or until fragrant. Then, add in the tomatoes, shrimp, lemon juice and season with salt and pepper. Let cook for about 5 minutes or until the shrimp are cooked through and opaque.
2. Add in the zucchini noodles, dill and capers and toss to combine. Cook for 2-3 minutes or until zucchini is al dente.
3. Divide into bowls and serve.

<http://www.inspiralized.com/2014/06/08/lemon-dill-zucchini-pasta-with-shrimp-and-capers/>



## Roasted Butternut Squash Noodles & Quinoa with Spiced Pumpkin Seeds, Dried Cranberries and Goat Cheese

Prep Time: 15 minutes    Cook Time: 20 minutes

Total Time: 35 minutes

Servings: 1

### Ingredients

- 3" piece of butternut squash, peeled, Blade C
- 2 tbsp dried cranberries
- 1 tbsp raw hulled pumpkin seeds
- 1 tbsp chili powder
- 1 tbsp cooked red quinoa
- 1 tbsp cumin
- salt and pepper
- 1 tbsp olive oil
- 2 tbsp crumbled goat cheese
- olive oil cooking spray

### Instructions

1. Preheat the oven to 375 degrees.
2. Cook the quinoa according to package instructions. Set aside when done.
3. While the quinoa is cooking, coat a baking tray with cooking spray and spread out the pumpkin seeds. Coat the pumpkin seeds with cooking spray and season generously with salt. Then, evenly dust the seeds with the cumin and chili powder.
4. Bake the pumpkin seeds for 5 minutes in the oven. When done, set aside.
5. Change the heat on the oven to 400 degrees.
6. Add the butternut squash noodles onto a baking tray coating with cooking spray. Drizzle half of the olive oil onto the noodles and toss to combine. Season with salt and pepper and bake for 5-7 minutes or until noodles have softened to your preference.
7. Place the noodles in a bowl and toss with cranberries, spiced pumpkin seeds, quinoa, and the rest of the olive oil.
8. Plate onto a bowl and top with goat cheese. Enjoy!

<http://www.inspiralized.com/2013/10/21/roasted-butternut-squash-noodles-quinoa-with-spiced-pumpkin-seeds-dried-cranberries-and-goat-cheese/>



## Shaved Asparagus and Sausage Sweet Potato Noodle Pasta

Prep Time: 15 minutes

Cook Time: 15 minutes      Total Time: 30 minutes

Servings: 2

### Ingredients

- 1.5-2 tablespoons of olive oil
- 2 sweet Italian sausage links, decased, crumbled
- 1 large (350g+) sweet potato, peeled, Blade C
- salt and pepper, to taste
- 1 large garlic clove, minced
- 1/4 tsp red pepper flakes
- 1/2 cup low-sodium beef broth
- 2 tbsp freshly chopped parsley
- 6 asparagus stalks
- optional: grated parmigiano reggiano cheese, to garnish
- 

### Instructions

1. Place a large skillet over medium heat and add in the olive oil. Then, add in the sausage. Cook the sausage until browned, 5-7 minutes. Continue to crumble the sausage as it cooks. While the sausage is cooking, snap the bottoms off the asparagus and then shave with a vegetable peeler, starting from the bottom of the asparagus tips all the way down to the end of the stalk. When done shaving, chop off the tips and set aside. Set aside all shavings and tips.
2. When the sausage is done, add in the sweet potato noodles, garlic, red pepper flakes and season with salt and pepper. Toss to combine and then add in the broth and parsley. Let cook, stirring occasionally, for 6-8 minutes or until sweet potato noodles are cooked through and soften. After 5 minutes into the noodles cooking, add in the shaved asparagus and asparagus tips. Toss to combine and let the noodles finish cooking.
3. When pasta is done, plate into bowls and garnish with optional grated cheese. Enjoy!

<http://www.inspiralized.com/2014/03/25/shaved-asparagus-and-sausage-sweet-potato-noodle-pasta/>



## Roasted Red Pepper Butternut Squash Pasta with Chicken

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Servings: 2-3

### Ingredients

- 2 whole red bell peppers
- 1 large butternut squash, peeled, Blade C
- olive oil, to drizzle
- salt and pepper, to taste
- 1/2 tsp garlic powder
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1/4 tsp red pepper flakes
- 3/4 cup diced white onion
- 1/3 cup chicken broth, low-sodium
- 1 cup chopped cooked chicken
- 1 tbsp freshly chopped parsley



### Instructions

1. Preheat the oven to 400 degrees. Cut the bottom and tops off the bell peppers, remove the seeds inside and place on a baking tray lightly coated with cooking spray. Place the peppers insides up. Roast for 25 minutes.
2. While the peppers are roasting, place your butternut squash noodles on a baking tray. Drizzle the noodles lightly with olive oil and season with salt, pepper and garlic powder. When the peppers are done roasting, place the noodles into the oven and roast for 10 minutes. When done, remove from heat and place into bowls.
3. When the peppers are done roasting, place them into a food processor and pulse until no major chunks are left. Then, place a large skillet over medium heat and add in the olive oil. Then, add in the garlic, red pepper flakes and onions. Let cook for about 3 minutes and then add in the pureed red peppers. Stir to combine and then add in the chicken broth and chicken. Cook for another 2 minutes to heat up the chicken.
4. Pour the red pepper sauce and chicken mixture over the bowls of butternut squash noodles. Top each with freshly chopped parsley, to garnish.

<http://www.inspiralized.com/2014/03/02/roasted-red-pepper-butternut-squash-noodles-with-chicken/>



## Spanish Butternut Squash "Rice" with Ham

Prep Time: 20 minutes

Cook Time: 15 minutes      Total Time: 35 minutes

Servings: 4

### Ingredients

- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1/2 cup diced yellow onion
- 1 butternut squash, peeled, Blade C
- 1 tsp Adobo seasoning
- 1.5-2 tbsp tomato paste
- salt and pepper, to taste
- 1 pinch of saffron leaves
- 1/3 cup chopped manzanilla olives
- 1/2 cup cubed ham
- 1.5 cups chicken broth, low-sodium

### Instructions

1. Take the butternut squash noodles and place them in a food processor. Pulse until chopped into small rice-like bits. This may take many batches (you don't want to crowd the food processor). When done, set aside.
2. In a large saucepan, add in the olive oil. Once the oil heats, add in the garlic and red pepper flakes. Let cook for 30 seconds and then add in the onion. Cook the onion for 2 minutes or until it begins to soften.
3. Add in the butternut squash "rice," Adobo, tomato paste, saffron and season with salt and pepper. Stir continuously until tomato paste soaks into the rice. Then, add in the olives and ham. Stir to combine and then add in the 1 cup of the chicken broth.
4. Stir the mixture and let chicken broth cook and reduce. Once reduced, add in another 1/2 cup. Once that 1/2 cup reduces, taste to see if the consistency is right (should be slightly soft yet still firm). If it needs to cook longer, add 1/4 cup more of broth.
5. Once done, divide into four bowls and enjoy!

<http://www.inspiralized.com/2014/01/12/spanish-butternut-squash-rice-with-ham/>



## Spiralized Paleo Eggs Benedict with Roasted Sweet Potato Noodles, Avocado

Prep Time: 15 minutes Cook Time: 15 minutes Total Time: 30 minutes

### Ingredients

- 1 large sweet potato, Blade C, noodles trimmed
- olive oil cooking spray
- ¼ teaspoon garlic powder
- salt and pepper, to taste
- 1 avocado, insides cubed
- 3 large eggs
- 1 tablespoon chopped cilantro
- 
- For the sauce:
- 2 eggs yolks
- 1 tablespoon lemon juice
- ½ teaspoon sea salt
- 1 chipotle pepper + 1 teaspoon of adobo sauce (from canned chipotles in adobo sauce)
- 3 tablespoons melted coconut oil
- 

### Instructions

1. Preheat the oven to 425 degrees. Place the sweet potato noodles on a baking sheet, lightly coat with cooking spray and season with garlic powder, salt and pepper. Sprinkle over with the avocado cubes and then roast for 10-13 minutes or until the sweet potato noodles are cooked to your preference.
2. Meanwhile, place the egg yolks, lemon juice, sea salt, chipotle pepper and sauce in a blender and blend for about 10 seconds. Then, set the blender on medium and slowly pour in the coconut oil to thicken. Once thickened, set aside.
3. After the hollandaise sauce is made, fill a medium saucepan halfway with water and bring to a steady simmer. Crack the eggs individually into a ramekin or small bowl. Then, create a gentle whirlpool in the simmering water to help the egg white wrap around the yolk. Slowly tip the egg into the water. Let cook for three minutes. Remove with a slotted spoon and gently rest on a paper towel lined plate.
4. Once the sweet potato noodles and avocado are done, place like a “nest” on three plates. Top each with poached (or fried, if you don’t feel like poaching!) egg and drizzle with hollandaise sauce. Serve immediately, garnished with cilantro.





## Spiralized Sandwich Bun

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Servings: 1

### Ingredients

- For the noodle buns:
  - 1 medium potato, peeled, Blade C
  - 1/2 tsp garlic powder
  - salt and pepper, to taste
  - 1.5 tbsp olive oil
  - 1 egg
- For the rest
  - 1 onion ring slice
  - 1-2 slices of tomato
  - 1-2 pieces of kale
  - 1/2 of an avocado
  - 1 oz goat cheese (about 1/4 cup crumbled)
  - cooking spray



## Instructions

1. Place a large skillet over medium heat and add in 1/2 tbsp of the olive oil. Place in the sweet potato noodles and season with garlic powder, salt and pepper. Cook for about 6-8 minutes or until noodles have softened. The noodles will turn bright orange when they are cooked.
2. Place the noodles in a bowl and crack over the egg. Stir to combine thoroughly and coat all of the noodles.
3. Take out the ramekins. Place in enough noodles to pack the ramekin half-way full.
4. Place a piece of wax paper over the ramekins and push in to cover the noodles. Place a can of something (tomatoes, beans, etc) and press firmly down onto the noodles. Place the two ramekins in the refrigerator for at least 15-20 minutes.
5. While the noodles are chilling, cook your onions. Place a skillet over medium heat, spray with cooking spray, and put in the onions, seasoning with salt and pepper. Stir frequently until onions are translucent and soften, about 3-5 minutes. Set aside once finished.
6. Make the avocado-goat cheese spread. Place in the avocado and goat cheese into a bowl and mix thoroughly until no chunks of avocado or goat cheese are left. Set aside.
7. Once the noodles are done cooling, remove the can and paper. Place a large skillet over medium-low heat and add in the other tbsp of olive oil. Very carefully, over the skillet, turn the ramekin over and tap the bottom with one hand until the noodles come out. Cook (without moving) the noodle bun for about 3-4 minutes and then flip over and cook an additional 2-3 minutes or until all noodles are compact. There will be a slight char on both sides.
8. While the bun is cooking, place your tomato on a skillet with cooking spray and sear it for about 1 minute and flip over and cook for another 30 seconds. Set aside.
9. Place one bun on the bottom and smear with avo-goat cheese spread. On top, place the kale, then onions, then tomato. Smear more of the spread on the bottom of the other bun and place on top.
10. Use a toothpick to secure the sandwich and enjoy!

<http://www.inspiralized.com/2013/08/23/recipe-spiralized-sandwich-bun/>



## Inspiralized Breakfast Cinnamon Bun with Almond Butter & Banana

Prep Time: 5 minutes

Cook Time: 30 minutes

Total Time: 35 minutes

Servings: 2

### Ingredients

- 1 large sweet potato (about 340 g), peeled, Blade C
- olive oil cooking spray
- salt and pepper, to taste
- 1 tsp cinnamon
- 1 whole egg
- 1 tbsp olive oil
- 4 tbsp Justin's almond butter
- 1 banana, cut into 1/2 inch slices
- honey to drizzle



## Instructions

1. Place a large skillet over medium heat and coat with cooking spray. Place in the sweet potato noodles and season with salt, pepper and cinnamon. Cook for about 7 minutes or until noodles have softened completely. The noodles will turn bright orange as they cook.
2. Place the noodles in a bowl and crack over the egg. Stir to combine thoroughly and coat all of the noodles.
3. Take out two 6oz ramekins. Place in enough noodles to pack the ramekin half-way full.
4. Place a piece of wax paper over the ramekins and push in to cover the noodles. Place a can of something (tomatoes, beans, etc) and press firmly down onto the noodles. Place the two ramekins in the refrigerator for at least 15 minutes.
5. Once the noodles are done cooling, remove the cans and paper from the two ramekins. Place a large skillet over medium-low heat and add in the olive oil. Very carefully, over the skillet, turn one ramekin over and tap the bottom with one hand until the noodles come out. Repeat for the other ramekin.
6. Cook (without moving) the noodle buns for about 3-4 minutes and then flip over and cook an additional 2-3 minutes or until all noodles are compact. There will be a slight char on both sides.
7. Place each bun on a separate plate and spread each with 2 tbsp of the almond butter. Top with 3-4 banana slices and drizzle with honey. Enjoy!

<http://www.inspiralized.com/2013/11/12/inspiralized-breakfast-bun-with-justins-almond-butter-banana-honey/>



## Buffalo Cauliflower with Sweet Potato Noodles

Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

Servings: 4

### Ingredients

- 1 medium head of cauliflower, chopped into florets (about 8 cups)
- salt and pepper, to taste
- olive oil cooking spray
- 3 tablespoons coconut oil
- ¼ cup raw cashews, soaked in water for at least 2 hours
- vegetable broth, if needed
- 2 large sweet potatoes, peeled, Blade B, noodles trimmed
- 1 tablespoon chopped parsley, to garnish
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- For the buffalo pasta sauce:
- 3-4 tablespoons hot sauce (I use Tessemae's)
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon apple cider vinegar
- salt, to taste
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## Instructions

1. Preheat the oven to 400 degrees. Arrange the cauliflower on a baking sheet, season with salt, pepper and coat lightly with cooking spray. Roast for 20-25 minutes or until beginning to brown.
2. On another baking sheet, lay out the sweet potatoes and coat lightly with cooking spray and season with salt and pepper. Roast for 17-20 minutes or until cooked through, but still al dente (taste test.)
3. While the cauliflower and sweet potato roasts, puree the cashews in a high-speed blender or food processor until creamy. Set aside.
4. In a medium pot over medium heat, melt the coconut oil. Add the coconut oil to the cashew cream along with the other ingredients for the buffalo sauce and puree again until creamy. If needed, add in vegetable broth until reached a sauce-like consistency (not runny, but not too thick.) Cover and set aside, to keep warm.
5. In a large mixing bowl, toss together the cauliflower florets with half of the buffalo sauce mixture, keeping the remaining sauce in the pot. Spread the cauliflower back out on the baking sheet and cook for 5 more minutes or until sauce begins to bubble.
6. Plate the sweet potato noodles and top with cauliflower florets. Stir the buffalo sauce and then drizzle over plates. Serve immediately, garnished with parsley.

<http://www.inspiralized.com/2015/01/11/vegan-buffalo-cauliflower-with-sweet-potato-noodles/>



## **Chorizo, Avocado & Butternut Squash Rice Stuffed Peppers**

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4

### **Ingredients**

- 3 bell peppers (any color)
- 2 chorizo sausages, caseings removed and then crumbled
- 1 avocado, insides cubed
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1/4 tsp red pepper flakes
- 1/3 cup diced yellow onion
- 2 cups butternut squash rice (made from noodles from 1/2 butternut squash)\*
- salt to taste
- 1/2 tsp cumin
- 1 tsp smoked paprika
- 1 cup chicken broth
- 1 cup shredded pepper jack cheese



## Instructions

1. Preheat the oven to broil. Slice the tops off your bell peppers, slice them in half lengthwise and then remove the white parts from the insides. Once it's preheated, place them on a baking tray lightly coated in cooking spray. Broil for 4 minutes and then remove from the oven, but keep the oven on broil.
2. While the peppers are broiling, place a large skillet over medium-low heat and spray with cooking spray. Add in the chorizo and avocado and cook, tossing frequently for 3-5 minutes. Set aside and add in 1 tbsp olive oil, garlic, red pepper flakes and cook for 30 seconds. Then, add in the onion and cook for about 2 minutes or until onion begins to soften.
3. Add in the butternut squash rice, salt, cumin and smoked paprika. Stir to combine and cook for 1 minute. Then, add in 1/2 cup chicken broth. Stir to combine and let reduce, stirring occasionally. Once reduced fully, add in 1/4 cup chicken broth and let reduce. Taste the rice and if the rice is still crunchy, add in another 1/4 cup of broth and let reduce. If the rice is done (the consistency is that of rice), add in the chorizo and avocado and stir to combine.
4. Once the rice mixture is done, stuff the peppers with it, using a spoon. Pat down the tops of the stuffed peppers with the back of the spoon to compress.
5. Top each pepper with the pepper jack cheese evenly and place in the broiler. Broil for about 3 minutes, checking after 2 minutes to make sure it does not burn. Once the cheese has melted, remove from the oven and serve!

## Notes

To make butternut squash rice, spiralize a butternut squash and then place the noodles into a food processor and pulse until made into rice-like bits. This will make 2 cups of rice (a 348g piece of butternut squash makes 2 cups).

<http://www.inspiralized.com/2014/01/19/chorizo-avocado-butternut-squash-rice-stuffed-peppers/>





## Margherita Spiralized Pizza

Prep Time: 30 minutes

Cook Time: 25 minutes

Total Time: 55 minutes

Servings: 1 pizza

### Ingredients

- 2 potatoes, peeled, Blade C (sweet potato or Idaho)
- 2 tbsp olive oil, divided
- 2 eggs
- salt and pepper, to taste
- 3 tsp of garlic powder, divided 2 tsp and 1 tsp
- 5 quarter-inch slices of mozzarella cheese
- 5 leaves of basil
- 1 cup of tomato basil sauce (made from previous Inspiralized recipes or store-bought)
- Parmesan cheese, to top



## Instructions

1. Place a large skillet over medium heat. Pour in 1 of the tablespoons of olive oil. Once oil heats, add in the potato noodles and season with salt, pepper, and the first 2 tsp of garlic powder. Cook the noodles, stirring every 30 seconds - 1 minute until potatoes soften and smell cooked. If you are using sweet potato noodles, noodles will turn a deeper orange. If you are using Idaho potatoes, noodles will slightly brown and become sticky.
2. Once the noodles are cooked, place in a large bowl and add in eggs. Mix to combine thoroughly.
3. Pour the noodles into a 10" skillet. Make sure that the noodles are spread evenly and that you can't see the bottom of the skillet.
4. Once noodles are set, lay plastic wrap or baking paper over the noodles.
5. Place a pot over the paper/plastic wrap and press down firmly and slowly. You want to flatten and condense the noodles as much as possible. Put something heavy inside of the pot to add extra weight. Place this in the refrigerator for at least 15-20 minutes. The longer the better - I left mine in for 25.
6. Take the skillet out of the refrigerator and place over medium heat. On another burner, place on a large (10-12") skillet but do not turn on the heat. Do not move the skillet with the noodles for about 5 minutes and let cook.
7. Turn up the heat to medium underneath the other skillet (without the noodles) and pour in the other tablespoon of olive oil. Once oil heats, flip the noodle skillet over and into this new skillet. If any noodles go out of place, simply hold them in with a wooden spoon or spatula. Fry this side for another 5-7 minutes.
8. While this side of the crust is cooking, set your oven to broil.
9. Once both sides are crispy and the noodles have become the "crust," take off the heat. Spread the tomato basil sauce on top of the pizza, leaving an inch or two of noodle crust between the sauce and the edges (so you can grab it when eating!)
10. Top with mozzarella slices, season with salt, pepper and the last teaspoon of garlic powder. Place in the oven for about 7-10 minutes or until mozzarella melts without browning and the crust becomes crispy.
11. Take out of the oven (remember to use an oven mit!), sprinkle with Parmesan cheese and top with basil.

<http://www.inspiralized.com/2013/08/17/recipe-gluten-free-margherita-spiralized-pizza/>



## Parmesan Squash Rice Risotto with Asparagus & Green Peas

Prep Time: 15 minutes    Cook Time: 15 minutes    Total Time: 30 minutes

Servings: 4

### Ingredients

- 1 butternut squash, peeled, Blade C
- 1 tbsp olive oil
- cooking spray
- 6-8 stalks of asparagus, cut into thirds
- 1/4 cup diced red onion (or white)
- 1 cup + 2 tbsp vegetable broth
- 1/2 cup grated parmigiano-reggiano cheese
- 1/4 cup cooked green peas

### Instructions

1. Place your butternut squash noodles (in batches) into a food processor and pulse until most of the big strands are chopped into “bits” similar to rice. Don’t process too much or else the bits will be too small. Once done, set aside the butternut squash noodle rice into a bowl.
2. Place a large skillet over medium heat and coat with cooking spray. Add in the asparagus, lightly spray with cooking spray and season with salt and pepper. Cook, stirring frequently, until asparagus turns bright green and is soft when forked. Set aside.
3. While the asparagus is cooking, place another large skillet over medium-low heat and add in the olive oil. Once the oil heats, add in the garlic, cook for 30 seconds and then add in the onion. Cook until the onion starts to soften.
4. Add in 2 tbsp of the vegetable broth and let reduce. Then, add in the squash rice, season with salt and pepper and stir. Add in 1/2 cup of vegetable broth and let reduce. Once reduced, add in another 1/2 cup of vegetable broth and let reduce. At this point, taste test the risotto. If the squash rice needs to cook more, add another 1/2 cup of broth. If it’s cooked enough, add in the Parmesan cheese, stir to combine and let cook for 30 seconds or until cheese melts fully into the squash rice.
5. Add the asparagus and peas to the skillet with the risotto and stir to combine. Pour into bowls and enjoy!

<http://www.inspiralized.com/2014/01/06/inspiralized-rice-parmesan-squash-rice-risotto-with-asparagus-green-peas-gluten-free/>



## Garlic Oregano Carrot Rice

Prep Time: 6 minutes

Cook Time: 6 minutes

Total Time: 12 minutes

Servings: 1

### Ingredients

- 1 large carrot, peeled, Blade C
- 1/2 tbsp olive oil
- 1 small garlic clove, minced
- 1/2 tsp dried oregano flakes
- salt and pepper, to taste
- 1/4 cup vegetable broth, low-sodium
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### Instructions

1. Place your carrot noodles into a food processor and pulse until made into rice-like "bits." Set aside.
2. In a large skillet, add in the olive oil. Once the oil heats, add in the garlic and cook for 30 seconds. Then, add in the carrot bits, season with salt, pepper, and oregano. Stir to combine thoroughly and let cook for about 3 minutes, tossing frequently.
3. Add in the vegetable broth and let reduce, about 3 minutes. Once reduced, taste. If the carrot taste is too strong, add in another 1/4 cup of broth and let reduce.
4. When done, plate and enjoy alongside your meal!

<http://www.inspiralized.com/2014/01/17/inspiralized-rice-the-perfect-side-dish/>



## Spiced Chicken Kabobs over Moroccan Celeriac Rice

Prep Time: 30 minutes

Cook Time: 15 minutes Total Time: 45 minutes

Servings: 3 cups of rice, 6 kabobs

### Ingredients

- 1/2 tablespoon extra virgin olive oil
- 1.5 large shallots, peeled, minced
- 1 large garlic clove, minced
- 1 tablespoon pine nuts
- 1 large celeriac (or two medium), peeled, Blade C
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon paprika
- 1/3 cup diced dried apricots
- salt and pepper, to taste
- 1/3 cup low-sodium chicken broth
- 2 tablespoons freshly chopped parsley
- ¼ cup crumbled feta, to garnish (optional)
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- For the kabobs:
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 teaspoon paprika
- pinch of ground cinnamon
- pinch of ground ginger
- ¼ teaspoon cayenne pepper
- salt and pepper, to taste
- 1 large chicken breast, cut into 1" cubes (about 1 pound)
- ½ tablespoon extra virgin olive oil
- 2 teaspoons lemon juice
- 1 large bell pepper (any color)
- 1 medium red onion
- 1 dozen cherry tomatoes



## Instructions

1. If you're using wooden skewers, make sure you soak them for at least 30 minutes – 1 hour to avoid burning in the oven. If you're using a metal skewer, you can skip this step.
2. Preheat the oven to 425 degrees. Place the kabob spices (cumin, coriander, paprika, cinnamon, ginger, cayenne) into a large bowl and mix together. Add in the chicken, olive oil and lemon juice and season with the salt and pepper. Toss to mix thoroughly. Let marinate in the refrigerator for 20 minutes.
3. While chicken marinates, place the celeriac noodles into a food processor and pulse until rice-like. Set aside. Then, chop the onion and bell peppers into 1" pieces.
4. Once the chicken is marinated, skewer the marinated chicken, bell peppers, onion and tomatoes as you prefer (in any order.) You should be able to make 6 skewers, with 2-3 pieces of chicken per skewer.
5. Arrange the skewers on a large nonstick baking sheet in a single layer and bake until chicken is just cooked through and vegetables are tender, about 10 minutes.
6. Meanwhile, place a large skillet over medium heat and add in the oil. Add the shallot and cook for 1-2 minutes until translucent and fragrant. Add the garlic and pine nuts and cook, stirring frequently, until the nuts are lightly toasted, slightly golden brown. Add in the celeriac rice and stir in the spices and apricots and mix well. Season with salt and pepper, pour in the chicken broth, cover and cook for 5-7 minutes or until celeriac reaches a rice-like consistency and is no longer crunchy, uncovering the skillet to stir occasionally.
7. Stir in the parsley and divide into three plates, topping each plate each with 2 kabobs.

<http://www.inspiralized.com/2015/01/20/spiced-chicken-kabobs-over-moroccan-celeriac-rice/>