

GEORGE FOREMAN®
HEALTHY LIVING

Veggie
Spiralizer



RECIPE BOOK

TRANSFORM VEGGIES, FRUITS AND MORE
INTO UNIQUE SPIRALIZED RECIPES



© 2016 Spectrum Brands, Inc.

All rights reserved. No portion of this book may be reproduced by any means whatsoever without written permission from Spectrum Brands, except for the inclusion of quotations in a media review.

Although every precaution has been taken in the preparation of this book, the publisher, authors, and Spectrum Brands assume no responsibility for errors and omissions nor is any liability assumed for any losses or damages allegedly resulting from the use of the information contained herein. Neither the publisher, author, nor Spectrum Brands are engaged in rendering professional advice or services to the individual reader. The opinions expressed in this book represent the personal view of the authors and not that of the publisher or Spectrum Brands.

Published in the United States of America
by Spectrum Brands, Inc. Middleton, Wisconsin
www.spectrumbrands.com.au



GEORGE FOREMAN®
HEALTHY LIVING

Part No. T22-5003426

INTRODUCTION

Time to noodle!

A prawn linguine made from zucchini? Pasta made solely from carrots? A gluten free crust quiche? These are just a few of the delicious recipes you'll find in this book that spin veggies, potatoes and more into noodles to take the place of traditional pasta or rice.

Your new Spiralizer will help you to transform ordinary zucchini, potatoes, apples and more into delicious noodles, chips or ribbons. Simply choose your blade and veggie or fruit to spiralize and you're already halfway to making breakfast, lunch or dinner with a healthy spin.

4 Breakfasts

12 Side Dishes

28 Main Courses



BREAK
FAST

APPLE PIE OVERNIGHT OATS



Prep time: 5 minutes
Store time: Overnight
Total time: 8 hours



Servings: 2
Serving Size: 1 mason jar

- 2 small Fuji apples, spiralized with thick noodle blade
- 1 cup rolled oats
- ½ cup stewed apples
- 2 tsp. ground cinnamon
- 1 Tbsp. maple syrup
- 1 cup vanilla almond milk

Tip: You can use regular dairy milk in place of almond milk

1. Split the apple noodles between two 500ml glass jars and place in the bottom. Split the rolled oats between the two jars and pour on top of the apples.
2. Sprinkle 1 tsp of cinnamon, ½ Tbsp. maple syrup and ½ cup milk into each jar.
3. Shake each jar to coat the oats and apples. Place in the refrigerator overnight and heat in the microwave the next morning for 2-3 minutes, or serve cold.

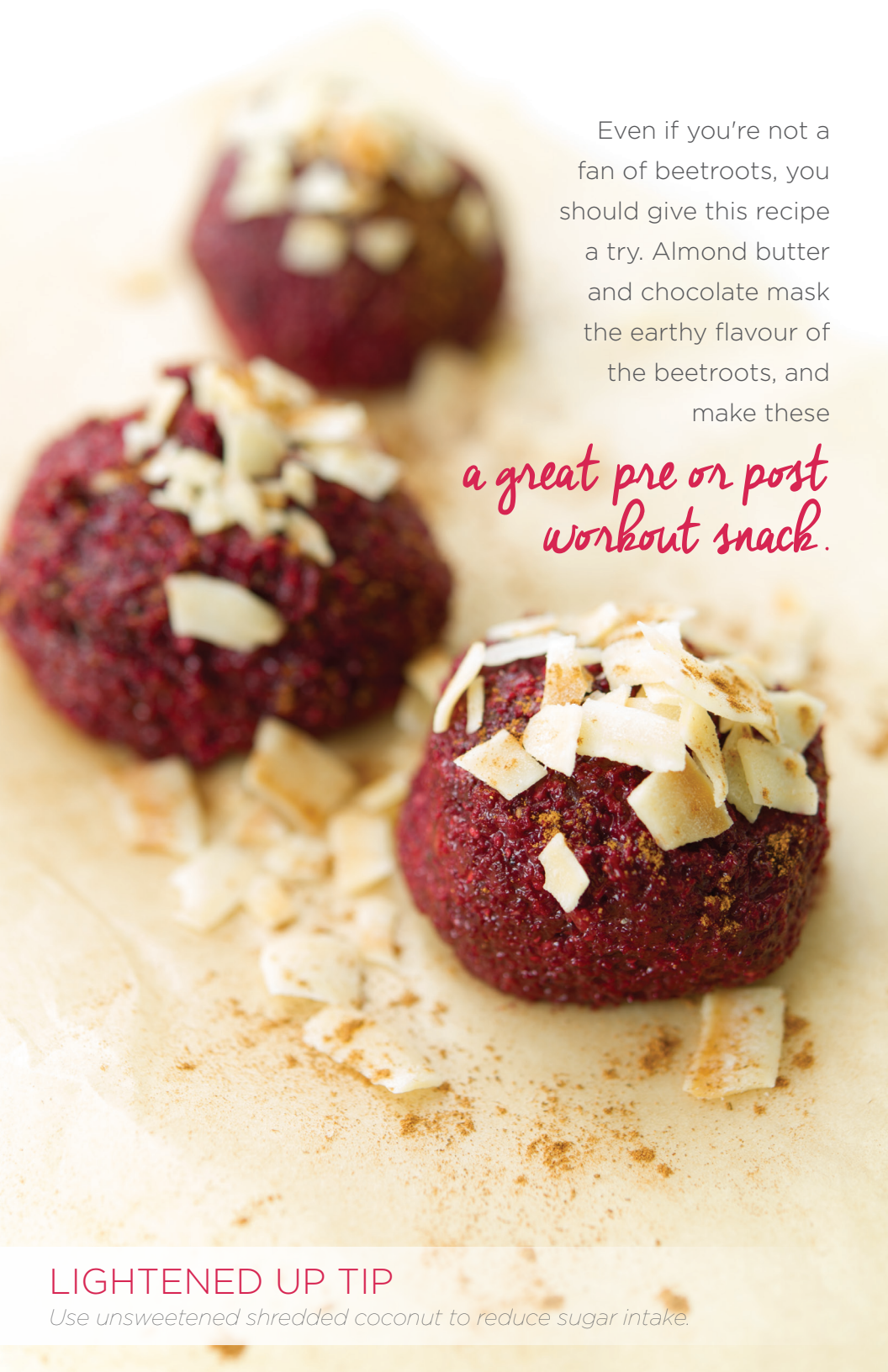
Feel like you're eating dessert for breakfast

with these apple pie overnight oats. Plus, prepping the night before means more time for sleeping in.



TIP

Make this a gluten free breakfast by subbing in gluten free oats.



Even if you're not a fan of beetroots, you should give this recipe a try. Almond butter and chocolate mask the earthy flavour of the beetroots, and make these

a great pre or post workout snack.

LIGHTENED UP TIP

Use unsweetened shredded coconut to reduce sugar intake.

CHOCOLATE BEETROOT BITES



Prep time: 10 minutes,
plus 1 hr refrigeration
Rolling time: 7 minutes
Total time: 1 hour, 17 minutes



Servings: 30
Serving Size: 1 beetroot bite

- 2 medium beetroots, spiralized with thin noodle blade
- 1 cup rolled oats
- 1 cup almond butter
- 3 pitted dates
- 2 Tbsp. honey
- 1 Tbsp. chia seeds
- 2 Tbsp. cocoa powder
- ¼ cup shredded coconut

Tip: make these beetroot bites gluten free by subbing in gluten free oats.

1. Place the spiralized beetroots in a small microwave safe bowl and microwave for 4-5 minutes. Drain any excess liquid.
2. Place the beetroots and remaining ingredients, except the coconut, into the bowl of a food processor. Process until incorporated. Stir in the coconut.
3. Cover and place in the refrigerator for at least an hour to allow the dough to firm.
4. Remove from the refrigerator and roll into 30 medium sized balls. Roll any remaining coconut onto the beetroot bites.
5. Eat as a small morning or afternoon snack. Store the remaining balls in an airtight container and place in the refrigerator for up to two weeks.

SWEET POTATO CRUST QUICHE



Prep time: 10 minutes
Cook time: 55 minutes
Total time: 65 minutes



Servings: 8
Serving Size: 1 slice

- 2 medium sweet potatoes, spiralized with thick slice blade
- Cooking spray
- Salt to season
- 1 tsp. coconut oil
- 150g baby spinach
- 6 eggs
- ½ cup low fat milk
- ½ tsp. salt
- ¼ tsp. pepper
- ½ tsp. dried oregano
- 60g herbed goat cheese, crumbled

1. Preheat oven to 180°C. Spray a pie dish with cooking spray and lay one layer of spiralized sweet potatoes on the bottom. and around the edges. Cut slices in half to fill in any holes.
2. Sprinkle with salt and spray the top of the sweet potatoes with cooking spray.
3. Bake the sweet potato crust for 20 minutes. Remove and turn the heat up to 190°C.
4. Meanwhile, in a nonstick fry pan, melt the coconut oil over medium-high heat. Add the spinach and sauté until wilted, about 2-3 minutes.
5. In a medium sized bowl, whisk together the eggs, milk, salt, pepper and oregano. Add the wilted spinach, and stir to combine.
6. Pour the mixture over the crust and top with the crumbled goat cheese.
7. Bake for 35 minutes, until eggs are set. Let stand for 5 minutes and cut into 8 wedges to serve.

Make this sweet gluten free crust quiche for your next brunch, and

you'll wonder why you ever used pastry.



SERVING TIP

Sub unsweetened almond milk for low fat milk for an equally delicious quiche.



Bold fresh flavours

come together perfectly in this cold noodle salad. Mango, coriander, crab and avocado blend together in a way you never expected.



TIP

If mangos aren't in season, use thawed frozen chopped mangos instead of fresh.

CUCUMBER NOODLES WITH MANGO AND CRAB



Prep time: 2 minutes
Assembly time: 5 minutes
Total time: 7 minutes



Servings: 4
Serving Size: 1 cup

- 2 medium cucumbers, spiralized with thick noodle blade
 - 1 cup fresh mango, chopped
 - ½ cup crab meat, chopped
 - 1 medium avocado, diced
 - 2 Tbsp. jalapeño slices, diced
 - ¼ cup plain Greek yogurt
 - 2 Tbsp. fresh lime juice
 - 1 tsp. hot chili sauce (more or less depending on heat preference)
 - ¼ cup chopped coriander
 - Salt and pepper to taste
1. Place a tea towel in a colander and pour the cucumber noodles in. Squeeze as much water out of the noodles as possible.
 2. In a large bowl, toss together the cucumber noodles, mango, crab, avocado and jalapeño.
 3. In a small bowl, mix together the yogurt, lime juice and hot chili sauce.
 4. Pour the dressing over the noodle mixture and stir together.
 5. Top with coriander, salt and pepper. Serve cold.

APPLE, WATERMELON AND BLUEBERRY SALAD



Prep time: 2 minutes
Assembly time: 3 minutes
Total time: 5 minutes



Servings: 10
Serving Size: 1 cup

- 2 medium apples, peeled and spiralized with wavy noodle blade
 - 4 cups watermelon, chopped
 - 1 ½ cups blueberries
 - 3 Tbsp. orange marmalade
 - 2 tsp. honey
 - 2 Tbsp. honey mustard
 - 2 Tbsp. and 1 tsp. apple cider vinegar
1. In a large bowl, toss together the apples, watermelon and blueberries.
 2. In a small bowl, mix together the marmalade, honey, mustard and vinegar.
 3. Pour the vinaigrette over the apple mix and toss to coat.
 4. Serve cold.

*This may look like it was
intended for summer,*

but this crisp, sweet salad can be
eaten any time of year.



TIP

Make ahead and store in the fridge to let the flavours marry.

Crunchy, salty pistachios

balance out the sweetness of the carrots and dried fruit in this salad. And it's done in just 10 minutes!



HEALTHY TIP

Use sugar free cherry jam to reduce sugar intake.

BEETROOT AND CARROT SALAD



Prep time: 5 minutes
Assembly time: 5 minutes
Total time: 10 minutes



Servings: 6
Serving Size: ½ cup

- 3 medium beetroots, spiralized with wavy blade
 - 3 medium carrots, spiralized with wavy blade
 - ¼ cup dried mango, chopped
 - ¼ cup dried cherries, chopped
 - ¼ cup shelled pistachios
 - 2 Tbsp. cherry jam
 - 2 Tbsp. red wine vinegar
 - 1 Tbsp. olive oil
1. In a small bowl, mix together the jam, vinegar and oil.
 2. In a medium bowl, toss together the remaining ingredients.
 3. Pour the dressing over the top and toss to combine.
 4. Serve cold as a colorful side salad with your next dinner.

CELERIAC PUREE WITH ROASTED BEETROOTS AND PICKLED ONIONS



Prep time: 5 minutes
Cook time: 30 minutes
Total time: 35 minutes



Servings: 8
Serving Size: 1 cup

Roasted Beetroots and Pickled Onions

- 4 small beetroots, peeled and spiralized with wide noodle blade
- 1 cup pickled onions
- 1 Tbsp. coconut oil, melted
- Salt and pepper to taste
- ¼ cup orange juice
- 2 Tbsp. red wine vinegar
- 1 tsp. honey
- ½ tsp. dried thyme

Celeriac Puree

- 1 medium celeriac, peeled and spiralized with thick noodle blade
- ½ Tbsp. coconut oil
- 1 Tbsp. garlic, minced
- 1 (400ml) can lite coconut milk
- ¾ cup water
- Salt and pepper to taste

1. Preheat oven to 200°C.
2. In a medium bowl, mix together the beetroots and pickled onions. Toss with the coconut oil, and season with salt and pepper. Lay the beetroots and pickled onions in a single layer on a rimmed baking pan.
3. Cook for 25 minutes, stirring halfway through.
4. In a small bowl, mix together the orange juice, vinegar, honey and dried thyme and set aside.
5. Meanwhile, in a large saucepan, heat the ½ Tbsp. coconut oil over medium-high heat. Add the garlic and sauté until fragrant, about 1-2 minutes. Add the remaining celeriac puree ingredients and bring to a boil.
6. Turn the heat down to low and place the lid on the saucepan. Simmer until celeriac is soft, about 15-20 minutes.
7. Carefully pour the celeriac mixture into a food processor or blender. Leave the lid opening of the lid open, blend until mixture is smooth.
8. Once the beetroots and onions have cooked, pour the orange juice mixture on top, coating the beetroots and onions. Return the pan to the oven and continue cooking for an additional 5 minutes.
9. To serve, pour one cup of the celeriac puree into a bowl, and top with ⅓ of the roasted beetroots and onions.

Celeriac has a very mild flavour, but when paired with sweet orange glazed roasted beetroots and pickled onions,

this dish will have your taste buds singing.



TIP

Use fresh squeezed orange juice for a sweet sauce without the added sugar of traditional orange juice..

Nutty tahini makes a delicately creamy sauce

that mingles perfectly with crunchy pecans, sweet dried cranberries and tender-crisp veggies.



SERVING TIP

Add chopped chicken for extra protein.

PARSNIP AND SQUASH NOODLE SALAD



Prep time: 5 minutes
Cook time: 10 minutes
Assembly time: 15 minutes
Total time: 30 minutes



Servings: 8
Serving Size: ½ cup

- 2 large yellow squash, spiralized with wavy noodle blade
 - 2 medium parsnips, spiralized with wavy noodle blade
 - 2 cups chopped kale, packed
 - Cooking spray
 - 1 (15.5 oz) can chickpeas, drained and rinsed
 - 2 Tbsp. minced garlic
 - 1 Tbsp. olive oil
 - ½ cup tahini
 - 3 Tbsp. balsamic vinegar
 - ½ cup water
 - 1 lemon, juiced (about 4 Tbsp.)
 - 1 tsp. cumin
 - ½ tsp. salt
 - ¼ cup pecans, chopped
 - ¼ cup dried cranberries
1. In a large sauté pan, heat a couple of sprays of cooking spray over medium-high heat. Add in the kale and sauté until just wilted, about 2-3 minutes.
 2. Add the chickpeas and cook for an additional minute.
 3. Meanwhile, in a blender or food processor jar, add the garlic, oil, tahini, vinegar, water, lemon juice, cumin and salt. Blend to combine.
 4. Add the parsnips and squash to the sauté pan and pour the sauce over the top. Stir to coat and continue to cook until parsnips and squash are tender crisp, about 5-6 minutes.
 5. Pour the mixture into a large bowl and top with pecans and cranberries to serve.

SWEET POTATO CHIPS



Prep time: 5 minutes
Assembly time: 25 minutes
Total time: 30 minutes



Servings: 2
Serving Size: about 2 cups

- 2 medium sweet potatoes, spiralized with thick slice blade
 - 2 tsp. paprika
 - 1 ½ tsp. salt
 - ¼ tsp. garlic powder
 - ¼ tsp. onion powder
 - ⅛ tsp. cayenne pepper
 - 1 Tbsp. corn flour
 - Nonstick cooking spray
1. Preheat oven to 200°C and grease two baking sheets.
 2. In a small bowl, combine the paprika, salt, garlic and onion powder, cayenne and corn flour.
 3. Place the spiralized sweet potato chips into a large bowl and sprinkle the spice mixture over the top. Toss to coat each chip completely.
 4. Spread the sweet potato chips in an even layer on the baking sheets. Spray top of chips with cooking spray.
 5. Bake for 15 minutes and flip. Rotate the baking sheets so that the top sheet is now on the bottom and vice versa.
 6. Bake for 5 more minutes. Turn the oven off and prop the door open. Let the chips continue to cook for 10 more minutes.
 7. Serve with your favorite dipping sauces. If storing chips for later, store with a paper towel to absorb moisture.

A little bit spicy and a little bit sweet,

these crunchy chips will be
hard to put down.



TIP

Dip in BBQ sauce to complement the sweet and salty spices.

NACHOS WITH HOMEMADE CHIPS



Prep time: 15 minutes
Cook time: 40-45 minutes
Total time: 55-60 minutes



Servings: 6-8
Serving Size: $\frac{3}{4}$ cup

- 3 large baking potatoes, spiralized with thick slice blade
 - Nonstick cooking spray
 - Salt, for seasoning
 - 500g. ground beef
 - 1 packet taco seasoning
 - $\frac{2}{3}$ cup water
 - 1 (400g) can red kidney beans, drained
 - 1 cup tinned corn
 - 2 cups shredded tasty cheese
 - $\frac{1}{4}$ cup jalapeños, chopped (optional)
 - Salsa, guacamole and sour cream for serving
- Tip:** You can use ground turkey in place of ground beef
1. Preheat oven to 220°C and grease two baking sheets.
 2. In a large bowl filled with cold water, soak the potato chips for 30 minutes. This will help to make the chips crispier.
 3. Rinse the chips until the water runs clear and dry with paper towels.
 4. Working in batches as needed, place potato chips in a single layer on the baking sheets. Sprinkle with salt and spray the top of the chips with cooking spray. Bake for 35-40 minutes, flipping halfway through, until chips are crisp. Place baked chips into a large bowl.
 5. Wipe baking sheets clean, and repeat with remaining potato chips.
 6. Meanwhile, in a large sauté pan, over medium-high heat, brown the ground beef, about 5-6 minutes.
 7. Drain any excess grease and return to the stovetop. Pour in the $\frac{2}{3}$ cup water and sprinkle the taco seasoning packet over the browned beef. Turn heat down to low and allow the sauce to thicken.
 8. Line a large baking sheet with tin foil and place the baked potato chips on the baking sheet. Top with seasoned beef, beans, corn and shredded cheese.
 9. Place the baking sheet back in the oven and bake for an additional 5-7 minutes, until cheese is melted.
 10. Serve with jalapeños, salsa, guacamole and sour cream.

We dare you

not to eat all of the homemade chips
before turning them into cheesy nachos!



SERVING TIP

*Top with low fat sour cream for a lightened up twist
on this beloved snack food.*



ZUCCHINI BURGER BUNS



Prep time: 20 minutes, plus
30 for chilling

Cook time: 8 minutes

Total time: 58 minutes



Servings: 2

Serving Size: 2 buns

- 2 medium zucchinis, spiralized with thin noodle blade
 - 1 egg white
 - 3 Tbsp. dried bread crumbs
 - ½ tsp. salt
 - Cooking spray
1. Place the zoodles in a colander and salt generously until noodles are coated. Let the zoodles rest for 10 minutes to remove any excess water. Place the zoodles in a tea towel and squeeze out as much water as possible.
 2. In a medium bowl, mix the zoodles with the egg white, bread crumbs and salt.
 3. In order to form buns, take a ramekin as a mold and place zoodles inside to give a “bun” shape.
 4. Press down on the zoodles to flatten into the ramekins. Place the zucchini buns in the refrigerator to allow the zoodles to firm up, about 30 minutes.
 5. In medium frying pan, heat a couple of sprays of cooking spray over medium to medium-high heat. Place the chilled zoodles in the frying pan. Cook for 3-4 minutes per side until they are golden brown and crispy.
 6. Use as a low-carb bun option for sandwiches, burgers, etc.

Sandwich your favorite burger

or deli meat in between these warm, crunchy buns
for a low carb bread option.

TIP

Make your favorite open face sandwiches with these zucchini buns.



A 12 minute meal

with 6 simple ingredients creates garlicky
carrot pasta you won't soon forget.



SERVING TIP

Top with freshly chopped herbs.

CARROT PASTA



Prep time: N/A
Cook time: 12 minutes
Total time: 12 minutes



Servings: 2
Serving Size: 1 ½ cup

- 500g carrots, spiralized with thick slice blade
 - 3 Tbsp. butter
 - 2 Tbsp. dry white wine
 - 2 Tbsp. garlic, minced
 - 4 Tbsp. grated Parmesan cheese
 - Salt and pepper to taste
1. Fill a saucepan with a small amount of water and bring to a boil. Place the carrots in a heat resistant colander and place in the saucepan. Cover and steam until carrots are tender, about 8-10 minutes.
 2. In a large saucepan, melt the butter over medium-high heat. Add the wine and garlic and sauté until fragrant, about 2 minutes.
 3. Add the steamed carrot noodles, cheese, salt and pepper and stir to combine. Cook for an additional 2 minutes.
 4. Top with fresh chopped parsley, if desired.

CUCUMBER NOODLES WITH AVOCADO SAUCE AND ROASTED VEGGIES



Prep time: 10 minutes
Cook time: 10 minutes
Total time: 20 minutes



Servings: 4
Serving Size: about 1 cup

Cucumber Noodles and Veggies

- 1 medium zucchini, spiralized with wavy noodle blade
- 2 medium yellow squash, spiralized with wavy noodle blade
- 1 small red onion, spiralized with wavy noodle blade
- 2 medium cucumbers, spiralized with thick noodle blade
- 2 Tbsp. olive oil
- Salt and pepper to taste
- Cooking spray

Avocado Sauce

- 1 medium avocado
- 2 tsp. garlic, minced
- ¼ cup fresh basil
- ½ lemon, juiced (about 2 Tbsp.)
- 3 Tbsp. chicken stock
- Salt and pepper to taste

1. Preheat oven to 200°C. Place the zucchini, squash, onion and oil in a 9"x13" pan and stir to coat. Season with salt and pepper.
2. Bake for 40 minutes, stirring halfway through.
3. Meanwhile, place a tea towel in a colander and pour the cucumber noodles in. Squeeze as much water out of the noodles as possible.
4. In a large saucepan, heat a couple sprays of cooking spray over medium-high heat. Add the cucumber noodles; season with salt and pepper and sauté until tender-crisp, about 5-7 minutes.
5. In a small food processor, blend together the avocado sauce ingredients until smooth.
6. Pour the avocado sauce over the cucumber noodles, and add in the roasted veggies. Stir to coat the veggies in the sauce and cook for 2-3 more minutes.
7. Serve hot. Add chicken for added protein.

This avocado sauce is what dreams are made of!

Simple, fresh ingredients turn this into a sauce you'll want to put on everything...especially warm cucumber noodles and roasted veggies.



TIP

Add extra chicken stock for a thinner sauce.

Make this quick and easy layered salad the night before for
an effortless next day lunch.



TIP

Use left-over roast chicken to make a quick salad.

LAYERED APPLE SALAD JARS



Prep time: 5 minutes
Assembly time: 5 minutes
Total time: 10 minutes



Servings: 2
Serving Size: 1 jar salad

Salad

- 2 medium carrots, spiralized with thin noodle blade
- 1 cucumber, spiralized with thick noodle blade
- 1 small red onion, spiralized with thin noodle blade
- 1 Fuji apple, spiralized with thick noodle blade
- 1 cup cooked chicken, chopped
- ¼ cup pecans, chopped
- ¼ cup Gorgonzola, crumbled
- 1 (150g) bag of mixed lettuce

Dressing

- 2 Tbsp. olive oil
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. honey
- 2 Tbsp. lemon juice
- Salt and pepper to taste

1. In a small bowl, whisk together the dressing ingredients and split between two glass jars.
2. To assemble the salad, place half the carrots and cucumber on top of the dressing in each jar. Next, layer the onions and apples, split between the two jars. Last, layer the chicken, pecans and Gorgonzola, and top with salad mix, or your favorite greens.
3. Put in the refrigerator for the next day, and when ready to serve, just shake up the jar, pour into a bowl, and enjoy!

SQUASH PIZZA CRUST



Prep time: 5 minutes
Cook time: 21 minutes
Total time: 26 minutes



Servings: 4
Serving Size: 2 slices

- 4 yellow squash, spiralized with thin noodle blade and riced*
- ¾ cup shredded mozzarella cheese
- ¼ cup flour
- ½ tsp. dried oregano
- ¼ tsp. garlic powder
- ¼ tsp onion powder
- ⅛ tsp salt
- 1 egg, beaten

* **How to rice:** place spiralized fruit or vegetable in the bowl of a food processor and pulse until it resembles rice.

1. Preheat oven to 230°C and grease a baking sheet.
2. Place the riced squash in a microwave safe bowl and microwave on high for 5 minutes.
3. Place a tea towel in a colander and place the squash inside to drain while it cools.
4. Once the squash is cool enough to handle, squeeze out as much liquid as possible.
5. In a medium sized bowl, mix together the squash and remaining ingredients.
6. Roll the mixture into a ball. Place on the baking sheet and using your fingers, press into a circle about a 1.5cm thick.

Note: if the edges are too thin, they will burn.
7. Bake the crust for 13-16 minutes, until it starts to brown.
8. Top the pizza crust with your favorite pizza sauce, cheese and desired toppings and place back in the oven. Cook for an additional 3-5 minutes, until the cheese is bubbly.

Don't feel bad for eating this whole pizza

on your own...there's veggies involved,
and you won't even notice!



TIP

Use pizza toppings that are low in moisture for a crispier crust.

If you've been craving

pasta noodles, check out this tomato based soup.
It's still packed with plenty of veggies and tons of flavour.



TIP

VEGGIE SOUP



Prep time: 12 minutes
Cook time: 40 minutes
Total time: 52 minutes



Servings: 8
Serving Size: 2 cups

- 1 small brown onion, spiralized with thick noodle blade
 - 2 medium zucchinis, spiralized with thick noodle blade
 - 3 large carrots, spiralized with thick noodle blade
 - 3 stalks celery, diced
 - 2 Tbsp. olive oil
 - 1 Tbsp. garlic, minced
 - 1 (800g) can diced tomatoes
 - 1 (400g) can cannellini beans, drained
 - 2 Tbsp. tomato paste
 - 1 tsp. Italian seasoning
 - 6 cups low salt chicken stock
 - 2 cups spiral pasta, uncooked
 - Salt and pepper to taste
1. Place the zucchini noodles in a colander and salt generously until zoodles are coated. Let the zoodles rest for 10 minutes to remove any excess water. Place the zoodles in a tea towel and squeeze out as much water as possible.
 2. In a large stock pot, heat the oil over medium-high heat. Add the garlic and sauté until fragrant, about 1-2 minutes.
 3. Add the carrots and celery and sauté until tender-crisp, about 3-4 minutes. Add the onions and continue to sauté for an additional 2-3 minutes.
 4. Add the diced tomatoes, beans, tomato paste, Italian seasoning and chicken stock. Turn the heat down to medium, cover and bring to a simmer.
 5. Add the uncooked pasta and zoodles, cover and cook until pasta is al dente, about 8-9 minutes.
 6. Serve hot with a side of crusty bread for dipping.

ZUCCHINI QUINOA “MEATBALLS”



Prep time: 25 minutes
Cook time: 20 minutes
Total time: 45 minutes



Servings: 5-6
Serving Size: 3 “meatballs”

- 2 medium zucchinis, spiralized with thin noodle blade
- ½ cup cooked quinoa
- ¼ cup grated Parmesan cheese
- ¾ cup Italian seasoned bread crumbs*
- ½ tsp. dried oregano
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. salt
- ⅛ tsp. pepper
- 1 egg

* **Tip:** make these “meatballs” gluten free by subbing in gluten free bread crumbs.

1. Preheat oven to 190°C and grease a baking sheet.
2. Place the zoodles in a colander and salt generously until zoodles are coated. Let the zoodles rest for 10 minutes to remove any excess water. Place the zoodles in a tea towel and squeeze out as much water as possible.
3. In a large bowl, mix together all other ingredients until fully combined.
4. Roll the mixture into 16-18 “meatballs” and place on the greased cookie sheet.
5. Bake for 20 minutes, flipping halfway through.
6. Dip the “meatballs” in marinara sauce, or use to top traditional pasta or zucchini noodles.

A load of Italian spices

make these “meatballs” seem just like the real deal, and they’re just as hearty.



SERVING TIP

Serve this as a meatless Monday dish on top of zoodles or sweet potato noodles.

This traditional pasta dish gets a healthy spin by using zucchini noodles and is packed with

fresh bright flavours.



TIP

Roughly chop the zoodles for shorter, easier to eat zoodles.

LEMON PRAWN Z'INGUINE



Prep time: 12 minutes
Cook time: 10 minutes
Total time: 22 minutes



Servings: 2
Serving Size: 1 cup

- 2 large zucchinis, spiralized with thick noodle blade
 - 2 Tbsp. butter
 - 1 Tbsp. minced garlic
 - 500g prawns, deveined and tails removed
 - ½ lemon, juiced (about 2 Tbsp.) divided
 - Zest of one lemon
 - 2 Tbsp. fresh parsley, chopped
 - Salt and pepper to taste
1. Place the zucchini noodles in a colander and salt generously until zoodles are coated. Let the zoodles rest for 10 minutes to remove any excess water. Place the zoodles in a tea towel and squeeze out as much water as possible.
 2. In a large saucepan, melt the butter over medium-high heat. Add the garlic and sauté until fragrant, about 1-2 minutes.
 3. Add the zoodles and cook until tender crisp, about 4-5 minutes.
 4. Add in the prawns, 1 Tbsp. lemon juice and lemon zest, and cook for an additional 2-3 minutes.
 5. Toss in the parsley, remaining 1 Tbsp. lemon juice and any additional salt and pepper to taste. Stir together and serve hot.

This meal comes together in under 30 minutes with potato noodles taking the place of traditional ramen noodles in this dish.

You won't miss the take-away!



TIP

For an even faster meal, use pre-packaged classic coleslaw in place of the sliced cabbage.

CHICKEN YAKISOBA



Prep time: 10 minutes
Cook time: 15 minutes
Total time: 25 minutes



Servings: 6
Serving Size: 1 cup

- 1 small brown onion, spiralized with thin noodle blade
 - 2 medium carrots, spiralized with thin noodle blade
 - 2 medium baking potatoes, spiralized with thin noodle blade
 - 1 Tbsp. olive oil
 - 1 tsp. garlic, minced
 - ½ head cabbage, thinly sliced (about 3 cups)
 - 2 cups broccoli crowns
 - 2 cups cooked chicken*, shredded
 - ¼ cup low salt soy sauce
 - ¼ cup Worcestershire sauce
 - 2 Tbsp. tomato sauce
 - 1 Tbsp. brown sugar
 - 1 tsp. hot sauce (more or less depending on heat preference)
- * **Tip:** use leftover roast chicken to make this a quick weeknight meal.
1. Place the potato noodles in a large microwave safe bowl and microwave for 5-7 minutes to soften.
 2. In a large fry pan or wok, heat the oil over medium-high heat. Add the minced garlic and sauté until fragrant, about 1-2 minutes.
 3. Add the cabbage, onion, carrots and broccoli to the sautéed garlic, and continue to sauté until tender-crisp, about 5-6 minutes.
 4. Meanwhile, in a small bowl, combine the soy sauce, Worcestershire, tomato sauce, brown sugar and hot sauce, and whisk until sugar is dissolved.
 5. Add the shredded chicken and softened potato noodles. Pour the sauce into the fry pan or wok, stirring to coat everything in the sauce. Cook until heated through, about 6-7 minutes.

PORK AND APPLES



Prep time: 5 minutes
Cook time: 30 minutes
Total time: 35 minutes



Servings: 6
Serving Size: 1 pork chop

Pork and Apples

- 3 gala apples, spiralized with thick noodle blade
- ½ lemon, juiced (about 2 Tbsp.)
- 1 Tbsp. honey
- 1 tsp. cinnamon
- 6 thin cut pork chops, bone in

Pork Seasoning

- ½ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. smoked paprika
- ½ tsp. chili powder
- ¾ tsp. onion powder
- ¾ tsp. garlic powder
- 1 tsp. granulated sugar
- 2 tsp. brown sugar
- 1 tsp. cinnamon

1. Preheat oven to 190°C and line a 9"x13" pan with tin foil.
2. In a medium sized bowl, toss together the apples, lemon juice, honey and cinnamon. Pour into the bottom of the lined 9"x13" pan.
3. Season the pork chops with the pork seasoning and place on top of the apples.
4. Bake for 30 minutes, or until pork reaches an internal temperature of 65°C and apples are soft.
5. Serve pork chops with apples on top.

Who would have ever thought

the sweet flavours of cinnamon, honey and apples
would pair so perfectly with salty pork?



TIP

This dish can also be made with lean boneless thin cut pork chops.

A take on your traditional ramen noodle broth bowl. Replacing the ramen noodles with sweet potato noodles gives this dish *an unexpected sweet and delicious note*



TIP

Add the sweet potato noodles right at the end of cooking to keep them intact.

PORK NOODLE BOWL



Prep time: 5 minutes
Cook time: 4 hours
Total time: 4 hours, 5 minutes



Servings: 5
Serving Size: 2 cups

- 2 medium sweet potatoes, spiralized with thin noodle blade
 - 1 medium brown onion, spiralized with thin noodle blade
 - 700g. pork loin
 - 6 cups low salt beef broth
 - 1 Tbsp. grated ginger
 - 2 Tbsp. garlic, minced
 - 200g sliced button mushrooms
 - ¼ cup low sodium soy sauce
 - 1 tsp. salt
 - ½ tsp. black pepper
 - 1 Tbsp. hot sauce (more or less depending on heat preference)
 - 4 spring onions, finely chopped
 - 5 hardboiled eggs, halved (optional)
1. Place the onion on the bottom of a 6 litre slow cooker.
 2. Season the pork loin with salt and pepper and place on top of the onions.
 3. Pour the broth in and stir in the ginger, garlic, mushrooms, soy sauce, salt, pepper and hot sauce. Cook on low for 4 hours, until pork reaches an internal temperature of 65°C.
 4. For the last 10 minutes of cooking, add the sweet potato noodles.
 5. Switch the slow cooker to keep warm and pull the pork out, placing on a cutting board to rest for 5-10 minutes. After resting, slice the pork and place back into the slow cooker.
 6. Serve each noodle bowl with 2 halved hardboiled eggs and spring onions.

Make healthier cooking fun again with your electric Spiralizer!

You won't even miss the pasta or rice once you've turned veggies and fruits into fun and delicious noodles. These pages are packed with healthier recipes to satisfy any craving you might have.

Check them out and start noodling!

www.georgeforeman.com.au

www.georgeforeman.co.nz