



Tupperware®

# HANDY SPIRALIZER

*Recipes*

# BENEFITS

It's healthy  
Guilt-free pasta any time  
Save money  
Cook quickly

Beautiful Colors  
Variety of vegetables  
It's fun  
It's creative

## WHAT TO DO WITH LEFT OVER PRODUCE

- Freeze leftover ends in a freezer-safe Tupperware container and use later in a stock, soup or stew.
- Finely chop leftover vegetables. Sauté and use in casseroles, omelets, 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.

## STORAGE

- To get the most nutrients, spiralize your produce on the day you plan to use it. They can be stored in the refrigerator for up to 3 days in an airtight Tupperware container.
- Firm vegetables like carrots, butternut squash and root vegetables can be spiralized and frozen in an airtight Tupperware container. 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.

Thin Cut Cone  
Spaghetti



Thick Cut Cone  
Tagliatelle  
*Not currently available in the US/CA*



# HANDY SPIRALIZER WITH THE THIN

- Use produce at its peak for the best results.
- Invest in a small cleaning brush, like the Tumbler Brushes—it will come in handy. This is really helpful after spiralizing a few vegetables in a row.
- Thoroughly wash produce and (if necessary) peel your veggies before spiralizing, to prevent cross-contamination.
- Trim the ends of produce to create a flat, stable base that will properly fit on the Spiralizer, this creates a flat surface for best spiralizing.
- Trim produce to fit spiralizer.
- Center your veggies on the spiralizer for better results.
- Snip your noodles as you spiralize to get just the right size, before cooking or dressing them. You can go inch by inch or just grab a bunch of noodles and roughly snip. Either way, you'll get regular-sized noodles that are easier to divide onto plates and eat.
- Dry your vegetables on a paper towel to remove excess water.
- When spiralizing beet or carrots, wash immediately to prevent staining.

## IDEAL FRUITS AND VEGETABLES TO SPIRALIZE
















Apple  
Beet  
Bell Pepper  
Broccoli Stem  
Butternut Squash  
Cabbage  
Carrot  
Celeriac  
Chayote  
Cucumber  
Daikon Radish  
Jicama  
Kohlrabi

Onion  
Parsnip  
Pear  
Plantain  
Potato  
Radish  
Rutabaga  
Summer Squash  
Sweet Potato  
Taro Root  
Turnip  
Yellow Squash  
Zucchini



Dimensions 5 x 3"

# HANDY SPIRALIZER WITH THE THIN CUT CONE

	STOVETOP	OVEN	MICROWAVE	MICROWAVE PRODUCT	BLADE USED
 <b>Apple or Pear</b>	3-5 minutes	Not recommended	3-4 minutes	MicroPro Grill: Casserole position	Thin, Thick or Ribbon Cut
 <b>Beets</b>	6-8 minutes	11-15 minutes	6-8 minutes	MicroPro Grill: Casserole position	Thin, Thick or Ribbon Cut
 <b>Broccoli Stem</b>	3-5 minutes	2 minutes	8-10 minutes	Smart Multi Cooker	Thin or Thick Cut
 <b>Butternut Squash</b>	Not recommended	6-10 minutes	Not recommended	Pasta Maker or Stack Cooker	Thin, Thick or Ribbon Cut
 <b>Carrot</b>	1-2 minutes	7-11 minutes	7-9 minutes	MicroPro Grill: Grill position	Thin, Thick or Ribbon Cut
 <b>Celery Root</b>	2-3 minutes	Not recommended	2-3 minutes	Pasta Maker or Stack Cooker	Thin, Thick or Ribbon Cut
 <b>Jicama</b>	3-5 minutes	10-12 minutes	Not recommended	Not recommended	Thin or Thick Cut
 <b>Kohlrabi</b>	2-4 minutes	11-15 minutes	4-8 minutes	Pasta Maker or Stack Cooker	Thin or Thick Cut
 <b>Onion</b>	3-5 minutes	8-10 minutes	3-4 minutes	MicroPro Grill: Grill position	Thin, Thick or Ribbon Cut
 <b>Parsnip</b>	Not recommended	5-7 minutes	2-3 minutes	MicroPro Grill: Casserole position	Thin or Thick Cut
 <b>Potato</b>	5-6 minutes	8-10 minutes	4-5 minutes	MicroPro Grill: Casserole position	Thin, Thick or Ribbon Cut
 <b>Rutabaga</b>	8-10 minutes	Not recommended	4-6 minutes	Pasta Maker or Stack Cooker	Thin or Thick Cut
 <b>Sweet Potato</b>	1-3 minutes	8-12 minutes	2-3 minutes	MicroPro Grill: Grill position	Thin, Thick or Ribbon Cut
 <b>Turnip</b>	5-7 minutes	11-15 minutes	4-6 minutes	MicroPro Grill: Grill position	Thin or Thick Cut
 <b>Yellow Squash &amp; Zucchini</b>	2-4 minutes	5-9 minutes	2-5 minutes	Pasta Maker or Stack Cooker	Thin, Thick or Ribbon Cut

## Stovetop

Heat 1 tsp. oil in large skillet over medium heat 3-5 minutes. Sauté vegetable noodles for 2 minutes. Add ¼-½ cup water; cover. Cook based on additional time shown with vegetable, or until crisp tender. Add desired seasonings.

## Oven

Arrange vegetable 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 Pasta Maker or 1¼-qt. Stack Cooker Casserole. Add ¼ cup water; cover and microwave on HIGH. Drain, Add desired seasonings.

# HANDY SPIRALIZER WITH THE THIN CUT CONE

6. Apple Slaw with Poppy Seed Dressing
7. Baked Parmesan Zucchini Curly Fries
8. Butternut Squash Carbonara
9. Butternut Squash Pasta with Bacon and Brussels Sprouts
10. Butternut Squash Pasta
11. Chicken Parmesan Zoodles
12. Cilantro Lime Shrimp Zoodles
13. Citrus Shrimp on Cucumber Spirals
14. Creamy Butternut Squash Noodles
15. Creamy Garlic Chicken Alfredo Zoodles
16. Creamy Spinach Sweet Potato Noodles with Cashew Sauce
17. Crispy Potato Bake
18. Express Zucchini Napolitana
19. Garlic Butter Meatballs
20. Garlic Butter Steak Bites with Zucchini Noodles
21. Garlic Shrimp Zucchini Noodles
22. Greek Cucumber Salad
23. Jicama & Avocado Salad with Honey Lime Dressing
24. Jicama Slaw
25. Lemon Ricotta Zoodles
26. Low Carb Chicken Lo Mein
27. Mexican Sweet Potato Rice
28. Mini Margherita Pizzas
29. Parmesan Butternut Squash Noodles
30. Roasted Carrot and Walnut Salad
31. Salmon & Zoodles with Dijon Dill Sauce
32. Sautéed Broccoli Noodles
33. Sesame Cucumber Salad
34. Shakshuka Zoodle Breakfast
35. Spicy Carrot Noodles with Peanut Sauce
36. Spinach Arugula Pesto Zoodles
37. Spiralized Broccoli Salad
38. Spiralized Squash Salad
39. Spiralized Yogurt Parfait
40. Summer Salad with Apple Balsamic Vinaigrette
41. Summer Squash Salad
42. Sweet & Sour Carrot Salad
43. Sweet Potato Straws
44. Taco Zoodles
45. Zoodles with Crushed Tomato Sauce
46. Zoodles with Red Pesto
47. Zucchini Fritters and Salad
48. Zucchini Nest with Eggs

# APPLE SLAW

with Poppy Seed Dressing



## INGREDIENTS

### *Poppy Seed Dressing*

2 Tbsp. olive oil

2 Tbsp. apple cider vinegar

2 tsp. agave

1 tsp. poppy seeds

¼ tsp. salt

Fresh-ground black pepper, to taste

2 cups green cabbage, shredded

2 cups red cabbage, shredded

2 medium-large carrots, peeled

1 granny smith apple

## DIRECTIONS

1. Add the olive oil, vinegar, agave, poppy seeds, salt, and pepper to a the **Quick Shake Container** and shake to combine.
2. Remove the stem from the apple. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize the apple, carrots, green and red cabbage.
3. Drizzle the dressing over the cabbage, carrots, and apple and toss to combine.

A close-up photograph of a white plate filled with golden-brown, curly zucchini fries. The fries are coated in a light, crispy batter. In the background, a small portion of a red dipping sauce is visible in a light blue bowl. The text 'Baked Parmesan ZUCCHINI CURLY FRIES' is overlaid on the top left of the image. The 'Tupperware' logo is at the bottom left.

# Baked Parmesan ZUCCHINI CURLY FRIES

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## **INGREDIENTS**

- 2 large zucchini
- ¼ cup cornstarch
- 4 large egg whites, lightly beaten
- 1 cup panko breadcrumbs
- ¾ ounce Parmesan cheese, grated
- 1½ tsp. dried oregano
- Cooking spray
- ¼ teaspoon salt
- ¼ cup light ranch dressing
- ¼ cup marinara sauce

## **DIRECTIONS**

1. Preheat oven to 425°F. Place **Silicone Baking Sheet with Rim** on baking sheet.
2. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize the zucchini.
3. Place cornstarch in a shallow dish. Place egg whites in a separate shallow dish. Stir together panko, Parmesan and oregano in a third shallow dish.
4. Coarsely chop zucchini noodles into 5- or 6-inch-long pieces. Working in batches, dredge the noodles in the cornstarch; shake off excess. Dredge in the egg whites; shake off excess. Dredge in the panko mixture; shake off excess. Arrange the noodles, well spaced apart, in a single layer on the **Silicone Baking Sheet with Rim** . Coat with cooking spray.
5. Bake until golden and crispy, 10 to 12 minutes. Remove from oven; sprinkle with salt.
6. Combine ranch and marinara in a shallow bowl; serve alongside the fries.

# Butternut Squash CARBONARA



Recipe by ChefMike McCurdy

Tupperware

## INGREDIENTS

1 medium butternut squash  
2 whole large eggs plus 2 yolks  
½ cup heavy cream  
⅓ cup freshly grated Parmesan  
cheese, plus more for garnish  
⅓ cup freshly grated Pecorino  
Romano cheese  
3 cloves garlic, minced  
2 Tbsp. olive oil

4 oz. pancetta or bacon, diced  
½ tsp. ground sage (or 2 fresh sage  
leaves, finely minced)  
1 small onion, finely chopped  
¼ tsp. freshly grated nutmeg  
Salt and pepper to taste  
2 Tbsp. finely minced Italian  
parsley (for garnish)

## DIRECTIONS

1. Preheat oven to 400°F/205°C.
2. In **Quick Shake Container** combine eggs, yolks, heavy cream and cheeses. Insert mixer and seal. Shake vigorously until thoroughly blended; set aside.
3. Cut off “bulb” from squash and set aside for a different recipe. Peel remaining squash and cut to length to fit in Spiralizer. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize the squash.
4. Add garlic and olive oil to noodles and toss to combine. Transfer noodles to **Ultra Pro Lasagna Pan** and place in oven. Bake for 10-15 minutes, stirring halfway through, until noodles are “al dente.”
5. Heat **Chef Series II 5-qt. Sauteuse** pan on medium-high. Add pancetta and reduce heat to medium. Stir occasionally, until crisp. Add sage and stir. Using a slotted spoon, remove pancetta from pan and transfer to a small bowl.
6. Add onion to pan, season with salt, pepper and nutmeg. Stir occasionally until translucent. Reduce heat to low and add pancetta, stirring to combine.
7. Remove noodles from oven and transfer to **Chef Series II 5-qt. Sauteuse**. Toss to combine then remove pan from heat.
8. Shake the **Quick Shake Container** a few times, then slowly add mixture to pan, stirring constantly, until noodles are coated and sauce thickens, about 2 minutes. Taste and adjust seasoning with salt and pepper.
9. Transfer to serving bowl and garnish with parsley and additional grated Parmesan. Serve immediately.



# BUTTERNUT SQUASH PASTA

With Bacon &  
Brussels Sprouts



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## INGREDIENTS

- 1 medium butternut squash
- Oil for drizzling
- Salt and pepper, to taste
- 5 slices bacon
- 10 oz. fresh Brussels sprouts, trimmed and sliced in ¼-½" slices
- 6 sage leaves, diced
- ½ cup chicken broth

## DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. Using a sharp **Universal Chef's Knife**, trim the ends off the squash, then cut it in half widthwise (between the top and bottom sections). Save the bulbous end for another recipe. Peel the narrow neck section and cut it in half lengthwise.
3. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize the squash. Cut the noodles with **Kitchen Shears** and transfer them to the baking sheet lined with **Silicone Baking Sheet with Rim**.
4. Drizzle the noodles with oil, then season with salt and pepper. Bake for 14–16 minutes, or until softened.
5. Dice the bacon into small pieces. Cook the bacon over medium heat in the **Chef Series II Frypan** for 8–10 minutes or until crispy. Transfer the bacon to a paper-towel lined plate, leave the grease in the pan.
6. Add the Brussels sprouts and sage, sear for 3–4 minutes, turning and stirring occasionally.
7. Remove the squash from the oven. Add the squash, bacon, and broth to the Frypan. Stir to combine.

# BUTTERNUT SQUASH PASTA



## INGREDIENTS

- 1 butternut squash with the neck 3" in diameter or less
- 3 slices of bacon, cooked and diced
- ½ cup ricotta cheese
- ½ tsp. salt
- ¼ tsp. pepper

## DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. Using a sharp **Universal Chef's Knife**, trim the ends off the squash, then cut it in half widthwise (between the top and bottom sections). Save the bulbous end for another recipe. Peel the narrow neck section and cut it in half lengthwise.
3. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize the squash. Cut the noodles with **Kitchen Shears**.
4. Place butternut squash noodles in the **Microwave Pasta Maker**, add water to the maximum fill line, and microwave on high power 7–10 minutes or until tender.
3. Drain noodles, and top with bacon, ricotta cheese, salt and pepper

# Chicken Parmesan **ZOODLES**



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## **INGREDIENTS**

- 12 oz. chicken tenderloins
- Salt and pepper
- 4 medium zucchini
- 1 cup marinara sauce
- ½ cup fresh Parmesan cheese, grated
- ¾ cup seasoned croutons or crackers

## **DIRECTIONS**

1. Preheat oven to 425°F.
2. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize the zucchini. Use paper towels to press out excess liquid.
3. Season both sides of the chicken with salt and pepper and place it in the **2 Qt. UltraPro Casserole**. Microwave, covered, on high for 4–5 minutes, or until the internal temperature reaches 165°F (74°C). Remove the chicken from the microwave and chop.
4. Add the zucchini noodles and sauce to the **2 Qt. UltraPro Casserole** and stir to combine. Microwave, covered, on HIGH for 5–6 minutes, or until the zucchini is softened.
5. Place the croutons in the **SuperSonic Chopper Extra** with blade attachment, chop until very finely chopped.
6. Remove the pan from the microwave and stir in half of the cheese. Top with the remaining cheese and crouton crumbs.
7. Bake, uncovered, until the crumbs are browned.



# Cilantro Lime Shrimp ZOODLES

## INGREDIENTS

3 medium zucchini, spiralized or cut into noodles

1 lb. shrimp, shelled and deveined

3 Tbsp. olive oil, divided

4 cloves garlic, minced

1 pinch red pepper flakes

¼ cup vegetable broth

1 tsp. honey

Juice of 1½ limes


Salt and fresh cracked pepper, to taste

1 tsp. lime zest

2 Tbsp. cilantro, chopped, divided

## DIRECTIONS

1. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize the zucchini. Use paper towels to press out excess liquid.
2. In a bowl, combine 2 Tbsp. olive oil, garlic, red pepper flakes, 1 Tbsp. cilantro, honey, lime juice and lime zest. Add uncooked shrimp and toss to mix well. Marinate for 15 to 20 minutes.
3. Heat 1 Tbsp. olive oil in a **Chef Series II Frypan** over medium-high heat, add the drained shrimp, cook for 2 minutes, flip, and add the marinade. Cook for 1 more minute and set the shrimp aside
4. In the same **Chef Series II Frypan** add vegetable broth to deglaze and simmer for 2 minutes. Add the zucchini noodles and cook until just tender, about 2 minutes. Add the shrimp and adjust seasoning. Toss everything and serve immediately



# Citrus Shrimp on **CUCUMBER SPIRALS**

## **INGREDIENTS**

- 1 tsp. rice vinegar
- 2 Tbsp. orange juice
- 1½ tsp. orange zest
- 1 tsp. lemon juice
- ½ jalapeno pepper (finely chopped)
- Dash of salt
- 1 cup raw shrimp, diced
- 1 cucumber

## **DIRECTIONS**

1. In a small bowl, mix rice vinegar, orange juice and zest, lemon juice, jalapeno and salt.
2. Add the diced seafood into the juice mixture and allow to sit for approximately 30 minutes or until the seafood has been cooked by the juice.
3. Use the **Handy Spiralizer with the Thin Cut Cone** to spiralize the cucumber into noodles.
4. Place the cucumber in a bowl, or divide into two cups, and pour the seafood and juice mixture over top. Enjoy as a light meal for one or a refreshing starter for two.



Creamy  
**BUTTERNUT  
SQUASH**

Noodles

### INGREDIENTS

- 1 lb. butternut squash, neck separated from bulb
- 1 tbsp. unsalted butter
- 2 Tbsp. water
- 2 garlic cloves, chopped
- ½ cup yellow onion, chopped
- 3-4 sage leaves
- ¼ cup heavy cream
- 2-3 Tbsp. parmesan cheese
- ½ tsp. salt
- Pinch cayenne pepper (flakes or ground)

### DIRECTIONS

1. Peel and trim ends from squash. Use the **Handy Spiralizer with the Thin Cut Cone** to spiralize the Squash. Use paper towels to press out excess liquid.
2. In **Chef Series II 11" Frypan**, melt butter over medium heat and add butternut squash noodles. Stir to coat, add 2 tbsp. water and cover for 5-7 minutes or until noodles are fully cooked.
3. Uncover, make a well in the center, and add garlic and onion. Sauté for 1 minute, and mix well with noodles. Add sage, and mix to combine.
4. Remove from heat, and mix in heavy cream, parmesan, salt and cayenne pepper. Serve immediately.



*Creamy*  
**GARLIC CHICKEN**  
*Alfredo Zoodles*

**Tupperware**

### **INGREDIENTS**

- 3 medium zucchini
- 2 lb. boneless skinless chicken breasts, cut into small pieces or to your preferred size.
- 1 Tbsp. olive oil
- 3 Tbsp. butter
- 3 cloves garlic , minced
- 3 Tbsp. all-purpose flour
- 2 cups milk
- ¼ tsp. thyme leaves , fresh or dried
- ¼ tsp. dried mustard powder
- 1½ cups freshly grated parmesan cheese
- kosher salt, to taste
- pepper, to taste
- minced parsley for garnish

### **DIRECTIONS**

1. Use the **Handy Spiralizer with the Thick Cut Cone** to spiralize the zucchini. Use paper towels to press out excess liquid.
2. Blanch the zucchini noodles for 1 minute in boiling water. Drain and set aside.
3. Heat **Chef Series II Frypan** on medium high heat. Add oil. Season chicken with salt and pepper and cook the chicken until brown around edges and cooked through. Remove chicken; set aside.
4. In same pan, melt butter. Add garlic and cook until fragrant. Whisk in flour, cook for two minutes. Slowly whisk in milk, bring to a simmer and reduce heat. Simmer until sauce thickens.
5. Add thyme, mustard powder, fresh grated parmesan cheese, salt and pepper to taste.
6. Add zucchini noodles and cook in the sauce about 2-3 minutes. Do not overcook the zucchini noodles or they'll become mush.
7. Add chicken back into the **Chef Series II Frypan**, allow the chicken to simmer in the sauce and noodles for about 1 minutes. Garnish with parsley and serve warm.



*Creamy Spinach and*  
**SWEET POTATO**  
**NOODLES**  
*with Cashew Sauce*

### **INGREDIENTS**

- 1 cup cashews
- $\frac{3}{4}$  cup water (more for soaking)
- $\frac{1}{2}$  tsp. salt
- 1 clove garlic
- 1 Tbsp. oil
- 4 large sweet potatoes
- 2 cups baby spinach
- Handful of fresh basil leaves, chives, or other herbs
- salt and pepper to taste
- olive oil for drizzling

### **DIRECTIONS**

1. Cover the cashews with water in a bowl and soak for 2 hours or so. Drain and rinse thoroughly. Place in the **SuperSonic Chopper Extra** with blade attachment and add the  $\frac{3}{4}$  cup water, salt, and garlic. Puree until very smooth.
2. Trim ends of sweet potato. Use the **Handy Spiralizer with the Thick Cut Cone** to spiralize the sweet potato.
3. Heat the oil in a **Chef Series Frypan** over high heat. Add the sweet potatoes; toss in the pan for 6-7 minutes with tongs until tender-crisp. Remove from heat and toss in the spinach – it should wilt pretty quickly.
4. Add half of the herbs and half of the sauce to the pan and toss to combine. Add water if the mixture is too sticky. Season generously with salt and pepper, drizzle with olive oil, and top with the remaining fresh herbs.



# Crispy **POTATO BAKE**



**Tupperware®**

## **INGREDIENTS**

- 3 medium baking potatoes
- 1 red onion
- 3 Tbsp. extra-virgin olive oil
- 1 tsp. finely chopped rosemary
- 1 tsp. dried oregano
- ½ tsp. chili flakes
- A pinch of salt and pepper

Optional toppings, cheese, sour cream, green onions

## **DIRECTIONS**

1. Preheat the oven to 400°F/210°C. Place the **Silicone Baking Sheet with Rim** on a metal baking sheet.
2. Trim ends of potato. Use the **Handy Spiralizer with the Thick Cut Cone** to spiralize the potato.
3. Spread out the potato and onion noodles on **Silicone Baking Sheet with Rim** and drizzle with extra-virgin olive oil. Sprinkle with salt, pepper, chili flakes, dried oregano and freshly chopped rosemary. Toss to coat with your fingers and then place in the oven.
4. After 15 minutes, if there are any pieces that are starting to brown too quickly, cover them with aluminum foil. Continue to bake the potato noodles until they crisp up, checking every couple of minutes. After 30 minutes, all noodles should be cooked and ready to eat.
5. Let the potatoes cool for 5 minutes to crisp up a bit more and then serve immediately.

# Express Zucchini **NAPOLITANA**



## **INGREDIENTS**

- ⅓ cup fire roasted tomatoes
- 1 small shallot, chopped
- 2 garlic cloves, minced
- Salt and pepper
- 1 medium zucchini
- 5-6 basil leaves, chopped
- 2 tsp. olive oil for serving
- ½ cup Parmesan cheese, shaved

## **DIRECTIONS**

1. Combine the tomatoes, shallot, garlic, salt and pepper in the **1½-qt. Stack Cooker Casserole**. Cover and microwave for 3 minutes at 50% power, stirring halfway through.
2. At the end cooking time, uncover and stir. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize the zucchini straight into the tomato sauce. Add basil and mix gently to combine.
3. Cover and microwave for 2 minutes 30 sec. to 4 minutes at 50% power, depending on desired doneness of the zucchini noodles. Allow to stand for 1 minute.
4. Serve with olive oil, shaved Parmesan and freshly ground pepper.



# Garlic Butter CHICKEN MEATBALLS

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## INGREDIENTS

- 3 medium zucchinis, 1 lb. zoodles
- 1 lb. ground chicken
- 5 garlic cloves, minced and divided
- 1 egg, beaten
- ½ cup grated Parmesan, plus more for garnish
- 2 Tbsp. freshly chopped parsley
- ¼ tsp. red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 2 Tbsp. extra-virgin olive oil
- 4 Tbsp. butter
- Juice of ½ a lemon

## DIRECTIONS

1. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize the zucchini.
2. In a large bowl mix together ground chicken, 2 garlic cloves, egg, Parmesan, parsley, and red pepper flakes. Season with salt and pepper then form into tablespoon sized meatballs.
3. In a **Chef Series II Frypan** over medium heat, heat oil and cook meatballs until golden on all sides and cooked through, 10 minutes. Transfer to a plate and wipe out Frypan with a paper towel.
4. Melt butter in Frypan then add remaining 3 garlic cloves and cook until fragrant, 1 minute. Add zoodles to skillet and toss in garlic butter then squeeze in lemon juice.
5. Add meatballs back and heat just until warmed through. Garnish with Parmesan to serve.



## INGREDIENTS

### *Marinade*

¼ cup soy sauce

1 Tbsp. olive oil

1 Tbsp. hot sauce or Sriracha

Fresh cracked black pepper, to taste

Juice of ½ lemon

4 medium zucchini, spiralized

1½ lb. sirloin steak cut into small cubes

1 Tbsp. olive oil

3 Tbsp. butter, divided

2 tsp. minced garlic

¼ cup beef or vegetable broth

1 Tbsp. minced parsley

1 tsp. fresh thyme leaves

Juice of ½ lemon

## DIRECTIONS

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize the zucchini.
2. In a **Season Serve Container**, combine marinade and add the steak bites. Mix well and marinate for 15 to 20 minutes.
3. Heat the olive oil in a **Chef Series II Frypan** over high heat. Drain steak from the marinade. Save remaining marinade for later.
4. Place the steak in the skillet in a single layer. Do not overcrowd the skillet or meat will steam, so you may have to work in batches. Cook for 3-4 minutes, stirring occasionally until steak cubes are golden brown. Repeat with remaining meat.
5. Add 2 Tbsp. butter and garlic to the skillet; cook for 1-2 minutes, stirring. Remove to a shallow plate and set aside.
6. In the same skillet, add butter, lemon juice, red pepper flakes, beef broth, and remaining marinade juices. Bring to a simmer and allow to reduce for 2-3 minutes, stirring regularly.
7. Add the zucchini noodles and toss for two to three minutes to cook it up. Stir in the fresh parsley and thyme, then allow the cooking juices to reduce for one minute if the zucchini renders too much water. Push the zucchini noodles on the side, add the steak bites back to the pan and reheat for another minute. Serve immediately.



# Garlic Shrimp ZUCCHINI NOODLES

## INGREDIENTS

- 2 medium zucchini
- 1 lb. shrimp , shelled and de-veined
- 2 Tbsp. butter (or olive oil)
- 3 cloves garlic , minced (or to taste)
- $\frac{3}{4}$  cup parmesan cheese (approximately)
- kosher salt or sea salt, to taste
- black pepper, to taste
- $\frac{1}{4}$  tsp. red chili flakes
- Lemon wedges , optional

## DIRECTIONS

1. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize the zucchini.
2. Heat the butter in a **Chef Series II Frypan** over medium high heat, then add garlic and shrimp. Cook shrimp until pink and cooked through. Don't let the garlic burn.
3. Add zucchini noodles and cook until tender, about 3-5 minutes. Zucchini noodles cook really fast, so taste a strand as you cook and decide how firm or "al-dente" you want the zucchini.
4. Remove the pan from the heat, add parmesan cheese, squeeze some lemon juice and season generously with salt and pepper to taste. Add chili flakes then serve warm.



# Greek CUCUMBER SALAD

## INGREDIENTS

- 2 seedless English cucumbers
- 1 cup grape tomatoes, halved
- $\frac{1}{3}$  cup pitted kalamata olives, chopped
- $\frac{1}{4}$  small red onion, thinly sliced
- 4 Tbsp. Sabra Classic Hummus
- $\frac{1}{2}$  cup crumbled Feta cheese
- Salt and black pepper, to taste

## DIRECTIONS

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize the cucumber.
2. Divide the cucumber noodles onto plates.
3. Top with tomatoes, olives, and red onion. In the center of the noodles add a spoonful of hummus. Sprinkle feta cheese over the noodles.
4. Season with salt and black pepper, to taste. Serve immediately.



# JICAMA & AVOCADO SALAD

with Honey Lime  
Dressing

## INGREDIENTS

- 1 jicama, peeled and halved
- 1 cup cherry tomatoes, quartered
- ¼ cup red onion diced
- 1 jalapeño, minced
- ½ cup honey lime dressing
- 1 avocado, diced

- Honey Lime Dressing*
- 1 garlic clove minced
  - 1 jalapeño, minced
  - 2 Tbsp fresh cilantro
  - 4 Tbsp fresh lime juice
  - ¼ cup olive oil
  - ¼ cup honey
  - ¼ cup Dijon mustard
  - ¼ tsp ground ginger

## DIRECTIONS

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize the jicama.
2. Add remaining salad ingredients to bowl.
3. In the base of the **Quick Shake Container** add dressing ingredients, cover and shake well to blend.
4. Pour the dressing over the top and toss to coat.



# JICAMA Slaw

## INGREDIENTS

- 1 jicama, peeled and halved
- ½ small onion
- ¼ cup cilantro, fresh
- 2 Tbsp. lime juice
- ½ tsp. salt
- ¼ tsp. ground black pepper

## DIRECTIONS

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize the jicama.
2. Roughly chop cilantro. In a medium bowl, place jicama, onion, cilantro, and lime juice.
3. Season with salt and pepper; toss gently to combine.
4. Serve immediately, or cover and refrigerate, up to 6 hours.





# Lemon Ricotta ZOODLES

## INGREDIENTS

- 6 zucchini spiralized
- 2 Tbsp. extra-virgin olive oil
- $\frac{3}{4}$  cup part-skim ricotta
- $\frac{1}{4}$  cup water
- $\frac{1}{4}$  cup parmesan cheese shaved
- 1 lemon juiced and zested
- $\frac{1}{2}$  tsp. Kosher salt
- $\frac{1}{4}$  tsp. coarse ground black pepper
- $\frac{1}{4}$  tsp. red pepper flakes

## DIRECTIONS

1. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize the zucchini.
2. Add the zucchini and olive oil to a Chef Series Frypan and sauté on medium high heat for 5-6 minutes until softened.
3. Mix together the ricotta, water, Parmesan cheese, lemon juice, lemon zest, salt, pepper and red pepper flakes.
4. Add the ricotta mixture to the zoodles, stir together and warm through then serve immediately (preferably with additional lemon zest on top).



# Low Carb CHICKEN LO MEIN

Recipe by ChefMike McCurdy

**Tupperware**

## INGREDIENTS

1 large boneless skinless chicken breast (or 3 boneless skinless thighs)  
1 Tbsp. cornstarch  
1 Tbsp. Mirin\*  
1 Tbsp. toasted sesame oil  
4 garlic cloves, peeled  
2" piece fresh ginger root, peeled  
½ cup peanut or vegetable oil for stir frying,  
1 medium zucchini  
1 large carrot, peeled and trimmed  
1 small onion, peeled  
3-4 fresh shiitake mushrooms (or reconstituted from dried), stems removed, cut into strips  
2 cups Napa cabbage, shredded  
1-2 cups mung bean sprouts, rinsed and drained  
1½ tsp. toasted sesame oil

## SAUCE

2 Tbsp. cornstarch  
1 Tbsp. Xiao Xin (Shao Shin) wine\*  
1 Tbsp. Mirin  
2 Tbsp. soy sauce  
2 Tbsp. oyster sauce\*  
½ cup chicken broth  
1 tsp chili-garlic paste or sriracha sauce  
1 tsp sugar or honey  
½ tsp ground white pepper  
½ tsp salt

## GARNISH

3-4 scallions, green part only, sliced thinly  
½ cup fresh cilantro

## DIRECTIONS

1. Freeze chicken breast for 30 minutes. Slice thinly & diagonally across the grain. Transfer to medium bowl and add cornstarch, mirin and toasted sesame oil. Toss well to combine. Set aside for 30 minutes to come to room temperature.
2. In the **SuperSonic Chopper Compact** Finely chop garlic and ginger. Set aside.
3. Using the **Handy Spiralizer with the Thick Cut Cone**, Spiralize the zucchini, carrot and onion, using **Kitchen Shears** to trim to desired lengths. Set aside.
4. Shred Napa cabbage using **Mandoline** or **Universal Series Chef's Knife**. Set aside.
5. In **Quick Shake Container**, combine all sauce ingredients and shake well. Set aside.
6. Heat **Chef Series II 5-qt. Sauteuse** over medium-high heat. Add 2-3 Tbsp oil and swirl pan. Add ginger and garlic and stir fry until oil is fragrant, about 15 seconds.
7. Add chicken pieces in a single layer. Stir fry until no pink color remains, turning as needed, about 1-2 minutes. Transfer everything to a clean medium bowl. Set aside.
8. Return pan to heat and add another 2-3 Tbsp oil, swirling to coat. Add mushrooms and carrots. Stir fry for 1 minute. Add onion and zucchini and stir fry for 1 minute.
9. Shake sauce ingredients again then add to pan, stirring constantly until thickened, about 1 minute. Return chicken to pan and add cabbage and bean sprouts, stir frying for 30 seconds. Add toasted sesame oil and stir to blend. Remove pan from heat and top with scallions and cilantro. Serve immediately.

\*Mirin (a sweet Japanese cooking wine) Xiao Xing (a Chinese cooking wine) and Oyster Sauce are available in Asian markets or in the Asian section of most large supermarkets.



Mexican  
**SWEET POTATO  
RICE**

### **INGREDIENTS**

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

### **DIRECTIONS**

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize the sweet potatoes.
2. Place the potatoes on a cutting board. Working in batches, coarsely chop the sweet potatoes with a **Universal Series Chef's Knife** until its the size of rice.
3. Heat the oil in the **Chef Series II Frypan** over medium heat, 3–5 minutes or until shimmering. Add the potatoes, beans, corn, broth, cilantro, lime juice, and salt; cook 4–5 minutes, or until the potatoes are tender, stirring occasionally.
4. Just before serving, top with the chopped tomato.

# Mini Margherita **POTATO PIZZAS**

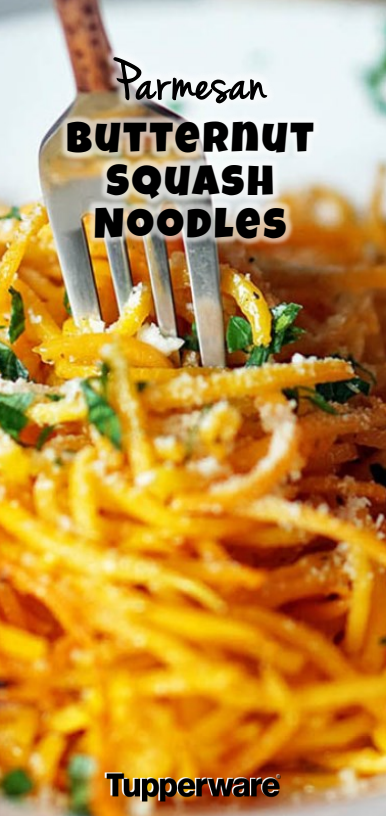


## **INGREDIENTS**

- 1½ tsp. olive oil
- 2 russet potatoes, peeled
- ½ tsp. garlic powder
- Salt and pepper
- 1 large egg, beaten
- ¼ cup pizza sauce
- ¼ cup shredded mozzarella cheese
- 2 basil leaves, finely sliced
- Parmesan cheese (for serving)

## **DIRECTIONS**

1. Preheat oven to 425°F/218°C.
2. Heat olive oil on medium-high heat in the **Chef Series II 11" Frypan**.
3. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize potatoes into noodles then add to the Frypan. Season potatoes with garlic powder, salt and pepper. Toss until cooked and lightly browned, approximately 10 minutes, then transfer to a medium bowl.
4. Add beaten egg to the potato noodles and toss well to combine.
5. Transfer potato noodles back into the **Chef Series II Frypan** and form two equal portions. Place in oven and bake for 10-15 minutes or until noodles are firm and edges are golden brown.
6. Remove from oven and evenly spread pizza sauce and mozzarella cheese on top of potatoes. Place back in oven for 5 minutes or until cheese is melted.
7. Garnish pizza with basil leaves and Parmesan cheese. Serve immediately.



Parmesan  
**BUTTERNUT  
SQUASH  
NOODLES**

### **INGREDIENTS**

- 1 small Butternut squash (as evenly thick as possible)
- 2 garlic cloves, minced
- 2 Tbsp butter + 2 Tbsp olive oil
- ½ tsp. Italian Herb Seasoning
- Freshly grated parmesan cheese

### **DIRECTIONS**

1. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize the butternut squash.
2. Place minced garlic, butter, olive oil and Italian herbs in **1 Cup Micro Pitcher**. Microwave on high power for 30 seconds.
3. Transfer squash to **Microwave Pasta Maker** and fill to Max water line. Microwave uncovered on high power for 20 minutes. Place cover on Pasta Maker in draining position and drain thoroughly.
4. Pour over garlic butter mixture and stir gently with **Silicone Spatula** to coat evenly. Serve topped with grated Parmesan cheese.



Roasted  
**CARROT AND  
WALNUT SALAD**

### INGREDIENTS

- 2 large, thick carrots
- 1½ tsp. olive oil
- 1 tsp. balsamic vinegar
- ½ tsp. salt
- ¼ tsp. pepper
- 1 tbsp. feta cheese, Crumbled
- 6 walnuts, toasted and chopped
- Balsamic glaze for serving

### DIRECTIONS

1. Remove the rack from the oven and preheat to 400°F / 200°C.
2. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize carrots into noodles and place into a medium bowl. Add olive oil, balsamic vinegar, salt and pepper and toss until carrots are well coated.
3. Place **Silicone Baking Sheet with Rim** on the cold oven rack. Evenly spread out carrot noodles on it and bake for approximately 10 minutes.
4. Place carrots into a serving bowl, add feta cheese and chopped walnuts. Toss to combine.
5. Serve warm and drizzled with balsamic glaze.

# SALMON AND ZUCCHINI

with Dijon Dill Sauce



Tupperware®

## INGREDIENTS

½ medium zucchini  
4 oz. salmon  
1 Tbsp. water  
Salt and pepper, to taste

*Dijon Dill Sauce*  
1 garlic clove, minced  
2 Tbsp fresh dill, chopped  
3 Tbsp. plain Greek yogurt  
1½ Tbsp. mayonnaise  
1½ Tbsp. Dijon mustard  
2 tsp. lemon juice  
½ tsp. kosher salt  
¼ tsp. freshly ground black pepper

## DIRECTIONS

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize zucchini into noodles and place into a medium bowl.
2. Transfer zucchini to the base of the **Microwave Breakfast Maker** and add water, place salmon on top of the zucchini, season with salt and pepper.
3. Microwave uncovered on 80% power for 5 minutes. Drain any water in the **Microwave Breakfast Maker**.
4. In the base of the **SuperSonic Chopper Compact** place garlic and dill, cover and pull cord until finely minced. Add the remaining sauce ingredients, cover and pull cord until well combined; pour sauce over salmon and serve.



Sautéed  
**BROCCOLI  
NOODLES**

### INGREDIENTS

- 4 broccoli stalks
- 1 Tbsp. olive oil
- ½ large shallot; finely sliced
- 4 cloves garlic; finely chopped
- Salt and pepper, to taste
- Red pepper flakes to taste
- Sprinkle of parmesan cheese

### DIRECTIONS

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize broccoli into noodles and place into a medium bowl.
2. Heat up olive oil in **Chef Series II Sauté pan**, sauté thinly sliced shallot until tender on medium heat.
3. Add in chopped garlic and sauté until fragrant, or about 1 minute, being careful not to burn it.
4. Add in broccoli noodles and a drizzle of additional olive oil if needed, thoroughly combining with the garlic and shallot (a pair of tongs make this easier).
5. Sauté noodles until tender or about 3-5 minutes.
6. Season with salt, pepper, red pepper flakes and parmesan to taste



# Sesame Cucumber **SALAD**



## **INGREDIENTS**

- 2 cucumbers
- 2 Tbsp. toasted sesame oil
- 2 Tbsp. rice vinegar
- 1 Tbsp. honey
- 1 tsp. salt
- ¼-½ tsp. red chili flakes
- Toasted sesame seeds
- Green onions, sliced for garnish (optional)

## **DIRECTIONS**

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize cucumber into noodles and place into a medium bowl.
2. Whisk together sesame oil, vinegar, honey, salt and chili flakes.
3. Pour sauce over cucumbers, stir and serve immediately.

# SHAKSHUKA

## Noodle Breakfast



Tupperware

### INGREDIENTS

- |   |   |
|---|---|
| 2 medium zucchini                       | 8 eggs                                    |
| ½ tsp. salt                             | ½ cup loosely packed fresh parsley, diced |
| 1 jalapeño pepper, deseeded and chopped |   |
| 1 small onion, chopped                  |   |
| 3 garlic cloves, minced                 |   |
| 2 tsp. ground cumin                     |   |
| 2 medium vine-ripened tomatoes          |   |
| 2 Tbsp. canola oil, divided             |   |
| 1 (8 oz.) can tomato sauce              |   |

### DIRECTIONS

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize zucchini into noodles and place into a medium bowl.
2. Place the zucchini paper towel and sprinkle with salt to drain excess moisture.
3. Place the jalapeño, onion, garlic, and cumin in a small bowl.
4. Cut the tomatoes into quarters. Place them into the **SuperSonic Chopper Extra** with blade attachment and chop until pureed.
5. Heat 1 tbsp. of oil in the **Chef Series II Frypan** over medium heat. Add the zucchini and cook for 3–5 minutes, or until softened, stirring. Remove the noodles from the skillet; place them into a colander and press with paper towels to drain.
6. Add the remaining oil to the **Chef Series II Frypan**, and cook the pepper mixture for 2–3 minutes, or until softened.
7. Stir in the chopped tomatoes, tomato sauce, and zucchini noodles. Cover and simmer for 5–6 minutes.
8. Crack eggs and gently add them to the skillet, spacing them 1" apart. Cook, covered, for 4–5 minutes, or until the eggs are just set. The egg whites should be firm and the yolk a little runny.
9. Remove the skillet from the heat. Sprinkle parsley over the top of the skillet.

# SPICY CARROT NOODLES

with Peanut Sauce



## INGREDIENTS

2 large, thick carrots  
1/8 cup cashews, chopped  
1 Tbsp. coriander, chopped  
1/8 cup crispy fried onions

### *Sauce*

2 Tbsp. peanut butter  
1 Tbsp. rice vinegar  
1 Tbsp. olive oil  
1 1/2 tsp. lime juice  
1 1/2 tsp. soy sauce  
1 1/2 tsp. honey  
1 garlic clove, pressed  
1/2 tsp. ginger, grated  
1/2 tsp. sesame oil  
1/8-1/4 tsp. hot pepper flakes

## DIRECTIONS

1. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize carrots into noodles and place into a medium bowl.
2. In the **Quick Shake Container** add the sauce ingredients, cover, and shake until well combined.
3. Add carrot noodles to the sauce, cover the bowl and shake until the noodles are evenly covered with the sauce.
4. Sprinkle with cashews, coriander and fried onions, when ready to serve.



*Spinach Arugula*  
**PESTO ZOODLES**

### **INGREDIENTS**

- 2 fresh broccoli heads with stems 1.5" in diameter
- 2 tbsp. extra virgin olive oil
- 1 tsp. garlic powder
- ½ tsp. red pepper flakes
- 1 tsp. salt
- 1 tbsp. lemon juice
- 4 tbsp. parmesan

### **DIRECTIONS**

1. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize zucchini into noodles and place into a medium bowl.
2. Fill Base of **Smart Multi-Cooker** with 1¼-cup water to the Steam Fill Line add salt. Place Large Shielded Colander inside Base.
3. Mince garlic and sunflower seeds using the **SuperSonic Chopper Extra** with blade attachment. Add spinach, arugula, lemon zest, lemon juice and Parmesan. Chop until finely minced while streaming in olive oil. Add coarse kosher salt and pepper to taste.
4. Place zucchini strands in Large Shielded Colander, cover with Shielded Cover and microwave on high for 2-3 minutes. Remove from microwave.
5. In a large bowl, toss together pesto and vegetable noodles until well coated. Serve warm or cold.

# Spiralized **BROCCOLI SALAD**



## **INGREDIENTS**

- 2 fresh broccoli heads with stems 1.5" in diameter
- 2 tbsp. extra virgin olive oil
- 1 tsp. garlic powder
- ½ tsp. red pepper flakes
- 1 tsp. salt
- 1 tbsp. lemon juice
- 4 tbsp. parmesan

## **DIRECTIONS**

1. Remove stem from broccoli head by cutting as close to the florets as possible. Cut broccoli florets and place in the **Smart Multi-Cooker shielded colander**. Add water to the base, to max fill line for steaming, place **Shielded Colander** inside base, cover with Shielded Cover.
2. Microwave on high power 8 minutes.
3. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize zucchini into noodles and place into a medium bowl.
4. Add spiralized broccoli stem to Shallow Colander and place in the Shielded Colander. Cover with Shielded Cover and microwave on high power 1 minute and let cool slightly.
4. Toss broccoli with remaining ingredients to combine. Serve warm.



# Spiralized **SQUASH SALAD**

## **INGREDIENTS**

2 yellow squash  
2 cup brussels sprouts, chopped  
1 cup cooked quinoa  
½ cup bacon bits  
¼ cup parmesan cheese, shaved

*Vinaigrette*  
1½ cup extra virgin olive oil  
¼ cup apple cider vinegar  
1 Tbsp. Dijon mustard  
1 Tbsp. garlic powder  
3 Tbsp. dry cilantro

## **DIRECTIONS**

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize squash into noodles and place into a medium bowl.
2. Place spiralized yellow squash in base of **Microwave Pasta Maker**, add water to maximum fill line and microwave on full power for 3-5 minutes.
3. While squash is cooking make vinaigrette by adding all ingredients to **Quick Shake Container**, cover, shake to combine.
4. At the end of cooking time, strain water and mix in chopped Brussels sprouts and cooked quinoa.
5. Add 2 tbsp. vinaigrette to spiralized salad and top with bacon bits and parmesan cheese.



# Spiralized YOGURT PARFAIT

## INGREDIENTS

- 1 cup plain Greek yogurt
- 4 tbsp. brown sugar
- ½ cup granola
- 1 green apple

## DIRECTIONS

1. In small bowl, place Greek yogurt and add brown sugar, let rest 5 minutes or until sugar has somewhat dissolved into the yogurt. Stir to combine.
2. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize apple into noodles and place into a medium bowl.
3. To assemble parfait, add ¼ cup granola in bowl, top with ½ cup Greek yogurt and top with spiralized apple.

# SUMMER SALAD

## with Apple Balsamic Vinaigrette



### INGREDIENTS

2 pears  
5 oz. baby spinach  
10 strawberries, sliced  
½ cup almonds, sliced  
¼ cup goat cheese, crumbled

*Apple Balsamic Vinaigrette*  
½ cup apple juice  
2 Tbsp. balsamic vinegar  
2 Tbsp. olive oil  
¼ tsp. black pepper  
¼ tsp. salt

### DIRECTIONS

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize pears into noodles and place into a medium bowl.
2. Add all salad ingredients in salad bowl and toss to combine.
3. Add all vinaigrette ingredients to the base of the **Quick Shake Container**, seal and shake vigorously until well combined.
4. Top salad with vinaigrette and serve.





# Sweet & Sour CARROT SALAD

## INGREDIENTS

2 carrots

### *Sauce*

2 Tbsp. peanut butter

1 Tbsp. rice vinegar

1 Tbsp. extra virgin olive oil

½ Tbsp. lemon juice

½ Tbsp. soy sauce

½ Tbsp. honey

½ tsp. fresh ginger

½ tsp. sesame seeds

1 pinch chili pepper

### *Garnish*

2 Tbsp. cashews, chopped

1 sprig of parsley

## DIRECTIONS

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize carrots into noodles and place into a medium bowl.
2. Add sauce ingredients in the base of the Quick Shaker Container, cover and shake to blend.
3. Pour sauce over carrots, then garnish with cashews and parsley.



# SWEET POTATO

## Straws

### INGREDIENTS

- 1 large sweet potato, scrubbed
- 2 Tbsp. canola or olive oil

### Seasoning

- ½ tsp. salt
- ¼ tsp. cayenne pepper
- ½ tsp. garlic powder

### DIRECTIONS

1. Preheat oven to 450°F. Place **Silicone Baking Sheet with Rim** on metal baking sheet.
2. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize sweet potato into noodles and place into a medium bowl.
3. Drizzle the sweet potato pieces with oil and seasonings to coat well.
4. Spread in a single layer on a **Silicone Baking Sheet with Rim**. Keep them as spread out as possible, or else they may steam instead of baking which will result in mushy fries.
5. Bake in the top rack of the oven (any lower and the fries may burn) for 20-25 minutes, flipping once halfway through.



# TACO Zoodles

## INGREDIENTS

- 2 large zucchinis
- 1 Tbsp. olive oil
- 1 lb. lean ground turkey or beef
- 1 clove garlic minced
- ½ onion peeled and finely chopped
- 3 Tbsp. taco seasoning
- ¼ cup water
- 1 (14 oz.) can diced tomatoes
- ½ cup shredded cheddar cheese
- fresh cilantro leaves
- 1 lime, sliced into wedges

## DIRECTIONS

1. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize zucchini into noodles and place into a medium bowl.
2. In a **Chef Series II Frypan**, add olive oil and bring to medium high heat. Add zucchini noodles and cook until zucchinis release water and are just cooked. Drain water and remove noodles from pan, set aside.
3. Add garlic, onions and ground meat to your **Chef Series II Frypan**. Cook until meat has browned, crumbling as you cook it. Drain out excess fat.
4. Add taco seasoning, diced tomatoes (including the liquid), water. Stir and cook on medium until sauce has thickened.
5. Turn heat down to low and add in zucchini noodles. Gently toss zucchini into the sauce, but be careful not to cook the zucchini further or else the noodles will release more water and make the sauce watery.
6. Sprinkle cheese over the pasta. Turn off heat and cover with a lid until cheese is melted. Garnish with cilantro and squeeze lime juice if desired before serving.

# ZOODLES with Crushed Tomato Sauce



Tupperware

## INGREDIENTS

5 medium zucchini, ends trimmed,  
cut into halves or thirds  
2 tbsp. + 1 tsp. olive oil, divided

*Crushed Tomato Sauce*  
1 small carrot, grated  
6 garlic cloves, pressed  
½ tsp. dried basil leaves  
½ tsp. dried oregano  
½ tsp. dried red pepper flakes  
1 can (28 oz.) crushed tomatoes,  
undrained  
½ tsp. salt  
½ cup (2 oz) grated fresh Parmesan  
cheese, plus additional for topping

## DIRECTIONS

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize zucchini into noodles and place into a medium bowl.
2. Heat *1 tsp.* of the oil in the **Chef Series II Frypan** over medium-high heat 3–5 minutes or until shimmering. Add the zucchini and cook 3 minutes, stirring occasionally. Turn off the heat. Remove the zucchini; drain well and press down with paper towels to get rid of any extra moisture; set aside.
3. Heat the remaining oil in the **Chef Series II Frypan**. Add the garlic, basil, oregano, and red pepper flakes: cook 1 minute, stirring constantly. Add the carrot, tomatoes with their juices, and salt.
4. Cook over medium heat 12–14 minutes or until the sauce is thickened, stirring occasionally.
5. Add the zoodles and Parmesan cheese to the skillet and toss to coat.
6. Bring to a boil over high heat; reduce the heat and simmer for 2 minutes. Remove from heat. Top with additional Parmesan cheese, if desired.

# ZOODLES

## with Red Pesto



### INGREDIENTS

1 zucchini, medium  
Grated Parmesan cheese

#### *Red pesto*

½ cup dried tomatoes in oil  
1 Tbsp. almonds  
1 Tbsp. parmesan cheese, grated  
2 tsp. tomato oil  
Salt and pepper

### DIRECTIONS

1. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize zucchini into noodles and place into a medium bowl.
2. Put the zoodles in a **¾ Qt. Stack Cooker Casserole**, cover and cook for about 4 minutes at 600 watts (more or less depending on the desired cooking point).
3. Put all the ingredients for Red Pesto in the **SuperSonic Chopper Compact** and finely chop them.
4. Drain the zoodles and mix them with the pesto. Sprinkle with Parmesan and serve.

# ZUCCHINI FRITTERS

## And Salad



Tupperware®

### INGREDIENTS

- 1 medium zucchini
- 2 large eggs, beaten
- 1 onion, finely chopped
- 1 cup almond flour
- 2 Tbsp. freshly chopped chives
- 1 Tbsp. freshly chopped parsley
- ½ tbsp. garlic powder
- Salt and pepper, to taste
- 2 Tbsp. extra virgin olive oil

### *For the salad*

- 4 packed cups of mixed greens or arugula
- 2 Tbsp. extra virgin olive oil
- 1 tsp. Dijon mustard
- 1 Tbsp. red wine vinegar
- Salt and pepper, to taste

### DIRECTIONS

1. Using the **Handy Spiralizer with the Thin Cut Cone**, spiralize zucchini into noodles and place into a medium bowl.
2. Heat 1 tablespoon of the oil in a **Chef Series Frypan** over medium-high heat. Once oil is shimmering, add about ¼ cup of the mixture, 4 times. Cook for 2-3 minutes per side or until set and browned. Transfer to a plate and repeat with remaining mixture and olive oil, until about 8 fritters are made.
3. In the bottom of a large mixing bowl, whisk together the olive oil, Dijon mustard, vinegar, and season with salt and pepper. Add in the lettuce and toss to combine.
4. Divide 2 fritters per plate with a heap of side salad.

# ZUCCHINI NEST

## And Eggs



Tupperware

### INGREDIENTS

- 1 cup zucchini, spiralized
- 2 Tbsp. of water
- 2 eggs
- Salt and pepper
- $\frac{1}{8}$  tsp. garlic powder
- $\frac{1}{4}$  cup part-skim ricotta
- $\frac{1}{8}$  cup chopped fresh basil
- 1 Tbsp. grated Parmesan cheese
- 1 tsp. olive oil, optional
- Toast slices, if desired

### DIRECTIONS

1. Using the **Handy Spiralizer with the Thick Cut Cone**, spiralize zucchini into noodles and place into a medium bowl.
2. Toss the zucchini with salt, pepper and garlic powder. Place into two sections in the **Microwave Breakfast Maker**. Cover and microwave for 1 minute.
3. Stir ricotta, basil, parmesan and  $\frac{1}{8}$  teaspoon pepper together in a small bowl. Spread 1 tablespoons of the mixture in the center of each nest, creating an indentation. Crack an egg into each indentation, cover microwave for 1-2 minutes, to your desired doneness of the egg. Allow to stand for one minute.
4. Gently move the nest onto a plate or toast, season with salt and pepper, to taste, and drizzle with olive oil, if using.