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KitchenAid[®]

STAND MIXER ATTACHMENT
SPIRALIZER WITH PEEL, CORE AND SLICE
RECIPES

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APPLE WHOLE WHEAT PANCAKES WITH CINNAMON BUTTER



INGREDIENTS

- 1 firm apple
- Nonstick cooking spray
- 1 tablespoon cinnamon sugar
- 2 large eggs, separated
- 1 cup low fat buttermilk
- 1 cup low fat milk
- 3 tablespoons oil (canola or safflower)
- 3 tablespoons sugar
- 2 cups whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt

CINNAMON BUTTER

- 6 tablespoons butter, softened
- 1 tablespoon cinnamon sugar

PREHEAT GRIDDLE TO 350°F

CINNAMON BUTTER

Stir together softened butter and cinnamon sugar in a small bowl. Set aside.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center apple on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and large core slicing blade and position at end of apple. Position small bowl under blades to catch sliced apple and peel. Turn stand mixer to speed 6 and process until blade reaches end of apple. Cut slices into eighths.

Heat a small skillet over medium heat. Spray with nonstick cooking spray. Add sliced apple and stir in 1 tablespoon cinnamon sugar. Sauté for 10 minutes until apple slices are softened. Remove from heat and allow to cool. Remove Spiralizer Attachment from Stand Mixer.

Attach bowl and wire whip to stand mixer. Add egg whites to bowl and whip on speed 8 until stiff peaks form, about 1 minute. Transfer whipped egg whites to a separate bowl. Remove wire whip and attach flat beater to stand mixer. Add egg yolks, buttermilk, milk, oil and sugar to mixer bowl. Mix on speed 6 until combined. In a separate small bowl, combine flour, baking powder, baking soda and salt. Add to wet mixture and mix on speed 2 until just combined. Fold in apple slices and egg whites using speed 1.

Spray griddle with nonstick cooking spray and drop ¼ cup portions of batter onto griddle. Flip pancakes when bubbles form on top and bottom is golden brown, about 1 minute. Cook for 1–2 minutes longer on opposite side, or until cooked through. Serve with cinnamon butter.

MAKES 6 SERVINGS

NUTRITION - 1 SERVING

376 calories	41g carbs	103mg cholesterol
21g fat	9g protein	91mg sodium

COUNTRY WHEAT CARROT CAKE MUFFINS WITH BUTTERMILK GLAZE



MAKES 12 SERVINGS

NUTRITION - 1 SERVING

317 calories	45g carbs	173mg cholesterol
12g fat	9g protein	195mg sodium



INGREDIENTS

- Nonstick cooking spray
- 2–3 large carrots (2–inch diameter), peeled and ends trimmed, cut into 4–inch sections
- 1½ cups all–purpose flour
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 1½ teaspoons cinnamon
- ¼ teaspoon nutmeg
- ½ teaspoon salt
- 2 large eggs, separated
- ⅓ cup oil (canola or safflower)
- 1⅓ cup low fat buttermilk
- ¾ cup sugar
- 1 teaspoon vanilla

BUTTERMILK GLAZE

- 1 cup powdered sugar
- ½ teaspoon vanilla
- 2 tablespoons low fat buttermilk

PREHEAT OVEN TO 375°F

Spray 12–cavity muffin pan with nonstick cooking spray or line with cupcake liners.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center carrot on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of carrot. Position medium size bowl under blades to catch spiralized carrot. Turn stand mixer to speed 4 and process until blade reaches end of carrot. Cut sliced carrots in half to form half-circles, yield about 1½ cups. Remove Spiralizer Attachment.

In medium bowl, combine all–purpose flour, whole wheat flour, baking powder, baking soda, cinnamon, nutmeg and salt.

Attach bowl and wire whip to stand mixer. Add egg whites to bowl and whip on speed 8 until stiff peaks form, about 1 minute. Transfer whipped egg whites to a separate bowl. Add egg yolks, oil, buttermilk, sugar and vanilla to mixer bowl. Replace wire whip with flat beater. Mix on speed 6 until combined. On speed 2,

gradually add dry mixture to wet mixture, mixing until just combined. Mix in carrots using speed 2. Fold in half of the whipped egg whites on stir speed. Fold in the remaining half by hand.

Using prepared muffin pan, fill each cup about ⅔ full. Bake 25 minutes or until an inserted toothpick comes out clean. Remove muffins from pan and cool about 10 minutes. Drizzle with glaze while slightly warm.

BUTTERMILK GLAZE

Attach clean bowl and flat beater to stand mixer. Add sugar, vanilla and buttermilk, mix on speed 2 for 1 minute or until well combined. Scrape down bowl and finish by beating on medium–high for 30 seconds.

HASH BROWN WAFFLES



INGREDIENTS

- 2 medium russet potatoes, ends trimmed
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- Nonstick cooking spray

PREHEAT WAFFLE BAKER

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one potato on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade and position at end of potato. Position medium size bowl under blades to catch spiralized potato. Turn stand mixer to speed 4 and process until blade reaches end of potato. Repeat with remaining potato to yield 2½–3 cups of spiralized potatoes. Toss potatoes with salt and pepper.

Spray waffle baker liberally with nonstick cooking spray. Arrange potatoes on waffle baker and spray potatoes with cooking spray. Close lid and press down to compress hash browns. Cook for 20 minutes or until the outside of the hash brown is crispy, golden brown and the inside is tender.

MAKES 2 SERVINGS - (1) 7-8" WAFFLE

NUTRITION - 1 SERVING (½ WAFFLE)

174 calories	40g carbs	0mg cholesterol
1g fat	4g protein	897mg sodium

MINI SWEET POTATO AND SPINACH FRITTATAS



INGREDIENTS

- Nonstick cooking spray
- 2 medium sweet potatoes, ends trimmed, cut into 4-inch sections
- 3 tablespoons olive oil, divided
- ¾ teaspoon salt, divided
- ⅓ cup finely chopped shallot
- 5 ounces baby spinach, roughly chopped
- 5 large eggs
- ⅓ cup low fat milk
- ¼ teaspoon pepper
- 1 teaspoon Italian seasoning
- ¾ cup crumbled feta cheese
- ¼ cup grated Parmesan cheese

PREHEAT OVEN TO 375°F

Spray 12-cavity muffin pan with nonstick cooking spray.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one sweet potato on fruit and vegetable skewer. Attach peeling blade and fine spiralizing blade and position at end of sweet potato. Position medium size bowl under blades to catch spiralized sweet potato. Turn stand mixer to speed 4 and process until blade reaches end of sweet potato. Repeat with remaining sweet potato sections.

Toss spiralized sweet potatoes with 2 tablespoons oil and ¼ teaspoon salt in a medium bowl. Fit spiralized sweet potatoes into each muffin cavity, dividing evenly. Bake in center of oven for 20 minutes or until potatoes are just tender.

While potatoes are baking, heat 1 tablespoon oil in 12-inch skillet over medium heat. Add shallots, stir until softened, about 1–2 minutes. Sprinkle with ¼ teaspoon salt. Add spinach, stir until spinach wilts

completely and moisture has evaporated, about 5 minutes. Remove from heat.

Attach bowl and wire whip to stand mixer. Add eggs, milk, remaining ¼ teaspoon salt, pepper and Italian seasoning. Whip on speed 6 until well combined and starting to froth.

Carefully remove muffin pan from oven. Spray sweet potatoes again with nonstick cooking spray, evenly divide the spinach mixture over roasted sweet potatoes; top evenly with feta cheese. Pour egg mixture into each cavity, filling about ¾ full. Sprinkle each with Parmesan cheese.

Bake for 17–20 minutes or until set in the centers and beginning to brown. Serve immediately, or cool and store in refrigerator or freezer. To warm-up, preheat oven to 275°F and heat frittatas for 20 minutes or until heated through.

MAKES 12 SERVINGS

NUTRITION - 1 SERVING

234 calories	7g carbs	438mg cholesterol
16g fat	16g protein	431mg sodium

OVERNIGHT ZUCCHINI AND TURKEY SAUSAGE WHOLE WHEAT EGG STRATA



MAKES 10–12 SERVINGS

NUTRITION - 1 SERVING

426 calories	31g carbs	285mg cholesterol
22g fat	28g protein	1094mg sodium



INGREDIENTS

- | | |
|--|--|
| 1 pound loaf whole wheat bread (rustic type loaf) | 1 cup chopped roasted red pepper, patted dry |
| Nonstick cooking spray or butter (to prepare baking sheet) | 2 cups shredded Gruyere cheese |
| 2 medium zucchini, cut into 4–inch sections, ends trimmed | 1 cup grated Parmesan cheese |
| 2 tablespoons olive oil, divided | 11 large eggs |
| 12 ounces mild Italian turkey sausage | 2¾ cups low fat milk |
| 1 cup quartered and thinly sliced leek, light green and white parts only | 2 tablespoons spicy brown mustard |
| 1¼ teaspoons kosher salt, divided | ¼ teaspoon pepper |
| | 2 teaspoons Italian seasoning |

PREHEAT OVEN TO 350°F

Slice bread into ¾–inch cubes. Spread in a single layer on a large sheet pan. Bake until dry and toasted, about 15 minutes. Spray a 13x9x2–inch baking dish with nonstick cooking spray or grease with butter.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Position medium size bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini to yield about 4–cups spiralized zucchini.

Heat 1 tablespoon oil in 12–inch skillet over medium heat. Remove sausage from casing and add bite-sized pieces to skillet. Brown sausage in skillet for 5 minutes; breaking up any large pieces. Transfer browned sausage to plate. Add 1 tablespoon oil to skillet, if needed. Add leeks and ¼ teaspoon salt. Cook, stirring frequently over medium heat until softened, about 2 minutes. Add zucchini to pan, cook, stirring frequently, for 5 minutes

or until all liquid has been released and evaporated. Remove from heat.

Spread half the bread cubes in bottom of prepared baking dish. Arrange half the sausage, half the zucchini mixture and half the roasted peppers over bread. Sprinkle half the Gruyere cheese and half the Parmesan cheese over mixture. Add another layer of bread, sausage, zucchini, roasted peppers and Gruyere. Reserve the remaining Parmesan until the end.

Attach bowl and wire whip to stand mixer. Place eggs, milk, mustard, pepper, Italian seasoning and 1 teaspoon salt in bowl. Whip on speed 6 until well combined and starting to froth. Pour egg mixture evenly over entire dish. Top with remaining Parmesan cheese. Cover, refrigerate overnight.

When ready to bake, place dish, uncovered on large baking sheet. Preheat oven to 325°F. Bake for 30 minutes. Raise oven temperature to 350°F. Tent dish with foil. Bake for 30–40 minutes or until center is cooked through.

SPANISH TORTILLA SKILLET



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

500 calories	28g carbs	330mg cholesterol
31g fat	27g protein	1150mg sodium



INGREDIENTS

- 2 medium red potatoes, ends trimmed
- 1 medium sweet potato, cut in half and ends trimmed
- 1 small red onion, peeled, ends trimmed
- 6 large eggs
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 8 ounces chorizo, casings removed
- 2 teaspoons olive oil
- 1 clove garlic, minced
- 1 cup packed baby kale

PREHEAT OVEN TO 375°F

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one red potato on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and medium spiralizing blade and position at end of potato. Place medium bowl under blade to catch spiralized potato and peel. Turn stand mixer to speed 6 and process until blade reaches end of potato. Repeat with remaining red potato and sweet potato. Remove peeling blade. Spiralize onion into same bowl.

In a medium bowl, whisk together eggs, salt and pepper. Set aside.

Cook chorizo in large ovenproof skillet over medium–high heat 4–5 minutes until browned and cooked through, stirring to break up meat. Transfer to plate, set aside. Wipe out excess grease from skillet. Heat olive oil in same skillet over medium heat. Add vegetables and garlic; cook 8–10 minutes or until potatoes are tender. Stir in kale; sauté 1–2 minutes or until beginning to wilt. Stir in chorizo; pat mixture into even layer. Pour egg mixture evenly into skillet. Reduce heat to low; cook 1 minute.

Transfer skillet to oven. Bake 15–17 minutes or until eggs are cooked through and edge is lightly browned. Loosen edge with spatula; invert onto serving plate. Cut into 4 wedges and serve.

ZUCCHINI CHOCOLATE CHIP MUFFINS



INGREDIENTS

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1½ teaspoon cinnamon
- 1 teaspoon salt
- 1 medium zucchini, ends trimmed and cut into 4-inch sections
- 1 cup sugar
- 3 large eggs
- 1 cup vegetable oil
- 1 teaspoon vanilla
- 1¼ cup chocolate chips

PREHEAT OVEN TO 350°F

Fill 12-cavity muffin pan with paper liners. Sift flour, baking powder, cinnamon and salt together in medium bowl.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Place medium bowl under blades to catch spiralized zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini sections. Cut spiralized zucchini into 1½–2 inch pieces. Yield should be about 2 cups.

Remove Spiralizer from stand mixer, attach bowl and flat beater. Add sugar, eggs, vegetable oil and vanilla into bowl and mix on speed 4 until combined. Add flour mixture and mix on speed 6 until just combined. Fold in spiralized zucchini and chocolate chips. Batter will be very thick.

Divide batter evenly between muffin cavities. Bake 20–25 minutes until tester comes out clean. Let cool 10 minutes then remove from pan and transfer to cooling rack. Continue cooling 1 hour before serving.

MAKES 12 SERVINGS

NUTRITION - 1 SERVING

489 calories	56g carbs	55mg cholesterol
27g fat	6g protein	339mg sodium

SPIRALIZER WITH PEEL, CORE & SLICE

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AUTUMN APPLE SANGRIA



INGREDIENTS

4 cups apple cider
 3 cinnamon sticks
 1 tablespoon cloves
 Peel from ½ orange
 1 firm apple
 1 bottle (750 ml) pinot grigio wine
 1 cup spiced rum
 24 ounces ginger beer

GARNISH (optional)

Cinnamon sugar
 Orange slices

Combine apple cider, cinnamon sticks, cloves and orange zest in a 2–quart saucepan and simmer over medium heat until reduced by one–third, about 20 minutes. Strain and allow to cool.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center apple on fruit and vegetable skewer; attach to Spiralizer. Attach large core slicing blade and position at end of apple. Turn stand mixer to speed 6 and process until blade reaches end of apple. Cut sliced apple into eighths and add to large 3–quart pitcher. Add wine and rum, stir in cooled cider mixture. Refrigerate for 4–48 hours.

Serve in 14–ounce glasses. If desired, rub rims of glasses with an orange wedge and dip into cinnamon sugar. Fill each glass with 8–ounces of apple sangria. Top each with 4-ounces of ginger beer. Garnish with orange slices.

MAKES (6) 12-OZ SERVINGS

NUTRITION - 1 SERVING

323 calories	36g carbs	0mg cholesterol
0g fat	0g protein	16mg sodium

BAKED HERBED SPIRAL FRIES WITH ROASTED RED PEPPER DIP



INGREDIENTS

Nonstick cooking spray
 2 large russet potatoes (2 pounds total), ends trimmed
 1 teaspoon kosher salt, divided
 ½ teaspoon pepper
 2 teaspoons minced fresh thyme
 1 teaspoon minced fresh rosemary
 3 tablespoons oil
 (canola or safflower)

ROASTED RED PEPPER DIP

4 ounces reduced fat cream cheese
 ¼ cup light mayonnaise
 ½ cup chopped roasted red peppers
 ¼ teaspoon minced fresh garlic
 1 tablespoon lemon juice
 ¼ teaspoon Worcestershire sauce
 ¼ teaspoon kosher salt
 ¼ teaspoon pepper

PREHEAT OVEN TO 425°F

Arrange 2 oven racks to upper third and lower third positions. Line 2 large baking pans with parchment paper or spray with nonstick cooking spray.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one potato on fruit and vegetable skewer; attach to Spiralizer. Attach large core slicing blade and position at end of potato. Place medium bowl under blades to catch sliced potato. Turn stand mixer to speed 6 and process until blade reaches end of potato. Cut spirals into 7–8 sections, place in a large bowl. Remove Spiralizer attachment from stand mixer.

In a small bowl, mix together ½ teaspoon salt, pepper, thyme and rosemary. Drizzle potatoes with oil, sprinkle with the salt herb mixture and toss well. Arrange spirals on prepared baking pans, make sure they are stretched out and standing up. Sprinkle with remaining salt.

Bake for 10 minutes, rotate pans once while cooking. Open oven and use tongs to turn the spirals. Repeat process every 10 minutes for a total of 30 minutes, or until potatoes are browned and crispy on the outside, and tender on the inside.

ROASTED RED PEPPER DIP

Attach bowl and wire whip to stand mixer. Combine all dip ingredients in stand mixer bowl, process on speed 4 until smooth. Serve spiral fries immediately with roasted red pepper dip.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

346 calories	40g carbs	20mg cholesterol
20g fat	6g protein	1210mg sodium

BAKED SWEET POTATO CHIPS WITH CHIPOTLE LIME AIOLI



MAKES 2 SERVINGS

NUTRITION - 1 SERVING

349 calories	19g carbs	21mg cholesterol
31g fat	2g protein	851mg sodium



INGREDIENTS

- 2 medium sweet potatoes, cut into 4-inch sections, ends trimmed
- 3 tablespoons oil, divided (canola or safflower)
- ½ teaspoon ground cumin
- ⅛ teaspoon chipotle chili powder
- ½ teaspoon kosher salt
- ¼ teaspoon pepper

CHIPOTLE LIME AIOLI

- 1 cup light mayonnaise
- 2½ teaspoons minced chipotles in adobo
- Zest of ½ lime
- 1 tablespoon lime juice

PREHEAT OVEN TO 400°F

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one sweet potato section on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and small core slicing blade and position at end of sweet potato. Place bowl under blades to catch sliced sweet potato. Turn stand mixer to speed 4 and process until blade reaches end of sweet potato. Repeat with remaining sweet potato sections. Place sliced sweet potatoes on end. Cut into individual slices by cutting through one side of the sweet potato.

Soak sweet potatoes in a bowl of cold water for 1 hour to remove some starch. Drain bowl. Rinse sweet potato slices and spread onto a clean kitchen towel. Pat tops dry.

Prepare 2 large baking pans with 1 teaspoon of oil each. Spread oil around sheet with paper towel. Place pans in oven to preheat.

Combine cumin, chili powder, salt and pepper in small bowl. Set aside. Place sweet potato slices in a large bowl.

Drizzle with 2 tablespoons oil and sprinkle with spice mixture. Toss to coat evenly.

Remove preheated pans, one at a time, from oven and arrange half of potato slices in a single layer on each. Return pans to oven.

Bake for 10 minutes, rotating pans once while cooking. Remove from oven and use spatula to flip all chips. Bake another 8–10 minutes, or until sweet potatoes are well browned, rotating pans once while baking.

CHIPOTLE LIME AIOLI

Combine aioli ingredients in a small bowl and mix together. Refrigerate until ready to use. Serve chips with chipotle lime aioli.

FOCCACIA WITH SQUASH AND OLIVES



MAKES 1 LOAF, 12 SERVINGS

NUTRITION - 1 SERVING

194 calories	28g carbs	4mg cholesterol
7g fat	6g protein	405mg sodium



INGREDIENTS

- 1 packet (¼ ounce) active dry yeast
- 1 cup warm water – 105° to 110°F
- 1 tablespoon sugar
- 3 cups all-purpose flour
- ¼ cup extra virgin olive oil
- 1½ teaspoons kosher salt
- ½ cup mixed olives
- 1 small zucchini, ends trimmed, cut into 4–inch sections
- 1 small summer squash, ends trimmed, cut into 4–inch sections
- ⅔ cup shredded Parmesan cheese
- 1 teaspoon dried oregano
- 1 tablespoon cornmeal
- ½ teaspoon freshly ground black pepper

PREHEAT OVEN TO 425°F

Attach bowl and dough hook to KitchenAid® Stand Mixer. Combine water, sugar and yeast in mixer bowl; stir to dissolve yeast. Let stand 5 minutes. Add flour, olive oil and salt; knead on speed 2 for 3–4 minutes or until dough is smooth and elastic. Shape dough into a ball. Place in large, lightly greased bowl; turn once to grease surface. Cover and let rise in warm place about 1 hour or until doubled.

Grease 9x13–inch baking pan; dust with cornmeal. Punch down dough; shape into 9x13–inch rectangle on lightly floured surface. Press lightly into prepared pan. Cover and let rise 30 minutes.

Remove dough hook from stand mixer. Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Place medium bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini and summer squash. Set aside.

Dimple dough all over with fingers. Sprinkle cheese evenly over dough; top with zucchini, summer squash and olives. Sprinkle with oregano and pepper.

Bake 25 minutes or until edges are golden. Let cool slightly before serving.

PEAR RICOTTA TOASTS



MAKES 2 SERVINGS

NUTRITION - 1 SERVING

299 calories	54g carbs	14mg cholesterol
5g fat	6g protein	1031mg sodium



INGREDIENTS

- 1 Anjou pear, ends trimmed
- 2 slices sourdough bread, toasted
- 2 tablespoons ricotta cheese
- 1 teaspoon honey
- ½ teaspoon flaked salt
- ½ teaspoon freshly ground black pepper

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center pear on fruit and vegetable skewer; attach to Spiralizer. Attach small core slicing blade and position at end of pear. Place small bowl under blade to catch pear slices. Turn stand mixer to speed 4 and process until blade reaches end of pear.

Spread 1 tablespoon ricotta on each sourdough slice. Cut sliced pear in half and place a half pear on top of ricotta, fanning out the slices. Drizzle each with ½ teaspoon honey and season with flaked salt and freshly ground black pepper. Serve immediately.

ROASTED BEET STRINGS WITH BALSAMIC GOAT CHEESE DIP



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

313 calories	13g carbs	30mg cholesterol
26g fat	7g protein	1071mg sodium



INGREDIENTS

2 medium fresh beets, scrubbed,
ends trimmed
2 tablespoons + 2 teaspoons oil,
divided (canola or safflower)
1 teaspoon kosher salt
¼ teaspoon pepper

BALSAMIC GOAT CHEESE DIP

4 ounces goat cheese, crumbled
⅓ cup light mayonnaise
2 teaspoons balsamic vinegar
2 teaspoons honey
1 teaspoon fresh thyme leaves
¼ teaspoon kosher salt
⅛ teaspoon pepper

PREHEAT OVEN TO 400°F

Arrange 2 oven racks to bottom third and upper third of oven.

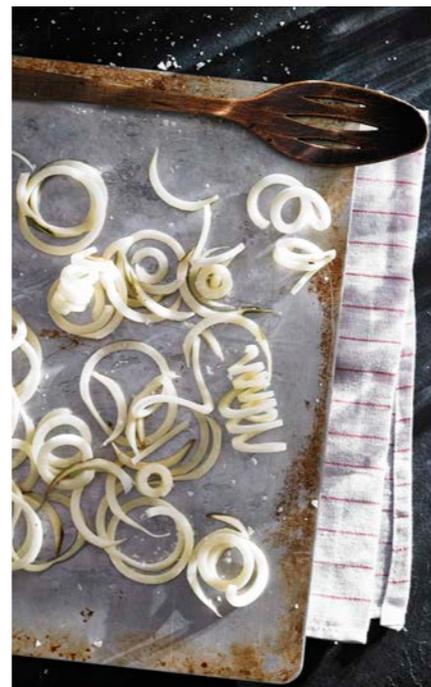
Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one beet on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade and position at end of beet. Position medium bowl under blades to catch spiralized beets and peel. Turn stand mixer to speed 4 and process until blade reaches end of beet. Repeat with remaining beet. Cut spiralized beets into manageable lengths, about 10–12–inches. Toss beets in large bowl with 2 tablespoons oil, salt and pepper.

Rub 1 teaspoon oil on each of two large baking pans and place in hot oven for 3 minutes. Remove one preheated pan, spread evenly with half of spiralized beets. Repeat with the other pan. Bake approximately 20–30 minutes. Time will vary depending on size of beets. Rotate baking sheets every five minutes. Use tongs to toss beet strings as they soften and shrink. Remove from oven when a few start to char. Allow to cool slightly on baking pan.

BALSAMIC GOAT CHEESE DIP

Attach bowl and flat beater to stand mixer. Add all dip ingredients to bowl and mix on speed 2 until combined. Turn mixer to speed 6 and mix until dip is whipped and well combined. Serve roasted beet strings with dip.

SHOESTRING POTATOES



INGREDIENTS

- 2 russet potatoes, ends trimmed
- 2 teaspoons vegetable oil
- ½ teaspoon coarse salt

SRIRACHA MAYO

- ¼ cup mayonnaise
- 1 teaspoon sriracha

PARSLEY PEPPER MAYO

- ¼ cup mayonnaise
- 1 teaspoon chopped fresh parsley
- ½ teaspoon freshly ground black pepper

PREHEAT OVEN TO 400°F

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one potato on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade and position at end of potato. Position medium bowl under blade to catch spiralized potatoes and peel. Turn stand mixer to speed 4 and process until blade reaches end of potato. Repeat with remaining potato.

Remove peel from bowl. Add vegetable oil; toss to coat. Spread potatoes in single layer on large baking sheet. Bake 18 minutes or until potatoes are golden, stirring once while baking.

Sprinkle salt over shoestring potatoes; serve immediately with desired dipping sauce.

SRIRACHA and PARSLEY PEPPER MAYOS

Combine ¼ cup mayonnaise and sriracha in small bowl. In a separate small bowl, combine ¼ cup mayonnaise, parsley and black pepper. Refrigerate until ready to use.

MAKES 8 SERVINGS

SHOESTRING POTATOES NUTRITION - 1 SERVING

210 calories	37g carbs	0mg cholesterol
5g fat	5g protein	610mg sodium

SRIRACHA MAYO NUTRITION - 1 SERVING

210 calories	19g carbs	30mg cholesterol
7g fat	16g protein	520mg sodium

PARSLEY AND PEPPER MAYO NUTRITION - 1 SERVING

190 calories	1g carbs	10mg cholesterol
21g fat	0g protein	180mg sodium

TWISTED ASPARAGUS WRAPS



INGREDIENTS

- Nonstick cooking spray
- 10 paper-thin slices prosciutto, cut in half
- 20 medium width asparagus spears, bottom ends trimmed
- 1 medium russet potato, ends trimmed
- 2 tablespoons olive oil
- 3 tablespoons grated Parmesan cheese
- ¼ teaspoon pepper

PREHEAT OVEN TO 425°F

Line 2 large baking sheets with parchment paper or spray with nonstick cooking spray. Wrap ½ slice prosciutto around each asparagus spear starting at corner. Set aside.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center potato on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade, and position at end of potato. Position medium size bowl under blades to catch spiralized potatoes and peel. Turn stand mixer to speed 4 and process until blade reaches end of potato.

Wrap each asparagus spear with a ½-inch spaced potato spiral, trimming potato as needed. Arrange on prepared baking sheets. Brush lightly with olive oil and sprinkle with Parmesan cheese and pepper. Roast for 10 minutes, rotate pans, roast for another 7–10 minutes (total of 17–20 minutes) or until the potato is cooked and beginning to brown. Serve immediately.

MAKES 20 SERVINGS

NUTRITION - 1 SERVING

34 calories	3g carbs	3mg cholesterol
2g fat	2g protein	67mg sodium

WHOLE WHEAT CROSTINI WITH WHIPPED GORGONZOLA, ROASTED BEETS AND CARROTS



INGREDIENTS

- 1 whole wheat baguette, cut diagonally in ½-inch slices
- 6 tablespoons olive oil, divided
- ¾ teaspoon kosher salt, divided
- ½ teaspoon pepper, divided
- 1 large beet, scrubbed and ends trimmed
- 2 large carrots (1½–2" diameter), peeled and ends trimmed

WHIPPED GORGONZOLA

- 1 teaspoon minced fresh rosemary
- 8 ounces reduced fat cream cheese
- ½ cup crumbled Gorgonzola
- Zest of half a lemon
- 1 tablespoon lemon juice

GARNISH

- ¼ cup toasted chopped walnuts
- 2 tablespoons thinly sliced chives
- Olive oil to taste

PREHEAT OVEN TO 350°F

Arrange baguette slices on half-sheet baking pan. Lightly brush both sides of baguette slices with 2 tablespoons olive oil and sprinkle with ¼ teaspoon salt and ¼ teaspoon pepper. Toast in oven 6 minutes, turn toasts over and bake another 6 minutes or until lightly browned. Remove from oven and allow to cool.

Increase oven temperature to 400°F. Line a half-sheet baking pan with parchment or spray with nonstick cooking spray.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one beet on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and medium spiralizing blade and position at end of beet. Position a medium bowl under blade to catch spiralized beets and peel. Turn stand mixer to speed 6 and process until blade reaches end of beet. Repeat with carrots, using a separate bowl to catch spiralized carrots.

Toss spiralized carrots with 1 tablespoon olive oil, ¼ teaspoon salt, ⅛ teaspoon pepper and ½ teaspoon rosemary. Arrange carrots on one side of prepared pan. Repeat process with spiralized beets. Arrange beets on the other side of the pan to prevent bleeding of beets onto carrots. Roast for 12–15 minutes or until tender and starting to brown.

WHIPPED GORGONZOLA

Attach bowl and flat beater to stand mixer. Add remaining olive oil, cream cheese, Gorgonzola, lemon zest and lemon juice in bowl, mix on speed 2 until combined, then speed 8 until whipped. Can be made a day ahead. Store in refrigerator.

Assemble crostini by spreading each toast with 2 teaspoons whipped Gorgonzola, top with roasted beets and carrots. Sprinkle with walnuts and chives. Drizzle with olive oil, to taste.

MAKES 25 CROSTINI (1 per serving)

NUTRITION - 1 SERVING

85 calories	5g carbs	7mg cholesterol
6g fat	2g protein	183mg sodium

SPIRALIZER WITH PEEL, CORE & SLICE SALADS

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APPLE, FENNEL, PECAN AND CRANBERRY SALAD



MAKES 4-6 SERVINGS

NUTRITION - 1 SERVING

256 calories	18g carbs	0mg cholesterol
21g fat	2g protein	318mg sodium



INGREDIENTS

2 medium fennel bulbs,
ends trimmed
1 firm red apple
1 minced fennel frond (dark green,
leafy section)
1/3 cup chopped flat leaf parsley
1/4 cup sweetened dried cranberries
1/3 cup chopped honey roasted
salted pecans

SALAD DRESSING

1 tablespoon orange juice
1 tablespoon apple cider vinegar
1 tablespoon minced shallot
1/2 teaspoon kosher salt
1/4 teaspoon pepper
3 tablespoons oil (canola
or safflower)

SALAD DRESSING

Combine orange juice, vinegar, shallot, salt and pepper in a small bowl. Whisk in oil. Set aside.

Attach the Spiralizer Attachment to KitchenAid® Stand Mixer. Center one fennel bulb on the fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of fennel bulb. Position medium bowl under blade to catch spiralized fennel. Turn stand mixer to speed 4 and process until blade reaches end of fennel bulb. Repeat with remaining fennel. Remove fine spiralizing blade.

Center apple on fruit and vegetable skewer; attach to Spiralizer. Attach large core slicing blade and position at end of apple. Turn stand mixer to speed 6 and process until blade reaches end of apple. Cut sliced apple into quarters.

Combine the fennel and apple in a medium bowl and toss with half of the dressing. Add fennel frond, parsley, cranberries and pecans. Add additional dressing as desired.

APPLE SALAD WITH CRISPY PROSCIUTTO



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

350 calories	38g carbs	115mg cholesterol
20g fat	4g protein	150mg sodium



INGREDIENTS

- 8 ounces thinly sliced prosciutto
- 2 Granny Smith apples
- 4 cups baby arugula
- ½ cup chopped roasted almonds

SALAD DRESSING

- 2 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1 teaspoon coarse grain mustard
- 1 teaspoon fresh lemon juice
- ¼ teaspoon salt
- Pinch freshly ground black pepper

PREHEAT OVEN TO 400°F

Arrange prosciutto in single layer on large baking sheet. Bake 5–8 minutes or until crisp. Cool completely.

SALAD DRESSING

For dressing, whisk olive oil, vinegar, honey, mustard, lemon juice, salt and pepper in small bowl until well blended. Set aside until ready to use.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one apple on fruit and vegetable skewer; attach to Spiralizer. Attach small core slicing blade and position at end of apple. Position medium bowl under blade to catch sliced apple. Turn stand mixer to speed 4 and process until blade reaches end of apple. Repeat with remaining apple. Stand apples on end and cut in half.

Divide arugula evenly on 4 salad plates; top with apples, prosciutto and almonds. Drizzle with dressing.

BEET, ORANGE AND WALNUT SALAD



INGREDIENTS

2 large red beets, ends trimmed
 2 oranges, peeled and segmented
 ½ cup crumbled Gorgonzola cheese
 ¼ cup toasted, chopped walnuts
 2 tablespoons thinly sliced fresh basil

SALAD DRESSING

1 tablespoon orange juice reserved from oranges
 1 tablespoon red wine vinegar
 ½ teaspoon kosher salt
 ¼ teaspoon pepper
 3 tablespoons olive oil

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one beet on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and medium spiralizing blade and position at end of beet. Position bowl under blades to catch peel and spiralized beets. Turn stand mixer to speed 6 and process until blade reaches end of beet. Repeat with remaining beets. Cut spirals to desired length.

Place spiralized beets in a bowl of cold water. Let soak 30 minutes, changing the water 2–3 times to reduce amount beets bleed onto other ingredients. Drain beets and place in a large bowl.

SALAD DRESSING

Combine orange juice, vinegar, salt and pepper in a small bowl. Whisk in olive oil. Set aside.

Toss half the dressing with the beets. Add orange segments, Gorgonzola, walnuts and half the basil. Toss gently. Add more dressing as needed. Sprinkle with remaining basil.

Divide salad evenly onto 4–6 plates and serve.

MAKES 4-6 SERVINGS

NUTRITION - 1 SERVING

198 calories	11g carbs	10mg cholesterol
16g fat	5g protein	460mg sodium



CAPRESE ZUCCHINI NOODLE SALAD



INGREDIENTS

- 1 large zucchini, ends trimmed and cut into 4-inch sections
- 1 pint grape tomatoes, halved
- 4 ounces fresh mozzarella, cut into ½-inch cubes
- 2 tablespoons thinly sliced fresh basil
- 2 teaspoons red wine vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- 2 tablespoons olive oil

Bring 3–4 quarts of water to boil in large pot over high heat. Add 2–3 tablespoons salt. Fill separate large bowl with ice water. Set aside.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Position bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini sections. Cut noodles to desired length.

Cook zucchini noodles in salted water, 45 seconds. Drain and place in ice water to stop cooking. When chilled, drain zucchini noodles. Combine zucchini, tomatoes, mozzarella and basil in large bowl. Combine vinegar, salt and pepper in a small bowl, then whisk in olive oil. Add dressing to salad and toss to coat.

Divide evenly onto 4 salad plates and serve.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

166 calories	5g carbs	22mg cholesterol
13g fat	8g protein	477mg sodium

GREEK CUCUMBER SPIRAL SALAD



MAKES 4-6 SERVINGS

NUTRITION - 1 SERVING

175 calories	6g carbs	15mg cholesterol
16g fat	3g protein	627mg sodium



INGREDIENTS

1 large seedless English cucumber, ends trimmed, cut into 4-inch sections
 1 pint grape tomatoes halved or 2 cups chopped tomatoes
 ⅓ cup pitted Kalamata olives
 ¼ cup thinly sliced red onion
 3 ounces feta cheese, crumbled or cut into chunks

SALAD DRESSING

1 tablespoon lemon juice
 1 tablespoon red wine vinegar
 ¾ teaspoon kosher salt
 ¼ teaspoon pepper
 ½ teaspoon dried oregano
 2 teaspoons fresh minced dill or ½ teaspoon dry
 ¼ cup olive oil

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Center cucumber on fruit and vegetable skewer; attach to Spiralizer. Attach small core slicing blade and position at end of cucumber. Position medium bowl under blade to catch sliced cucumber. Turn stand mixer to speed 4 and process until blade reaches end of cucumber. Cut the sliced cucumber into desired lengths.

Place tomatoes, olives, onion and sliced cucumber in a large bowl.

SALAD DRESSING

Whisk all dressing ingredients together, except olive oil, in small bowl. Once combined, slowly add olive oil into mixture while continuously whisking.

Toss dressing with cucumber salad and top with feta cheese. Divide evenly onto 4–6 salad plates and serve.

PEAR SALAD WITH BLUE CHEESE DRESSING



INGREDIENTS

2 D'anjou pears, ends trimmed
4 cups mixed watercress, frisee
and curly endive
1/3 cup pumpkin seeds,
roasted and salted

SALAD DRESSING

1/2 cup sour cream
1 1/2 teaspoons white wine vinegar
4 tablespoons buttermilk
1 clove roasted garlic, mashed
1/4 cup blue cheese, crumbled
1/4 teaspoon freshly ground
black pepper
Additional blue cheese
for topping

Attach Spiralizer Attachment to your KitchenAid® Stand Mixer. Center one pear on the fruit and vegetable skewer; attach to Spiralizer. Attach large core slicing blade and position at end of pear. Position medium bowl under blade to catch sliced pear. Turn stand mixer to speed 6 and process until blade reaches end of pear. Repeat with remaining pear. Stand sliced pears on end and cut down the center to make half circles. Set aside.

SALAD DRESSING

Combine sour cream, white wine vinegar, buttermilk and garlic in a small mixing bowl. Gently fold in blue cheese. Season with black pepper. Refrigerate until ready to use. Can be made 1 day ahead.

Divide greens evenly onto 4 salad plates. Arrange 1/2 pear on top and sprinkle with pumpkin seeds. Drizzle with blue cheese dressing or pass separately, along with additional blue cheese.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

166 calories	21g carbs	22mg cholesterol
9g fat	4g protein	168mg sodium

RAW BEET AND APPLE SALAD WITH QUINOA



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

342 calories	29g carbs	11mg cholesterol
23g fat	8g protein	415mg sodium



INGREDIENTS

- 2 medium size beets (gold or red), scrubbed and ends trimmed
- 2 Fuji or Granny Smith apples
- 4 cups baby arugula
- 1 cup cooked quinoa, cooled
- 4 tablespoons blue cheese, crumbled
- ¼ cup roasted sunflower seeds

SALAD DRESSING

- ¼ cup extra virgin olive oil
- ¼ cup apple cider vinegar
- 1 teaspoon grated ginger
- ¼ teaspoon cayenne
- 1 teaspoon honey
- 1 tablespoon fresh lemon juice
- ¼ teaspoon salt
- Freshly ground black pepper

SALAD DRESSING

Combine olive oil, vinegar, lemon juice, ginger, honey, red pepper and black pepper in jar with tight-fitting lid; shake until well blended. Set aside.

Attach Spiralizer Attachment to your KitchenAid® Stand Mixer. Center one beet on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade and position at end of beet. Position medium bowl below beet to catch spiralized beet and peel. Turn mixer to speed 4 and process until blade reaches end of beet. Repeat with remaining beet. Remove peeling blade and fine spiralizing blade.

Attach large core slicing blade to Spiralizer. Center one apple on fruit and vegetable skewer; attach to Spiralizer. Position blade at end of apple; place bowl under blade to catch sliced apple. Turn mixer to speed 6 and process until blade reaches end of apple. Repeat with remaining apple.

Divide arugula evenly among 4 serving plates. Top with beets, apples and quinoa; sprinkle with blue cheese and sunflower seeds. Serve with dressing.

SPIRALIZER WITH PEEL, CORE & SLICE SOUPS



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ASIAN NOODLE SOUP



INGREDIENTS

- 1 small onion, peeled and ends trimmed
- 2 medium zucchini, ends trimmed and cut into 4-inch sections
- 2 tablespoons oil, divided (canola or safflower)
- 4 ounces shiitake mushrooms, thinly sliced
- 1 teaspoon minced fresh garlic
- 2 teaspoons fresh ginger, peeled and finely grated
- ½ teaspoon Chinese 5-spice powder
- 6 cups low-sodium chicken broth

- ¼ cup soy sauce
- 2 eggs, lightly beaten
- 2 tablespoons chopped cilantro
- 1 tablespoon lime juice
- ½ teaspoon salt

TOPPINGS

- Fresh basil
- Fresh mint
- Fresh cilantro
- Lime wedges
- Sriracha chile sauce
- Fresh mung bean sprouts

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center onion on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of onion. Position bowl under blade to catch sliced onion. Turn stand mixer to speed 4 and process until blade reaches end of onion. Yields about ½ cup spiralized onion. Repeat with zucchini sections. Yields about 6 cups spiralized zucchini. Cut spiralized vegetables into 2-inch pieces.

Heat oil over medium heat in large stock pot. Add mushroom and onion, cook, stirring occasionally for 5 minutes or until softened and beginning to brown. Add garlic, ginger and 5-spice powder, stir for 30 seconds. Add broth and soy sauce, bring to a simmer. Reduce heat and simmer for 20 minutes. When almost ready to serve, stir soup continuously while drizzling beaten eggs into soup in a thin stream. Add cilantro and lime juice.

Heat a large 12-inch skillet over medium heat, add 1 tablespoon oil and zucchini noodles. Sprinkle with salt. Cook while tossing with tongs for 2–3 minutes or until slightly softened and just starting to release some juices.

Divide sliced zucchini evenly into 4 bowls and top with soup. Serve with toppings.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

207 calories	17g carbs	106mg cholesterol
12g fat	13g protein	911mg sodium

MINISTRONE SOUP



MAKES 6-8 SERVINGS

NUTRITION - 1 SERVING

249 calories	19g carbs	41mg cholesterol
11g fat	22g protein	472mg sodium



INGREDIENTS

- 1 small onion, peeled, ends trimmed
- 1 large fennel bulb, ends trimmed, reserve fronds
- 2 large carrots, peeled and ends trimmed, cut into 4-inch sections
- 1 large zucchini, ends trimmed, cut into 4-inch sections
- 2 tablespoons olive oil, divided
- 12 ounces mild Italian turkey sausage
- 1 teaspoon minced fresh garlic
- 1 teaspoon fresh thyme leaves
- ½ teaspoon minced fresh rosemary
- ¼ teaspoon pepper
- 1–14.5 ounce can petite-diced tomatoes
- 10 cups low sodium chicken broth
- 1–15.5 ounce can cannellini beans, drained and rinsed
- ¼ cup chopped flat leaf parsley
- 1 tablespoon minced fennel fronds
- ½ teaspoon kosher salt (optional)
- Parmesan cheese for topping

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Center onion on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of onion. Position medium bowl under blade to catch spiralized onion. Turn stand mixer to speed 4 and process until blade reaches end of onion. Repeat with fennel, carrots and zucchini into same bowl. Cut spiralized vegetables to desired length. Set aside.

In a large stock pot, 5 quarts or more, heat oil over medium heat. Remove sausage from casing and cut into bite sized pieces, add to pot. Brown sausage for 5 minutes. Transfer browned sausage to plate; set aside.

Add additional 1 tablespoon oil to pot if needed. Add spiralized onion, fennel, carrot and garlic to pot, stirring constantly for 3 minutes. Add thyme, rosemary, pepper and tomatoes to pot, continue stirring. Scrape up any browned bits from bottom of pot. Add sausage back to pot. Pour in broth, add beans. Bring to boil over medium heat. Reduce heat to low, cover pot and cook 30 minutes, stirring occasionally.

Add zucchini, parsley and fennel fronds. Simmer until zucchini is tender, about 10 minutes. Add salt to taste. Divide soup evenly into 6–8 bowls, top with Parmesan cheese if desired.

SIMPLE CHICKEN SOUP WITH ZUCCHINI NOODLES



INGREDIENTS

- 2 teaspoons olive oil
- 1 small onion, peeled and chopped
- 2 stalks celery, chopped
- 3 carrots, peeled and chopped
- 1 clove garlic, minced
- 8 cups chicken broth
- 1 teaspoon minced fresh thyme or ½ teaspoon dried thyme
- 2 medium zucchini, cut into 4-inch sections, ends trimmed
- ½ rotisserie chicken, cut into bite-size pieces (about 1 cup)
- Salt and freshly ground black pepper

Heat 2 teaspoons olive oil in large saucepan or stockpot. Add onion, celery, carrots and garlic; sauté 5 minutes or until onion is translucent and vegetables are softened. Add broth and thyme. Bring to boil over high heat. Reduce heat to medium–low; simmer 20 minutes.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach medium spiralizing blade and position at end of zucchini. Place medium bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 6 and process until blade reaches end of zucchini. Repeat with remaining zucchini. Cut spiralized zucchini to desired length.

Add chicken to soup; cook 5 minutes. Add zucchini noodles; cook 1–2 minutes or until softened. Divide soup evenly into 6 bowls and serve.

MAKES 6 SERVINGS

NUTRITION - 1 SERVING

210 calories	19g carbs	30mg cholesterol
7g fat	16g protein	520mg sodium

SPICY GREENS AND ZUCCHINI NOODLE SOUP



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

465 calories	21g carbs	74mg cholesterol
30g fat	33g protein	339mg sodium



INGREDIENTS

1 pound ground pork
 4 cloves garlic, minced
 2 teaspoons minced ginger
 ½ teaspoon dry mustard
 ½ teaspoon ground coriander
 1 teaspoon ground cumin
 1 teaspoons black peppercorns,
 coarsely ground
 1 teaspoon pink peppercorns,
 coarsely ground

3 teaspoons olive oil, divided
 6 cups vegetable stock
 1 teaspoon fish sauce
 6 cups greens (kale, mustard,
 dandelion or a combination)
 ½ cup snap peas
 3 medium zucchini, cut into 4-inch
 sections, ends trimmed

PREHEAT OVEN TO 350°F

Combine pork, garlic, ginger, mustard, coriander, cumin and peppercorns in large bowl. Heat 2 teaspoons olive oil in large saucepan over medium heat. Add pork mixture; cook 10 minutes or until pork is no longer pink, stirring to break up meat.

Add broth and fish sauce. Bring to simmer over medium–high heat. Reduce heat to medium–low; simmer 20 minutes. Add greens and peas; cook 4 minutes or until greens are wilted.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach medium spiralizing blade and position at end of zucchini. Place medium bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 6 and process until blade reaches end of zucchini. Repeat with remaining zucchini sections.

Toss spiralized zucchini with remaining teaspoon olive oil. Spread zucchini onto 9x13-inch baking pan. Bake 7–10 minutes or until zucchini is tender.

Divide zucchini among 4 bowls, top with soup, and serve.

ZUCCHINI AND DAIKON RAMEN WITH PORK



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

400 calories	28g carbs	260mg cholesterol
15g fat	37g protein	3470mg sodium



INGREDIENTS

2 medium zucchini, cut into 4-inch sections, ends trimmed
 1 medium daikon radish (about 6-inches), cut in half, ends trimmed
 2 teaspoons vegetable oil
 6 cups chicken broth
 2 tablespoons mirin
 2 tablespoons miso paste
 2 teaspoons dark sesame oil
 1 cup packed baby spinach
 4 large eggs
 1 cup shiitake mushrooms, stems removed

1 jalapeño pepper, seeded and thinly sliced
 ¼ cup chopped fresh cilantro
 ¼ cup shredded fresh basil

PORK MARINADE

¼ cup chopped green onion
 ¼ cup unseasoned rice vinegar
 ¼ cup soy sauce, divided
 1 tablespoon honey
 1 tablespoon sriracha sauce
 5 cloves garlic, minced, divided
 1 teaspoon minced fresh ginger
 1 pork tenderloin (about 1 pound)

PREHEAT OVEN TO 400°F

PORK MARINADE

Combine green onions, vinegar, 2 tablespoons soy sauce, honey, sriracha, 3 cloves garlic and ginger in small bowl. Place pork in large resealable food storage bag; pour marinade over pork. Seal bag; marinate in refrigerator at least 2 hours or overnight.

Drain pork, discard marinade. Place marinated pork on on baking pan. Bake 25–30 minutes or until pork reaches 145°F. Transfer to cutting board; set aside.

Heat vegetable oil in large saucepan over medium–high heat. Add remaining 2 cloves garlic; sauté 1 minute. Add broth, mirin, miso, remaining 2 tablespoons soy sauce and sesame oil. Bring to boil. Reduce heat to medium–low; simmer 15–20 minutes.

Place eggs in small saucepan; cover with water. Cover, bring to boil over high heat. Remove from heat. Let stand, covered, 4 minutes. Run eggs under cold water until cool enough to handle. Peel eggs.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Place medium bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini and daikon radish.

Slice pork into ½-inch slices. Divide mushrooms, zucchini, daikon and spinach evenly between 4 bowls. Pour about 1½ cups broth over each serving; let stand 5 minutes. Top with 4–5 slices of pork and one egg; carefully cut egg in half. Top with jalapeño slices, cilantro and basil.

Serve immediately.

ZUCCHINI NOODLE WEDDING SOUP



MAKES 6 SERVINGS

NUTRITION - 1 SERVING

234 calories	15g carbs	66mg cholesterol
13g fat	17g protein	444mg sodium



MEATBALL INGREDIENTS

- 2 tablespoons finely minced onion
- ½ teaspoon minced fresh garlic
- 1 tablespoon grated Parmesan cheese, plus more for serving
- 2 tablespoons milk
- ¼ cup panko bread crumbs
- ½ teaspoon dried Italian seasoning
- 1 large egg yolk
- ½ teaspoon kosher salt, divided
- ¼ teaspoon pepper
- ½ teaspoon Worcestershire sauce
- ½ pound lean ground beef or turkey
- 3 tablespoons olive oil, divided

SOUP INGREDIENTS

- ½ cup finely chopped onion
- ½ teaspoon minced fresh garlic
- 1 teaspoon fresh thyme leaves
- 1 bay leaf
- ½ teaspoon pepper, divided
- 1–14.5 ounce can petite-diced tomatoes
- 8 cups low sodium chicken broth
- 4 cups baby spinach
- 2 large zucchini, cut into 4-inch sections, ends trimmed

Using KitchenAid® Stand Mixer, attach bowl and flat beater. Place all meatball ingredients, except meat and olive oil, in bowl and mix on speed 2 until combined. Add meat and mix until just combined. Scoop 1 teaspoon portions and roll meatballs. Heat large stock pot over medium heat, add 2 tablespoons oil. Cook meatballs, turning carefully with spatula until browned on all sides, about 6 minutes. Cook in batches if necessary. Remove meatballs to a platter.

In same pot, sauté onions over medium heat, 4 minutes or until translucent. Add garlic, thyme, bay leaf, ¼ teaspoon pepper and cook for 1 minute. Add tomatoes to pot and stir scraping up any browned bits. Add broth and meatballs back to pot and reduce heat, maintain low simmer for 20 minutes or until ready to eat.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Position medium bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini. Cut spiralized zucchini to desired length.

When almost ready to serve, stir spinach into soup. Heat large 12-inch skillet over medium heat, add 1 tablespoon olive oil. Add spiralized zucchini and sprinkle with salt and pepper. Cook and toss spiralized zucchini for 2–3 minutes or until slightly softened and just starting to release juices.

Divide zucchini evenly among 6 bowls and top with soup. If desired, sprinkle with Parmesan cheese and parsley.

SPIRALIZER WITH PEEL, CORE & SLICE

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BEEF AND BROCCOLI BOWL



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

476 calories	54g carbs	65mg cholesterol
12g fat	39g protein	386mg sodium



INGREDIENTS

- 4 tablespoons soy sauce, divided
- 1 tablespoon seasoned rice wine vinegar
- 1½ teaspoons fresh ginger, grated, divided
- 1 teaspoon fresh garlic, minced, divided
- ⅛ teaspoon red pepper flakes (optional)
- 1 pound sirloin steak, thinly sliced ¼-inch against the grain
- ¼ cup hoisin sauce
- 3 tablespoons orange juice
- 1 large head broccoli (2-inch diameter stem), cut into 4-inch sections
- 1 large carrot (2-inch diameter), peeled, ends trimmed and cut into 4-inch sections
- 1 tablespoon oil (canola or safflower)
- 3 green onions, thinly sliced
- 3 cups hot cooked brown rice

Combine 1 tablespoon soy sauce, rice wine vinegar, 1 teaspoon ginger, ½ teaspoon garlic, red pepper flakes in a medium bowl. Toss steak with mixture and refrigerate until ready to use.

Mix together hoisin, orange juice, remaining soy sauce, ginger and garlic in a small bowl; set aside. Prepare broccoli by cutting florets into bite-sized pieces (about 5 cups). Trim any stalks off stem and trim bottom ½-inch or toughest part of stem off. Peel stem if desired.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one carrot section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of carrot. Position medium bowl under blade to catch spiralized carrot. Turn stand mixer to speed 4 and process until blade reaches end of carrot. Remove fine spiralizing blade and replace with small core slicing blade. Center one broccoli stem section onto fruit and vegetable skewer; attach to Spiralizer and process broccoli stems. Cut sliced vegetables to desired length.

Heat 12-inch nonstick skillet* over medium-high heat and add 1 tablespoon oil. Cook half the steak for 3–4 minutes or until browned, but not cooked all the way through. Transfer to platter and repeat with rest of steak.

Add florets, spiralized broccoli and carrot to hot skillet and cook, stirring constantly for 3 minutes. Add ½ cup water to pan and immediately cover with lid, allow vegetables to steam for 3–4 minutes or until most of the water has evaporated and vegetables are almost tender. Add beef and sauce to pan and cook, uncovered, until sauce is simmering and beef is cooked through, about 2–3 minutes. Stir in green onions.

Divide rice evenly into 4 bowls, top with beef and broccoli. Garnish with additional green onion, if desired.

***NOTE** If using an uncoated skillet, increase oil to 2 tablespoons.

BEET NOODLES WITH RICOTTA AND PARSLEY PESTO



INGREDIENTS

- 3 beets, trimmed and scrubbed
- 1 tablespoon olive oil
- 2 shallots, thinly sliced
- 1 clove garlic, minced
- 1 tablespoon balsamic vinegar
- ½ cup ricotta cheese
- ¼ cup pistachios

PARSLEY PESTO

- 1 cup parsley
- 1 clove garlic
- 1 teaspoon lemon zest
- 1 teaspoon lemon juice
- ¼ cup olive oil
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one beet on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade and position at end of beet. Place medium bowl under blade to catch spiralized beets and peel. Turn stand mixer to speed 4 and process until blade reaches end of beet. Remove peel from bowl. Repeat with remaining beets. Set aside.

Heat 1 tablespoon olive oil in large skillet over medium–high heat. Add shallot and garlic, sauté 1–2 minutes. Add spiralized beets and continue cooking 6–8 minutes, until beets begin to caramelize. Stir in balsamic vinegar.

PARSLEY PESTO

Place parsley and garlic in KitchenAid® Food Chopper. Pulse 5–6 times until finely chopped. Add lemon zest, lemon juice, salt and pepper to food processor. Pulse 3–4 times until combined. While the food processor is running, drizzle in olive oil. Set aside.

To serve, divide beets evenly between 2 plates. Top each plate with ¼ cup ricotta, 2 tablespoons pistachios and 2–3 teaspoons of parsley pesto. Add more pesto as desired.

MAKES 2 SERVINGS

NUTRITION - 1 SERVING

573 calories	24g carbs	32mg cholesterol
49g fat	13g protein	808mg sodium

BUTTERNUT SQUASH MAC AND CHEESE



MAKES 8-10 SERVINGS

NUTRITION - 1 SERVING

294 calories	28g carbs	46mg cholesterol
16g fat	12g protein	386mg sodium



INGREDIENTS

- Nonstick cooking spray
- 2 butternut squash – neck only, cut into 4 – inch sections, ends trimmed
- ¼ cup butter + 1 tablespoon, divided
- ¼ cup all-purpose flour
- ½ teaspoon kosher salt
- ½ teaspoon white pepper
- ½ teaspoon ground mustard
- 2½ cups low fat milk
- 1 cup (4 ounces) shredded Cheddar cheese
- 1 cup (4 ounces) shredded Gruyere cheese
- ¾ cup panko bread crumbs

PREHEAT OVEN TO 375°F

Arrange oven rack to center position. Prepare 2 – quart baking dish with nonstick cooking spray or grease with additional butter.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one squash section on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and medium spiralizer blade and position at end of squash. Position medium bowl under blades to catch spiralized squash and peel. Turn stand mixer to speed 6 and process until blade reaches end of squash. Cut spiralized squash into desired lengths. Arrange squash in baking dish. Dish will be very full. Squash will soften and compress while cooking.

Melt ¼ cup butter in medium saucepan over medium heat. Whisk in flour, salt, pepper and mustard. Cook, stirring frequently, for 2 minutes, or until bubbly. Add milk a little at a time and continue to whisk until mixture thickens, about 3 – 5 minutes. Remove pan from heat; stir in Cheddar and Gruyere cheeses until melted and smooth. Pour cheese sauce over squash. Cover dish with foil and bake 45 minutes.

Melt remaining 1 tablespoon butter in small bowl. Stir in bread crumbs, set aside.

When squash is ready, remove foil from dish and sprinkle with bread crumb mixture. Continue to bake, uncovered, for 15 – 20 minutes, or until squash is tender. Allow dish to rest 5 minutes before serving.

BUTTERNUT SQUASH NOODLES WITH BLUE CHEESE AND SAGE



INGREDIENTS

- 1 butternut squash – neck only, cut into 4–inch sections, ends trimmed
- 3 teaspoons olive oil, divided
- ½ cup red onion, chopped
- 1 clove garlic
- ¼ cup chicken or vegetable stock
- 2 tablespoons fresh sage, chopped
- 2 teaspoon parsley, chopped
- 2 teaspoons vinegar
- 2 tablespoons blue cheese, crumbled
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

PREHEAT OVEN TO 400°F

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one squash section on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and medium spiralizing blade, and position at end of squash. Place medium bowl under blades to catch spiralized squash and peel. Turn stand mixer to speed 6 and process until blade reaches end of squash. Repeat with remaining squash sections.

Toss spiralized squash with 1 teaspoon olive oil and spread out on baking sheet. Bake 8–10 minutes. Remove from oven, set aside.

Heat remaining 2 teaspoons olive oil in large skillet. Add red onion and garlic, sauté 1 minute. Add spiralized butternut squash to skillet, sauté 1–2 minutes. Deglaze pan with stock, simmer 1–2 minutes. Stir in sage, parsley and vinegar.

Divide evenly onto 6 plates. Sprinkle with blue cheese and season with salt and pepper and serve immediately.

MAKES 6 SERVINGS

NUTRITION - 1 SERVING

122 calories	7g carbs	7mg cholesterol
10g fat	3g protein	329mg sodium

CREAMY ZUCCHINI SUCCOTASH WITH GRILLED SHRIMP SKEWERS



SUCCOTASH INGREDIENTS

- 1 large zucchini, cut into 4-inch sections, ends trimmed
- 1 large yellow squash, cut into 4-inch sections, ends trimmed
- 5 strips bacon, cut in ¼-inch pieces
- ½ cup finely chopped shallot
- 1 cup thinly sliced sweet red pepper
- ½ teaspoon minced fresh garlic
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- ½ teaspoon fresh thyme leaves
- ½ cup dry white wine
- 1 cup frozen corn, thawed
- 1 cup frozen edamame, thawed
- ½ cup heavy cream

- 1 tablespoon lemon juice, plus more for squeezing
- ⅓ cup chopped flat leaf parsley
- 2 tablespoons torn basil leaves
- Lemon wedges

SHRIMP SKEWERS

- 1 tablespoon lemon juice
- 1 teaspoon seasoning salt
- ¼ teaspoon pepper
- ½ teaspoon minced fresh garlic
- 2 tablespoons oil (canola or safflower)
- 1 pound raw shrimp, peeled, deveined, tails removed
- 8 (8-inch) bamboo skewers, soaked in water 30 minutes

For shrimp marinade, combine lemon juice, seasoning salt, pepper, garlic and oil in a shallow dish. Thread raw shrimp onto soaked bamboo skewers and place skewers in dish, turning to coat shrimp with marinade. Refrigerate no longer than 20 minutes, until ready to grill.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Position medium bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini and yellow squash sections. Cut spiralized vegetables into 4–6-inch lengths. Set aside.

Preheat grill or grill pan to medium–high heat. Rub grill grates or grill pan with oil.

Heat a 12-inch skillet over medium heat. Add bacon, cook until crispy, about 4 minutes. Remove bacon to paper towel lined plate. Pour off all but 1 tablespoon bacon fat. Add shallots, peppers and garlic to skillet,

season with salt, pepper and thyme, cook 2–3 minutes or until softened. Add wine to pan, scrape up any browned bits. Simmer until reduced by half, 1–2 minutes.

Grill shrimp, cooking until opaque all the way through, about 5 minutes. Remove cooked shrimp to plate. Cover with foil to keep warm.

Add corn, edamame, spiralized zucchini and squash to shallot mixture. Cook, stirring over medium–heat for 4 minutes. Add cream and lemon juice. Cook over medium–high heat 2 minutes, stirring constantly, until slightly thickened. Stir in parsley and bacon.

Divide evenly between 4 plates, topped with shrimp skewers, torn basil and lemon wedges.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

580 calories	37g carbs	222mg cholesterol
30g fat	41g protein	740mg sodium

CRUNCHY VEGGIE WRAP WITH HUMMUS AND AVOCADO



INGREDIENTS

- ½ large yellow squash or zucchini, cut into 4–inch sections, ends trimmed
- 1 large carrot, cut into 4–inch sections, ends trimmed
- 1 teaspoon fresh lemon juice
- 2 teaspoons olive oil
- ¼ teaspoon kosher salt
- ⅛ teaspoon pepper
- 2 tablespoons chopped fresh cilantro
- 4 (10–inch diameter) tortilla wraps
- 1 cup prepared hummus
- ½ cup crumbled feta cheese
- 1 avocado, sliced

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center squash onto fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of squash. Position medium bowl under blade to catch spiralized squash. Turn stand mixer to speed 4 and process until blade reaches end of squash. Repeat with carrot.

In a medium bowl, combine lemon juice, olive oil, salt, pepper and cilantro. Add spiralized squash and carrot to bowl. Toss to coat.

To assemble wraps, spread each wrap with hummus leaving a 1–inch border at edge. Arrange feta and avocado across center of wrap, leaving a 1–inch border around edge. Arrange spiralized squash and carrot over feta and avocado. Fold in both sides of wrap. Fold bottom of wrap over filling in the middle, pressing gently, continue rolling up to close. Cut in half and serve, or wrap in plastic wrap and refrigerate up to 4 hours.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

380 calories	39g carbs	17mg cholesterol
21g fat	12g protein	882mg sodium

ITALIAN MEATBALLS AND ZUCCHINI NOODLES



MAKES 4-5 SERVINGS

NUTRITION - 1 SERVING

319 calories	19g carbs	117mg cholesterol
18g fat	23g protein	956mg sodium



MEATBALL INGREDIENTS

- ¼ cup finely chopped onion
- ½ teaspoon minced fresh garlic
- 2 tablespoons grated Parmesan cheese, plus more for serving
- ¼ cup milk
- ½ cup panko bread crumbs
- 1 teaspoon dried Italian seasoning
- 1 egg, lightly beaten
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 2 tablespoons flat leaf parsley, chopped
- 1 pound lean ground beef or turkey
- 1-2 tablespoons olive oil*

ZUCCHINI NOODLE INGREDIENTS

- 1 tablespoon olive oil
- ½ cup finely chopped onion
- ½ teaspoon minced fresh garlic
- 1 teaspoon dried Italian Seasoning
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- ⅛ teaspoon crushed red pepper
- 1-28 ounce can crushed tomatoes
- 2 large zucchini, ends trimmed, cut into 4–inch sections
- 1 tablespoon olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon pepper
- Fresh chopped flat leaf parsley

Attach bowl and flat beater to KitchenAid® Stand Mixer. Place all meatball ingredients except meat and olive oil in bowl. Mix on speed 2 until combined. Add ground meat and mix until just combined. Scoop 2 tablespoon portions and roll meatballs. Heat 12-inch nonstick skillet* over medium heat and add 1 tablespoon olive oil. Cook meatballs, turn carefully with spatula until browned on all sides, about 6 minutes. Remove meatballs to a platter.

Add 1 tablespoon oil to pan and cook onions over medium heat for about 4 minutes or until translucent. Add garlic, Italian seasoning, salt, pepper and crushed red pepper and cook for a minute. Add tomatoes to pan and stir scraping up any browned bits. Add meatballs back to pan, cover and reduce heat to maintain a low simmer for 20 minutes.

While sauce is cooking, attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Position medium bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini sections. Cut spiralized zucchini to desired length.

Heat another 12–inch skillet over medium heat, add 1 tablespoon olive oil. Add spiralized zucchini, sprinkle with salt and pepper. Sauté zucchini, 2–3 minutes or until slightly softened and just starting to release juices.

Divide noodles among 4–5 bowls, topped with meatballs and sauce. If desired, sprinkle with additional Parmesan cheese and parsley.

***NOTE** To cook meatballs in a regular skillet, increase oil to 2 tablespoons.

LEMON SHRIMP SCAMPI WITH SPIRALIZED ZUCCHINI



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

321 calories	9g carbs	191mg cholesterol
18g fat	25g protein	626mg sodium



INGREDIENTS

- | | |
|--|--|
| 2 large zucchini, cut into 4-inch sections, ends trimmed | 1 teaspoon minced fresh garlic |
| 1 pound shrimp, peeled, deveined, tail removed | ½ cup dry white wine |
| 3 tablespoons extra virgin olive oil | ½ cup heavy cream |
| ¾ teaspoon kosher salt | ¼ cup chopped flat leaf parsley |
| ½ teaspoon pepper | 2 tablespoons torn basil leaves, plus more for garnish |
| ½ cup finely chopped shallot | 1 tablespoon lemon zest |
| | 1 tablespoon + 1 teaspoon fresh lemon juice, divided |

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Place medium bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini sections. Cut zucchini noodles to desired length.

Heat large skillet over medium-high heat. Add 2 tablespoons olive oil to pan. Add shrimp, shallots, garlic, salt and pepper. Sauté for 1 minute. Remove partially cooked shrimp to plate, cover with foil to keep warm, set aside. Continue to sauté shallots and garlic for 1 minute. Add wine to skillet and bring to simmer, cook until reduced by half, 1–2 minutes. Add lemon zest, 1 tablespoon lemon juice and cream to skillet, bring to simmer, cook until slightly thickened, 1–2 minutes.

In separate large skillet, heat 1 tablespoon olive oil over medium heat. Add zucchini noodles. Sprinkle with salt and pepper. Sauté zucchini noodles, 2–3 minutes or until slightly softened.

Add shrimp back to cream sauce, sauté 2–3 minutes or until cooked through. Stir in parsley, and remaining 1 teaspoon lemon juice into mixture.

Divide zucchini noodles evenly among 4 bowls, topped with shrimp and cream sauce. Sprinkle bowls with torn basil. Garnish with lemon wedges and basil leaves, if desired. Serve immediately.

ONE POT ZUCCHINI PRIMAVERA



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

200 calories	22g carbs	25mg cholesterol
10g fat	9g protein	800mg sodium



INGREDIENTS

- | | |
|--|---------------------------------------|
| 2 large zucchini, cut into 4-inch sections, ends trimmed | 1 cup fresh or frozen peas |
| 1 yellow onion, peeled and trimmed | 1 cup packed baby spinach |
| 2 teaspoons olive oil | ¼ cup vegetable broth |
| 2 cloves garlic, minced | ¼ cup heavy cream |
| ¼ teaspoon red pepper flakes | 1 teaspoon coarse salt |
| 1 cup asparagus, cut into 1-inch pieces | Freshly ground black pepper |
| 1 cup sliced mushrooms | ¼ cup shredded Parmesan cheese |
| | ¼ cup fresh parsley, coarsely chopped |

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Place medium bowl under blade to catch zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini sections.

Center onion on fruit and vegetable skewer; attach to Spiralizer. Position fine spiralizing blade at end of onion. Place separate bowl under blade to catch onion. Turn stand mixer to speed 4 and process until blade reaches end of onion.

Heat olive oil in large skillet over medium-high heat. Add garlic and red pepper flakes; cook 1 minute, stirring constantly. Add onion, asparagus, mushrooms and peas; sauté 2–3 minutes until onion is softened. Add zucchini and spinach; stir in broth and cream. Bring to simmer; cook 3 minutes or until vegetables are tender. Stir in salt and black pepper, if desired.

Divide evenly among 4 serving plates; sprinkle with cheese and parsley.

PEANUT ZUCCHINI NOODLES



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

210 calories	18g carbs	0mg cholesterol
14g fat	7g protein	370mg sodium



INGREDIENTS

- ¼ cup peanut butter
- 2 tablespoons unseasoned rice vinegar
- 2 teaspoons soy sauce
- 2 teaspoons sugar
- ¼ teaspoon red pepper flakes
- 3 tablespoons hot water
- 2 large zucchini, cut into 4-inch sections, ends trimmed
- 2 teaspoons olive oil
- 1 clove garlic, minced
- 3 carrots, julienned
- 1 red bell pepper, julienned
- 2 tablespoons chopped peanuts
- 2 tablespoons cilantro, chopped

For sauce, combine peanut butter, vinegar, soy sauce, sugar and red pepper in small bowl. Add hot water; whisk until smooth. Can be made up to 2 days ahead; store in refrigerator.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach medium spiralizing blade and position at end of zucchini. Place medium bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 6 and process until blade reaches end of zucchini. Repeat with remaining zucchini sections.

Heat olive oil in medium skillet over medium-high heat. Add garlic; sauté 30 seconds or until fragrant. Add spiralized zucchini, carrots and bell pepper; sauté 3 minutes or until crisp-tender. Transfer to serving bowl. Add ¼ cup sauce; toss until well blended. Sprinkle with peanuts and cilantro. Serve immediately with additional sauce, if desired.

NOTE For a heartier dish, add grilled chicken strips or shrimp.

PLANTAIN RICE WITH CHICKEN AND SALSA VERDE



INGREDIENTS

- 2 firm plantains, peeled and cut into 4-inch sections
- 1½ teaspoons salt, divided
- 1 teaspoon coarsely ground black pepper
- 1 teaspoon cajun seasoning
- 2 pounds chicken thighs and drumsticks (about 4 each)
- 5 tablespoons olive oil, divided
- 1 clove garlic, minced
- 3 tablespoons sliced shallots
- 1 teaspoon grated lemon peel
- 2 cups chicken broth
- 1 cup mint leaves
- 1 cup parsley leaves
- 1 small serrano pepper, seeded
- 2 whole cloves garlic
- 2 tablespoons white balsamic vinegar

PREHEAT OVEN TO 400°F

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one plantain section on fruit and vegetable skewer; attach to Spiralizer. Attach medium spiralizing blade and position at end of plantain. Place medium bowl under blade to catch sliced plantains. Turn stand mixer to speed 4 and process until blade reaches end of plantain. Repeat with remaining plantains. Place plantains in KitchenAid® food processor; pulse 4 times or until plantains are finely chopped and resemble rice. Set aside.

Combine 1 teaspoon salt, black pepper and cajun seasoning in small bowl; rub over all sides of chicken. Heat 1 tablespoon olive oil in large skillet over medium-high heat. Cook chicken in batches 5–7 minutes or until browned on all sides, adding additional 1 tablespoon oil between batches. Transfer chicken to plate.

Heat remaining 1 tablespoon olive oil in same skillet. Add shallots and minced garlic; cook 1 minute, stirring constantly. Add plantains, remaining ½ teaspoon salt and season with additional black pepper, if desired; cook 4 minutes, stirring occasionally. Add broth and lemon peel, stirring to scrape up browned bits. Top with chicken.

Bake 30–35 minutes or until chicken is cooked through (165°F) and liquid is absorbed.

For salsa verde, combine mint, parsley, serrano pepper and 2 whole cloves garlic in KitchenAid® Food Processor; pulse 10 times or until finely chopped. With food processor running, add remaining 2 tablespoons olive oil in thin steady stream. Transfer to small bowl; stir in vinegar. Serve with chicken and plantains.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

490 calories	53g carbs	125mg cholesterol
30g fat	5g protein	310mg sodium

PORK CUTLETS WITH APPLES AND ONIONS



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

360 calories	21g carbs	130mg cholesterol
11g fat	43g protein	420mg sodium



INGREDIENTS

- 6 Granny Smith apples
- 1 Vidalia onion
- 2 teaspoons coarse grain mustard
- 1 teaspoon minced fresh thyme
- 1 teaspoon white balsamic vinegar
- 1 tablespoon butter
- 4 thin-cut boneless pork chops
- ½ teaspoon salt
- Freshly ground black pepper
- 1 teaspoon olive oil

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one apple on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and large core slicing blade and position at end of apple. Position medium bowl under blades to catch sliced apple and peel. Turn stand mixer to speed 6 and process until blade reaches end of apple. Repeat with remaining apple. Stand apples on end and cut in half.

Remove peeling blade and attach fine spiralizing blade to Spiralizer. Center onion on fruit and vegetable skewer; attach to Spiralizer. Place medium bowl below blade to catch spiralized onion. Turn stand mixer to speed 4 and process until blade reaches end of onion.

Melt butter in large skillet over medium heat. Add apples and onion; sauté 6–8 minutes or until tender. Remove from skillet and keep warm.

Combine mustard, thyme and vinegar in small bowl. Season pork chops with salt and pepper. Heat olive oil over medium-high heat in same skillet. Add pork chops; cook 1–2 minutes per side. Add mustard mixture, stirring to scrape up browned bits. Return apples and onions along with any accumulated juices to skillet; simmer 2–3 minutes or until heated through.

Place 1 pork chop each onto 4 plates and top with apple and onion mixture. Serve immediately.

QUINOA SWEET POTATO WAFFLES



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

190 calories	21g carbs	65mg cholesterol
9g fat	6g protein	370mg sodium



INGREDIENTS

- 2 large sweet potatoes, ends trimmed, cut into 4-inch sections
- ½ cup cooked red quinoa
- 1 large egg
- 2 tablespoons almond meal
- 1 teaspoon grated orange peel
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- ½ cup sour cream
- ½ teaspoon curry powder
- Maple syrup (optional)

PREHEAT KITCHENAID® WAFFLE BAKER

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one sweet potato section on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade and position at end of sweet potato. Place medium bowl under blades to catch spiralized sweet potato and peel. Turn stand mixer to speed 4 and process until blade reaches end of sweet potato. Repeat with remaining sweet potatoes.

Place steamer basket in large saucepan and fill with water to just below steamer. Add sweet potatoes; steam over high heat until potatoes are very tender. Measure 3 cups; transfer to medium bowl. Add quinoa, egg, almond meal, orange peel, salt and cinnamon; mix well.

Add heaping ½ cup batter to waffle baker; cook 8–10 minutes or until waffle is crisp and well browned. Repeat with remaining batter.

Combine sour cream and curry powder in small bowl.

Serve waffles with sour cream mixture or maple syrup, if desired.

ROOT VEGETABLE NESTS



MAKES 6 SERVINGS

NUTRITION - 1 SERVING

215 calories	14g carbs	231mg cholesterol
13g fat	12g protein	682mg sodium



INGREDIENTS

- 1 medium sweet potato, cut into 4-inch sections, ends trimmed
- 1 medium yukon gold potato, ends trimmed
- 1 large beet, scrubbed and ends trimmed
- 2 teaspoons olive oil, divided
- 1 cup sharp cheddar cheese, shredded
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 6 large eggs, poached
- 1 teaspoon chives

PREHEAT OVEN TO 400°F

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one sweet potato section on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade, and position at end of sweet potato. Place medium bowl under blades to catch spiralized sweet potato and peel. Turn stand mixer to speed 4 and process until blade reaches end of sweet potato. Repeat with potato and beet.

Prepare baking sheet with 1 teaspoon olive oil. Set aside. Toss root vegetables with shredded cheddar cheese, salt and remaining 1 teaspoon olive oil. Divide root vegetables evenly into 6 portions and space evenly on prepared baking sheet. Bake until root vegetables are tender and golden brown on bottom, 20–25 minutes.

Place 1 vegetable nest on each plate, top with 1 poached egg. Garnish with chives and serve immediately.

SEARED TUNA WITH KOHLRABI CARROT SLAW



INGREDIENTS

- 2 medium kohlrabi, peeled
- 2 medium carrots, julienned
- 1 cup shredded celery cabbage or savoy cabbage
- 2 green onions, sliced
- ¼ cup soy sauce
- 1 clove garlic, minced
- 1 teaspoon hot Chinese mustard
- 2 tuna steaks (6 ounces each)
- 1 tablespoon vegetable oil
- 1 teaspoon sesame seeds

DRESSING

- 3 tablespoons unseasoned rice vinegar
- 2 tablespoons wasabi powder
- 2 tablespoons fresh lime juice
- 1 tablespoon dark sesame oil
- 1½ teaspoons agave nectar
- ½ teaspoon grated lime peel
- ½ teaspoon salt

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one kohlrabi on fruit and vegetable skewer; attach to Spiralizer. Attach medium spiralizing blade, and position at end of kohlrabi. Place medium bowl under blade to catch spiralized kohlrabi. Turn stand mixer to speed 6 and process until blade reaches end of kohlrabi. Repeat with remaining kohlrabi. Add carrots, cabbage and green onions to bowl. Refrigerate until ready to use; can be made up to 6 hours ahead.

Combine soy sauce, garlic and mustard in shallow glass dish. Add tuna; turn to coat. Marinate at room temperature 10 minutes.

Heat vegetable oil in medium skillet over medium–high heat. Add tuna; cook about 2 minutes per side or until desired degree of doneness. Transfer to cutting board; let stand 5 minutes. Cut into ¼–inch slices.

DRESSING

Combine vinegar, wasabi powder, lime juice, sesame oil, agave, lime peel and salt in small jar with tight–fitting lid; shake until well blended. Refrigerate until ready to use; can be made up to 2 days ahead.

Divide kohlrabi mixture evenly onto 4 serving plates. Top with sliced tuna, drizzle with dressing and garnish with sesame seeds.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

280 calories	18g carbs	35mg cholesterol
13g fat	23g protein	1740mg sodium

SIRLOIN TACOS WITH BEET SALSA



MAKES 6 SERVINGS

NUTRITION - 1 SERVING (3 TACOS)

590 calories	60g carbs	70mg cholesterol
22g fat	36g protein	1220mg sodium



INGREDIENTS

1 sirloin steak (1 pound)
18 taco-size flour tortillas, warmed
1½ cups shredded romaine lettuce
½ cup crumbled goat cheese
½ cup sunflower seeds

BEET SALSA

3 golden beets, scrubbed and ends trimmed
1 small sweet onion
1 tablespoon olive oil
1 clove garlic, minced
1 jalapeño pepper, seeded and finely chopped
¼ cup chopped fresh cilantro
1 teaspoon white wine vinegar
½ teaspoon ground cumin
1 teaspoon salt, divided
¾ teaspoon freshly ground black pepper, divided

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one beet on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of beet. Place medium bowl under blade to catch spiralized beet. Turn stand mixer to speed 4 and process until blade reaches end of beet. Repeat with remaining beets and onion. Coarsely chop beet and onion.

BEET SALSA

Heat olive oil in large skillet over medium–high heat. Add beets, onions and garlic; sauté about 5 minutes or until beets are tender. Transfer to medium bowl; cool slightly. Stir in jalapeño, cilantro, vinegar, cumin, ½ teaspoon salt and ¼ teaspoon black pepper. Set aside.

Prepare grill for direct cooking. Sprinkle remaining ½ teaspoon salt and ½ teaspoon black over both sides of steak. Grill, covered, over medium–high heat, 6–7 minutes per side for medium-rare, or to desired doneness. Transfer to cutting board; let stand 10 minutes. Thinly slice steak against the grain.

Divide steak evenly into 18 tortillas, topped with salsa, lettuce, goat cheese and sunflower seeds.

SPIRALIZED PEPPERONI PIZZA



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

400 calories	52g carbs	30mg cholesterol
13g fat	19g protein	1240mg sodium



INGREDIENTS

- 1 prepared pizza crust (11–12 inches)
- 1 small red onion, peeled and ends trimmed
- 1 piece (4–inches) stick pepperoni
- ½ cup prepared pizza sauce
- 1 cup (4–ounces) shredded mozzarella cheese
- ¼ cup shredded Parmesan cheese

PREHEAT OVEN according to package directions for pizza crust.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center onion on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of onion. Place medium bowl below blade to catch spiralized onion. Turn stand mixer to speed 4 and process until blade reaches end of onion. Coarsely chop, if desired. Remove fine spiralizing blade.

Attach small core slicing blade. Center pepperoni on fruit and vegetable skewer. Place a small bowl under blade to catch sliced pepperoni. Turn stand mixer to speed 4 and process until blade reaches end of pepperoni. Cut pepperoni spirals into desired lengths.

Spread sauce over crust to within 1–inch of edge. Sprinkle with mozzarella cheese, top with pepperoni and onion. Sprinkle with Parmesan cheese.

Bake according to package directions for pizza crust or until cheese is melted and bubbly and crust is golden brown.

SPIRALIZED VEGGIE PIZZA



MAKES 8 SERVINGS

NUTRITION - 1 SERVING

295 calories	36g carbs	16mg cholesterol
11g fat	13g protein	618mg sodium



INGREDIENTS

- ½ large zucchini, cut into 4–inch sections, ends trimmed
- ½ large yellow squash, cut into 4–inch sections, ends trimmed
- 1 small red onion, peeled and ends trimmed
- ½ teaspoon kosher salt
- 1 pound fresh pizza dough (recipe follows), or pre-made dough
- ½ cup pizza sauce
- 1 teaspoon Italian seasoning
- 2 cups shredded mozzarella cheese
- ½ cup thinly sliced sweet red pepper
- 4 teaspoons olive oil

PIZZA DOUGH

- Butter (to grease bowl)
- 1½–2¾ cups bread flour
- ½ teaspoon sugar
- 1¼ teaspoon rapid rise yeast
- 1 teaspoon kosher salt
- ¾ cup warm water (105°F–115°F)
- 1 tablespoon olive oil

PREHEAT OVEN TO 425°F (if using a pizza stone, preheat on lowest rack).

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section onto fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Position medium bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with yellow squash. Cut zucchini and squash to desired lengths. Place zucchini and squash in a strainer over a bowl. Sprinkle with salt and toss. Allow to rest 30 minutes.

Center onion on fruit and vegetable skewer and spiralize into separate bowl, to yield about ¼ cup.

On floured surface, roll out pizza dough into a 14–15 inch circle. Place on pizza stone or pan. Spread sauce on dough leaving a 1–inch border, sprinkle with Italian seasoning. Add cheese over sauce.

Transfer spiralized zucchini and squash from strainer to a paper towel lined surface, place another layer of paper towel on top. Gently press to absorb excess moisture.

Top pizza with zucchini, squash, onions and peppers. Brush edge of crust with olive oil and drizzle any extra over pizza toppings. Bake pizza for 20 minutes or until cheese is bubbly and crust is browned.

FOR PIZZA DOUGH

Attach bowl and dough hook to stand mixer. Place 1½ cups bread flour, sugar, yeast and salt in bowl. Stir together water and olive oil in a liquid measuring cup and pour into the dry mixture. Mix on speed 2 until blended and a sticky dough forms, about 3 minutes. Add remaining flour, ½ cup at a time, until dough clings to hook and forms a ball, about 2 minutes. Knead on speed 2 for 2 minutes.

Grease a medium bowl with butter. Place dough in bowl, turning to grease all sides. Cover with plastic wrap and allow to rise in a warm place for 1 hour or until doubled in size. Punch down dough and form a ball, place on lightly oiled plate and cover loosely with plastic wrap. Allow dough to rest for about 30 minutes before shaping.

SWEET POTATO BAKED ZITI WITH MUSHROOMS AND SPINACH



MAKES 8-10 SERVINGS

NUTRITION - 1 SERVING

281 calories	24g carbs	32mg cholesterol
13g fat	18g protein	799mg sodium



INGREDIENTS

Nonstick cooking spray
 2–3 medium sweet potatoes, cut into 4–inch sections, ends trimmed
 1 tablespoon olive oil
 16 ounces chopped crimini mushrooms
 ¼ cup finely minced shallot
 1 teaspoon minced fresh garlic
 1 teaspoon kosher salt, divided
 ½ teaspoon pepper, divided
 1 teaspoon Italian seasoning
 1 tablespoon balsamic vinegar
 10 ounces frozen spinach, thawed and squeezed dry
 16 ounces ricotta cheese

2 cups shredded mozzarella cheese, divided
 ¼ cup plus 2 tablespoons grated Parmesan cheese, divided

MARINARA SAUCE

1 tablespoon olive oil
 ¼ cup finely minced shallot
 1 teaspoon minced fresh garlic
 ½ teaspoon salt
 ¼ teaspoon pepper
 1 teaspoon Italian seasoning
 1–28 ounce can crushed tomatoes

PREHEAT OVEN TO 375°F

Prepare a 13x9x2–inch baking dish with nonstick cooking spray. Heat 1 tablespoon oil in a 12–inch skillet over medium heat. Add shallots, garlic, salt, pepper and Italian seasoning. Cook, stirring 2 minutes or until shallots are softened. Add crushed tomatoes and bring to a simmer. Reduce heat and stir frequently for 10 minutes or until ready to use.

Heat 1 tablespoon oil in a separate 12–inch skillet over medium heat. Add mushrooms, shallots, garlic, ½ teaspoon salt, ¼ teaspoon pepper and Italian seasoning. Cook, stirring 7–8 minutes or until the mushrooms have released their juices and are starting to brown. Stir in balsamic vinegar and cook, stirring 1 minute. Add spinach and stir into mixture. Remove from heat and allow to cool. Set aside.

Attach bowl and flat beater to KitchenAid® Stand Mixer. Add ricotta cheese, 1½ cups mozzarella cheese, ¼ cup Parmesan cheese, remaining ½ teaspoon salt and ¼ teaspoon pepper into bowl. Mix on speed 4 to combine. Add cooled mushroom and spinach mixture and mix on low speed. Set aside.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one sweet potato section on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade and position at end of sweet potato. Position medium bowl under blades to catch spiralized sweet potato and peel. Turn stand mixer to speed 4 and process until blade reaches end of sweet potato. Repeat with remaining sweet potatoes to yield 8 cups.

Coat bottom of prepared pan with ⅓ cup marinara sauce. Arrange half the sweet potatoes over sauce. Add half the ricotta mixture over sweet potatoes and top with half of marinara sauce. Layer remaining sweet potatoes, ricotta mixture and marinara sauce. Cover and bake for 45 minutes. Uncover, top with remaining Parmesan and mozzarella and bake uncovered for 20–25 minutes or until the sweet potatoes are tender. Allow to rest for 10 minutes before serving.

SWEET POTATO CURRY



MAKES 8 SERVINGS

NUTRITION - 1 SERVING

330 calories	47g carbs	0mg cholesterol
14g fat	7g protein	640mg sodium



INGREDIENTS

- 3 medium sweet potatoes, cut in half
- 1 piece (3 inches) lemongrass, coarsely chopped
- 1 teaspoon grated fresh ginger
- 3 cloves garlic
- 3 teaspoons vegetable oil, divided
- 2 cups water
- 1–15 ounce can chickpeas, drained
- 1–14 ounce can crushed tomatoes
- 1–13 ounce can coconut milk
- ½ cup chopped onion
- ½ cup chopped carrots
- 3 tablespoons red curry paste
- 1 tablespoon tomato paste
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 4 cups cooked jasmine rice
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh cilantro
- 2 limes, cut into wedges

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one sweet potato half on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and small core slicing blade and position at end of sweet potato. Position medium bowl under blades to catch sliced sweet potato and peel. Turn stand mixer to speed 4 and process until blade reaches end of sweet potato. Repeat with remaining sweet potatoes. Set aside.

Add lemongrass, ginger, garlic and 2 teaspoons vegetable oil in KitchenAid® Food Chopper. Process until finely chopped. Set aside.

Heat remaining 1 teaspoon vegetable oil in large saucepan. Add lemongrass mixture; sauté 2–3 minutes. Stir in water, chickpeas, tomatoes, coconut milk, onion, carrots, curry paste, tomato paste, salt and coriander. Add spiralized sweet potatoes; bring to a boil. Reduce heat to medium; simmer 25–30 minutes or until potatoes are tender and sauce is thickened.

Divide rice evenly into 8 serving bowls; top with curry, basil and cilantro. Serve with lime wedges.

SWEET POTATO MAC & CHEESE



INGREDIENTS

- 4 large sweet potatoes, cut into 4-inch sections, ends trimmed
- 4 tablespoons butter, divided
- 4 tablespoons all-purpose flour
- 2 cups milk
- 2 cups sharp cheddar cheese
- ½ teaspoon mustard
- ¼ teaspoon cayenne
- ½ teaspoon salt
- ½ cup panko breadcrumbs

PREHEAT OVEN TO 375°F

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one sweet potato section on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and medium spiralizing blade, and position at end of sweet potato. Position medium bowl under blades to catch spiralized sweet potato and peel. Turn stand mixer to speed 6 and process until blade reaches end of sweet potato. Repeat with remaining sweet potato sections. Arrange sweet potatoes in single layer on lightly oiled baking sheet. Bake 10–12 minutes, tossing often, until pierced easily with a fork.

Melt 3 tablespoons butter in medium saucepan over low heat. Add flour, stirring constantly, 2–3 minutes. Gradually add milk, whisking constantly. Increase to medium heat, stirring constantly until thickened, 3–5 minutes. Add 1½ cups cheese, mustard and cayenne, stir until cheese is melted. Remove cheese sauce from heat and set aside.

Heat remaining 1 tablespoon butter in medium skillet. Add panko breadcrumbs and toast until golden, 2–3 minutes. Set aside.

Coat 8x8-inch baking dish with butter. In large mixing bowl, combine spiralized sweet potatoes and cheese sauce. Transfer mixture to prepared baking dish, top with remaining ½ cup cheese and toasted breadcrumbs. Bake until bubbly and crispy, about 40 minutes.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

613 calories	54g carbs	99mg cholesterol
34g fat	24g protein	963mg sodium

SWEET POTATO RISOTTO



INGREDIENTS

- 2 large sweet potatoes, cut into 4-inch sections, ends trimmed
- 2 teaspoons olive oil
- ¼ cup chopped yellow onion
- 1 clove garlic, minced
- ½ cup vegetable broth
- ½ teaspoon salt
- ¼ cup crumbled goat cheese
- 2 tablespoons marcona or roasted almonds, chopped
- 1 teaspoon minced fresh rosemary
- Freshly ground black pepper (optional)

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one sweet potato section on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade and position at end of sweet potato. Place medium bowl under blades to catch spiralized sweet potato and peel. Turn stand mixer to speed 4 and process until blade reaches end of sweet potato. Repeat with remaining sweet potato sections.

Place spiralized sweet potatoes in KitchenAid® Food Processor; pulse 6–8 times or until sweet potato forms rice-sized pieces. If you do not have a food processor, finely chop the spiralized sweet potatoes with a knife.

Heat 2 teaspoons olive oil in large skillet over medium–high heat. Add onion and garlic; sauté 1 minute. Add sweet potato and salt; stir to coat with oil. Stir in broth, 2 tablespoons at a time; cook 7–10 minutes or until sweet potatoes are tender.

Divide risotto evenly between 2 serving plates. Top with goat cheese, almonds and rosemary. Season with freshly ground black pepper, if desired.

MAKES 2 SERVINGS

NUTRITION - 1 SERVING

250 calories	29g carbs	15mg cholesterol
13g fat	7g protein	970mg sodium

THAI HOT & SOUR ZUCCHINI NOODLES



MAKES 4-6 SERVINGS

NUTRITION - 1 SERVING

240 calories	14g carbs	30mg cholesterol
17g fat	11g protein	105mg sodium



INGREDIENTS

- | | |
|--|--|
| 2 tablespoons unseasoned rice vinegar | 1 clove garlic, minced |
| 4 tablespoons olive oil, divided | 1 red bell pepper, julienned |
| 1 tablespoon packed brown sugar | 2 carrots, julienned |
| 1 teaspoon grated fresh ginger | 2 large zucchini, ends trimmed, cut into 4-inch sections |
| 1 teaspoon soy sauce | 1 large egg, beaten |
| ¼ teaspoon red pepper flakes | ¼ cup chopped fresh cilantro |
| Pinch ground red pepper | ¼ cup chopped peanuts |
| ¼ cup chopped green onion | 1 lime, cut into wedges |
| 1 jalapeño pepper, seeded and minced | |
| 14 ounces extra firm tofu, drained and cut into 1-inch squares | |

For marinade, whisk vinegar, 2 tablespoons olive oil, brown sugar, ginger, soy sauce, red pepper flakes and ground red pepper in small bowl. Stir in green onion and jalapeño. Place tofu in single layer in baking dish or shallow bowl; pour marinade over tofu and stir gently to coat. Marinate at room temperature for 30 minutes.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach medium spiralizing blade and position at end of zucchini. Place medium bowl below blade to catch spiralized zucchini. Turn stand mixer to speed 6 and process until blade reaches end of zucchini. Repeat with remaining zucchini sections.

Heat 1 tablespoon olive oil in large skillet over high heat. Transfer tofu from marinade to skillet in single layer (cook in batches, if necessary). Set marinade aside. Cook tofu without stirring 1–2 minutes or until browned. Turn tofu and cook additional 4–5 minutes or until browned, stirring occasionally. Transfer tofu from skillet to paper towel lined surface to avoid excess moisture.

Heat remaining 1 tablespoon olive oil in same skillet. Add garlic; sauté 30 seconds, stirring constantly. Add bell pepper and carrots; sauté 2 minutes. Add zucchini; sauté 1 minute. Add egg; cook until egg is firm, stirring frequently. Return tofu to skillet and add leftover marinade; cook 1–2 minutes or until heated through.

Divide evenly onto 4–6 serving dishes; sprinkle with cilantro and peanuts. Serve with lime wedges.

ZUCCHINI NOODLES AGLIO E OLIO



INGREDIENTS

- 2 large zucchini, cut into 4-inch sections, ends trimmed
- 3 tablespoons olive oil, divided
- ½ cup panko bread crumbs
- 2 tablespoons Parmesan cheese
- ¾ teaspoon kosher salt, divided
- 1 teaspoon minced fresh garlic
- ⅛ teaspoon crushed red pepper
- ¼ teaspoon pepper
- ½ cup fresh chopped flat leaf parsley

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Position medium bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Cut spiralized zucchini to desired lengths.

Heat 1 tablespoon oil in a 12-inch skillet over medium heat. Add bread crumbs, 2 tablespoons Parmesan cheese, ¼ teaspoon salt and stir continuously for 1–2 minutes, or until the bread crumbs are golden brown. Transfer to a bowl and wipe out skillet.

In same skillet over medium heat, add 2 tablespoons olive oil, garlic, red pepper, ½ teaspoon salt, pepper. Sauté 30 seconds or until the garlic is cooked, but not browned. Add zucchini to pan and cook while tossing with tongs 2–3 minutes, or until slightly softened and just starting to release juices. Add parsley and toss to mix.

Divide noodles evenly into 4 bowls and top with bread crumb mixture. Serve immediately with additional Parmesan cheese, if desired.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

183 calories	16g carbs	2mg cholesterol
12g fat	5g protein	594mg sodium

ZUCCHINI NOODLES WITH LEMON GARLIC TUNA SAUCE



INGREDIENTS

- 2 medium zucchini, cut into 4-inch sections, ends trimmed
- 1 clove garlic, minced
- 2 teaspoons olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon grated lemon peel
- 1-5 ounce can solid light tuna packed in olive oil, drained
- ½ cup vegetable broth
- 2 tablespoons chopped fresh parsley
- Shaved Parmesan cheese

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section onto fruit and vegetable skewer; attach to Spiralizer. Attach small core slicing blade and position at end of zucchini. Place medium bowl below blade to catch sliced zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini sections.

Heat olive oil in large skillet over medium-high heat. Add garlic; sauté 1 minute. Add tuna, broth, lemon juice and lemon peel; cook 3 minutes. Add zucchini; cook 2 minutes or until heated through.

Divide evenly onto 2 serving plates and sprinkle with parsley and shaved Parmesan cheese.

MAKES 2 SERVINGS

NUTRITION - 1 SERVING

220 calories	9g carbs	20mg cholesterol
11g fat	21g protein	530mg sodium

ZUCCHINI NOODLES WITH TOMATO BUTTER SAUCE



INGREDIENTS

- 2 large zucchini, cut into 4-inch sections, ends trimmed
- 2 tablespoons olive oil, divided
- ½ teaspoon dried red chili
- 2 cloves garlic, minced
- 1-28 ounce can Marzano Tomatoes
- ½ teaspoon sea salt
- 4 tablespoons butter
- 2 tablespoons fresh basil, chopped
- Freshly ground black pepper
- Freshly grated Parmesan cheese

Attach Spiralizer Attachment to your KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Place medium bowl below blade to catch spiralized zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini sections. Cut to desired length, set aside.

Heat 1 tablespoon olive oil in large saucepan. Add dried red chili and garlic. Sauté, stirring constantly, 1–2 minutes until garlic just begins to golden. Add tomatoes and sea salt, simmer 15–20 minutes, stirring occasionally and crushing tomatoes. Add butter and stir until melted into sauce. Remove from heat. Season with freshly ground black pepper. Stir in basil. Set aside.

Heat remaining 1 tablespoon olive oil in large skillet. Add spiralized zucchini and sauté 2–3 minutes, or until soft.

Divide cooked zucchini evenly between 4 plates. Spoon tomato butter sauce over zucchini noodles and top with freshly grated Parmesan cheese, if desired.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

243 calories	14g carbs	35mg cholesterol
20g fat	6g protein	599mg sodium

SPIRALIZER WITH PEEL, CORE & SLICE

SIDES

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BLACK RADISH NOODLES WITH ANCHOVY BUTTER



INGREDIENTS

- 4 black radishes, ends trimmed
- 2 tablespoons olive oil, divided
- 1-2 ounce can anchovy filets, drained
- 2 cloves garlic
- 1 tablespoon fresh lemon juice
- 2 teaspoons butter
- 1 teaspoon grated lemon peel

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one radish on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade and position at end of radish. Place medium bowl below blades to catch spiralized radish and peel. Turn stand mixer to speed 4 and process until blade reaches end of radish. Repeat with remaining radishes.

Combine 1 tablespoon olive oil, anchovies, garlic, lemon juice, butter and lemon peel in KitchenAid® Food Processor; pulse until finely chopped.

Heat remaining 1 tablespoon olive oil in large skillet. Add radishes; sauté 5 minutes. Add anchovy mixture; cook 1–2 minutes or until radishes are evenly coated with anchovy mixture.

Divide radish noodles evenly onto 4 plates. Serve immediately.

SUBSTITUTION Substitute 4 medium zucchini in place of black radishes as an alternative. If using zucchini, reduce olive oil to 1 tablespoon and sauté 2 minutes before adding garlic and remaining ingredients.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

160 calories	15g carbs	15mg cholesterol
10g fat	5g protein	105mg sodium

DOMINO POTATOES WITH SOUR CREAM AND CHIVES



INGREDIENTS

- 4 large Idaho potatoes, peeled
- 4 ounces clarified butter
- Sea salt
- 4 bay leaves
- ½ cup sour cream
- 1 tablespoon chopped chives

PREHEAT OVEN TO 425°F

Line baking pan with parchment.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Trim all sides of potato, until it resembles a block. Center one potato on fruit and vegetable skewer; attach to Spiralizer. Attach small core slicing blade to stand mixer and position at end of potato. Turn stand mixer to speed 4 and process until blade reaches end of potato, keeping potato in one piece. Repeat with remaining potatoes.

Place sliced potatoes on prepared baking pan. Brush with clarified butter, season with salt and insert 1 bay leaf in between the center slices of each potato.

Bake until potatoes pierce easily with a fork, and edges are golden brown, about 30–35 minutes. Remove from oven.

Serve immediately with sour cream and chives.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

498 calories	69g carbs	60mg cholesterol
23g fat	9g protein	187mg sodium

HASSELBACKS WITH CHEDDAR CHEESE



MAKES 6 SERVINGS

NUTRITION - 1 SERVING

350 calories	31g carbs	55mg cholesterol
19g fat	11g protein	610mg sodium



INGREDIENTS

- Nonstick cooking spray
- 6 medium yellow potatoes, ends trimmed
- 6 tablespoons butter
- 2 cloves garlic, minced
- 1 teaspoon chopped fresh herbs such as rosemary, thyme or parsley
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 cup shredded Cheddar cheese
- 4 slices bacon, crisp cooked and crumbled

PREHEAT OVEN TO 400°F

Prepare large rimmed baking sheet with nonstick cooking spray. Bring large saucepan of salted water to a boil.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one potato on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and small core slicing blade and position at end of potato. Position medium bowl under blades to catch sliced potato and peel. Turn stand mixer to speed 4 and process until blade reaches end of potato, keeping potato in one piece. Repeat with remaining potatoes.

Carefully add sliced potatoes to boiling water with a slotted spoon; cook 4 minutes. Remove with slotted spoon and drain on paper towels. Let sit for 10 minutes. Arrange potatoes on prepared baking sheet, separating potato slices slightly.

In small saucepan over low heat, melt butter. Add garlic, herbs, salt and pepper to butter and mix together. Remove from heat and brush butter mixture over each potato.

Bake 30–35 minutes or until potatoes are fork-tender and edges are crisp, basting with butter mixture every 10 minutes. Remove potatoes from oven and sprinkle with cheese and bacon; bake an additional 5 minutes or until cheese is melted.

PICKLED RED ONIONS AND RADISHES



MAKES 3 CUPS

NUTRITION - 1 TABLESPOON

5 calories	1g carbs	0mg cholesterol
0g fat	0g protein	50mg sodium

INGREDIENTS

- 1 medium red onion, peeled, ends trimmed
- 6 radishes, ends trimmed
- 1 cup apple cider vinegar
- 2 tablespoons sugar
- 1 teaspoon kosher salt
- 2 cloves garlic, sliced
- ½ teaspoon black peppercorns
- ¼ teaspoon red pepper flakes
- 1 jalapeño pepper, cored, seeded and sliced



Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center red onion on fruit and vegetable skewer; attach to Spiralizer. Attach small core slicing blade and position at end of onion. Place medium bowl below blade to catch sliced onion. Turn stand mixer to speed 4 and process until blade reaches end of onion. Repeat with radishes into same bowl. Coarsely chop onion and radishes; return to bowl.

Combine vinegar, sugar and salt in small saucepan. Cook over medium–high heat until sugar and salt are dissolved, stirring frequently. Add jalapeño, garlic, peppercorns and red pepper flakes. Pour over vegetables; let stand at room temperature 1 hour, stirring occasionally. Store in air tight jar in refrigerator for 2 weeks.

NOTE Serve with tacos, burgers and sandwiches.

SWEET AND SPICY SWEET POTATOES WITH GARLIC MAYO



INGREDIENTS

- 4 large sweet potatoes, cut into 4-inch sections, ends trimmed
- 4 tablespoons butter
- ½ teaspoon cayenne
- 1 teaspoon ground cumin
- ½ teaspoon sea salt

GARLIC MAYO

- ½ cup prepared mayonnaise
- 2 cloves roasted garlic, smashed
- 1 teaspoon parsley, chopped
- Freshly ground black pepper

PREHEAT OVEN TO 425°F

Butter 8 x 8-inch casserole dish. Set aside.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one sweet potato section on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and small core slicing blade and position at end of sweet potato. Place medium bowl below blades to catch sliced sweet potato and peel. Turn stand mixer to speed 4 and process until blade reaches end of sweet potato. Repeat with remaining sweet potato sections. Place sliced sweet potatoes on end and cut in half to make half-circles. Arrange cut side down in prepared casserole dish.

Melt butter in small sauce pan. Add cayenne and cumin. Brush seasoned butter over sweet potatoes and sprinkle with sea salt. Place in oven, bake 20–30 minutes until crisp.

GARLIC MAYO

Combine mayonnaise, garlic, parsley and black pepper in small bowl. Refrigerate until ready to use.

Serve sweet potatoes with garlic mayo immediately after baking.

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

332 calories	34g carbs	38mg cholesterol
21g fat	3g protein	653mg sodium

THAI CUCUMBER RELISH



MAKES 6 CUPS

NUTRITION - ½ CUP SERVING

20 calories	5g carbs	0mg cholesterol
0g fat	0g protein	0mg sodium



INGREDIENTS

- 1 cup unseasoned rice vinegar
- 3 tablespoons sugar
- 1 serrano pepper, seeded and minced
- 2 tablespoons chopped fresh cilantro
- 2 large English cucumbers, ends trimmed, cut into 4-inch sections
- 1 small red onion, peeled, ends trimmed

Combine vinegar and sugar in small bowl; stir to dissolve sugar. Add serrano pepper and cilantro. Set aside.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one cucumber section on fruit and vegetable skewer; attach to Spiralizer. Attach medium spiralizing blade and position at end of cucumber. Place medium bowl below blade to catch sliced cucumber. Turn stand mixer to speed 4 and process until blade reaches end of cucumber. Repeat with remaining cucumber sections and onion.

Pour vinegar mixture over vegetables; stir to coat. Let stand at room temperature 1–2 hours for flavors to blend. Store in air tight jar in refrigerator. Can be made 2 days ahead.

NOTE Serve with seared salmon or chicken satay.

SPIRALIZER WITH PEEL, CORE & SLICE

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APPLE CLAFOUTI



MAKES 10 SERVINGS

NUTRITION - 1 SERVING

350 calories	38g carbs	115mg cholesterol
20g fat	4g protein	150mg sodium



INGREDIENTS

- 9 tablespoons butter, softened, divided
- 1 cup heavy cream
- 3 large eggs
- 1 teaspoon vanilla
- 1 teaspoon
- $\frac{2}{3}$ cup all-purpose flour
- 1 cup sugar, divided
- $\frac{1}{2}$ teaspoon salt
- 3 medium tart apples
- 1 teaspoon fresh lemon juice
- 3 tablespoons brandy
- $\frac{1}{2}$ teaspoon ground cinnamon

PREHEAT OVEN TO 400°F

Prepare 9-inch baking pan with 1 tablespoon butter. Place prepared pan in oven to preheat 10 minutes before baking.

To make batter, attach bowl and flat beater to KitchenAid® Stand Mixer. Add cream, eggs, 6 tablespoons butter, flour, $\frac{1}{2}$ cup sugar, vanilla and salt in mixer bowl. Mix on speed 4 about 30 seconds or until combined. Set bowl aside.

Remove flat beater; attach Spiralizer Attachment to stand mixer. Center one apple on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and large core slicing blade and position at end of apple. Position medium bowl under blades to catch sliced apple and peel. Turn stand mixer to speed 6 and process until blade reaches end of apple. Repeat with remaining apples. Stand sliced apples on end and cut in half to make half circles; place in medium bowl. Add lemon juice; toss to coat.

Melt remaining 2 tablespoons butter in medium skillet over medium-high heat. Add apples and remaining $\frac{1}{2}$ cup sugar; sauté 2 minutes. Add brandy; sauté 2 minutes. Transfer apple mixture to medium bowl with slotted spoon, leaving juices in skillet.

Pour half of batter into hot baking dish. Arrange apple mixture over batter; top with remaining batter and sprinkle with cinnamon.

Bake 18–20 minutes or until edge is golden and center is set. Let cool slightly. If desired, warm skillet drippings and drizzle over clafouti.

APPLE AND CRANBERRY TART WITH WHOLE WHEAT CRUST



MAKES 8-10 SERVINGS

NUTRITION - 1 SERVING

287 calories	46g carbs	0mg cholesterol
12g fat	4g protein	6mg sodium



INGREDIENTS

- ½ cup walnuts
- 1⅓ cups whole wheat flour
- ½ teaspoon salt
- ⅓ cup sugar
- ⅓ cup oil (canola or safflower)
- 1 tablespoon cold water

TART FILLING

- 3 firm apples (green or red)
- ⅓ cup packed light brown sugar
- 2 tablespoons all-purpose flour
- ½ teaspoon cinnamon
- ⅛ teaspoon salt
- ¼ cup apple jelly
- ¼ cup dried cranberries

PREHEAT OVEN TO 375°F

Pulse walnuts in a KitchenAid® Food Processor until finely ground. Add flour, salt and sugar. Pulse 2–3 times to combine. While processor is running, drizzle in ⅓ cup oil. Sprinkle water over mixture and pulse 2–3 times to combine. Press crust mixture evenly into the bottom of an 11½-inch tart pan with removable bottom. Place pan on large baking sheet and bake 20 minutes or until walnuts become fragrant.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one apple on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and spiral large core slicing blade and position at end of apple. Position medium bowl under blades to catch sliced apple and peel. Turn stand mixer to speed 6 and process until blade reaches end of apple. Repeat with remaining apples. Stand sliced apples on end and cut in half to make half circles.

Combine brown sugar, flour, cinnamon and salt in a medium bowl. Add apple slices and gently toss to coat. Arrange one layer of overlapping apple slices around bottom perimeter of baked crust. Arrange additional apple slices in a single layer, filling in the center of apple ring. Continue with additional layers until pan is full. Bake for 25–30 minutes or until the apples are tender.

In small microwave-safe bowl, combine apple jelly and cranberries. Microwave for 30–40 seconds or until the jelly starts to bubble. Remove and stir until completely melted. Spoon melted jelly and cranberries evenly over apples. Use a pastry brush to evenly coat apples. Allow to rest 10 minutes before serving.

CHOCOLATE BEET CAKE



MAKES 10 SERVINGS

NUTRITION - 1 SERVING

290 calories	49g carbs	75mg cholesterol
9g fat	5g protein	240mg sodium



INGREDIENTS

- Nonstick cooking spray or butter for greasing
- 2 medium beets, scrubbed and ends trimmed
- 1¼ cups all-purpose flour
- 3 tablespoons unsweetened cocoa powder
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 3 eggs, separated
- 1 cup sugar
- 8 ounces bittersweet chocolate, chopped
- ¼ cup hot strong brewed coffee or espresso
- Whipped cream and shaved chocolate (optional)

PREHEAT OVEN TO 375°F

Prepare 8- or 9-inch springform pan by greasing with butter or nonstick cooking spray.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one beet on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade and position at end of beet. Place medium bowl below blades to catch spiralized beet and peel. Turn stand mixer to speed 4 and process until blade reaches end of beet. Repeat with remaining beet.

Spread beets on large baking sheet. Bake 15–20 minutes or until beets are fork tender. Cool completely. Cut into ¼-inch pieces.

Reduce oven temperature to 325°F. Sift flour, cocoa, baking powder and salt into small bowl. Remove Spiralizer from stand mixer; attach bowl and wire whip. Add egg whites and whip on speed 8 until soft peaks form. Gradually add sugar, whipping until mixture is glossy and stiff peaks form.

Melt chocolate in small saucepan over low heat, stirring constantly until smooth. Stir in coffee until well blended. Transfer mixture to a large bowl. Stir in egg yolks one at a time. Stir in beets. Fold in egg whites, then fold in flour mixture. Pour batter evenly into prepared pan and smooth top.

Bake 40–45 minutes or until toothpick inserted into center comes out with moist crumbs. Cool completely in pan on wire rack. Run knife around edge of pan to loosen cake. Remove side of pan. Serve with whipped cream and shaved chocolate, if desired.

NOTE This cake is best served the day it is made.

CHOCOLATE CHIP ZUCCHINI CAKE



INGREDIENTS

Nonstick cooking spray
 1 large zucchini, cut into 4-inch sections, ends trimmed
 1 cup all-purpose flour
 1 cup whole wheat flour
 1 teaspoon baking powder
 1 teaspoon baking soda
 1½ teaspoons cinnamon
 ¼ teaspoon nutmeg
 ¾ teaspoon salt
 3 large eggs, separated
 ½ cup oil (canola or safflower)

⅓ cup low fat buttermilk
 1½ cups sugar
 1 teaspoon vanilla
 1 cup mini chocolate chips

FROSTING

4 tablespoons butter, softened
 4 ounces reduced fat cream cheese, softened
 ½ teaspoon vanilla
 2 cups powdered sugar

PREHEAT OVEN TO 350°F

Prepare 13x9x2-inch baking pan with butter or nonstick cooking spray.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Position medium bowl under blade to catch spiralized zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Cut spiralized zucchini into 2-inch lengths. Place on a clean kitchen towel or paper towel to absorb excess moisture until ready to use. Remove Spiralizer attachment.

In a medium bowl, combine all-purpose flour, whole wheat flour, baking powder, baking soda, cinnamon, nutmeg and salt. Set aside.

Attach bowl and wire whip to stand mixer. Add egg whites and whip on speed 8 until stiff peaks form, about 1 minute. Transfer whipped egg whites to separate bowl. Remove wire whip from stand mixer and attach flat beater. Add egg yolks, oil, buttermilk, sugar and vanilla to bowl.

Mix on speed 4 until combined. Add dry ingredients to wet mixture and mix on speed 2 until just combined. Fold in sliced zucchini and chocolate chips, then fold in half of whipped egg whites. Remove bowl from stand mixer and fold in the other half of egg whites by hand.

Pour batter into prepared pan and bake for 45 minutes, or until a toothpick inserted into center comes out clean. Cool in pan on cooling rack.

FROSTING

Attach bowl and flat beater to stand mixer. Add butter, cream cheese and vanilla to bowl and beat on speed 4 for 1 minute, or until creamy and well combined. Mix in powdered sugar on speed 2, one cup at a time. Finish by mixing on speed 6 for 30 seconds.

MAKES 18 SERVINGS

NUTRITION - 1 SERVING

335 calories	50g carbs	47mg cholesterol
14g fat	4g protein	172mg sodium

CHOCOLATE ZUCCHINI CAKE WITH CHOCOLATE-HAZELNUT SWIRL



INGREDIENTS

- Nonstick cooking spray
- 2 medium zucchini, ends trimmed, cut into 4-inch sections
- 2¼ cups cake flour
- ⅓ cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1½ cups sugar
- ¾ cup butter, softened
- 2 large eggs
- 1 teaspoon vanilla
- ⅔ cup buttermilk
- 1 cup bittersweet chocolate chips
- ½ cup chocolate-hazelnut spread

PREHEAT OVEN TO 325°F

Prepare 9x13-inch baking pan with nonstick cooking spray.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Place medium bowl under blade to catch spiralized zucchini. Turn mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini sections. Coarsely chop spiralized zucchini.

In separate medium bowl, sift flour, cocoa powder, baking soda and salt and stir to combine.

Remove Spiralizer Attachment; attach bowl and flat beater to stand mixer. Add butter and sugar into mixer bowl; beat on speed 4 for 3–5 minutes or until light and fluffy. Add eggs, one at a time, mixing well after each egg. Mix in vanilla. Add flour mixture alternately with buttermilk, mixing on speed 2 after each addition. Gently fold in chopped zucchini and chocolate chips. Pour mixture evenly into prepared pan.

Microwave chocolate-hazelnut spread in small microwave-safe bowl, 10–15 seconds or until softened. Drop spoonfuls of spread onto batter; swirl into batter with knife.

Bake 45–50 minutes or until toothpick inserted into center comes out clean. Cool completely in pan on wire rack. Cut into squares to serve.

MAKES 24 SERVINGS

NUTRITION - 1 SERVING

230 calories	31g carbs	30mg cholesterol
11g fat	3g protein	170mg sodium

FREE FORM APPLE TART



MAKES 6 SERVINGS

NUTRITION - 1 SERVING

523 calories	75g carbs	61mg cholesterol
24g fat	6g protein	463mg sodium



INGREDIENTS

- 2¼ cups all-purpose flour
- ½ teaspoon kosher salt
- 1½ sticks butter, cut into small pieces
- 6-8 tablespoons ice water
- 6 tart apples
- ⅓ cup sugar
- ½ teaspoon cinnamon
- ½ teaspoon lemon juice
- ¼ teaspoon salt
- 1 egg white
- Raw sugar

PREHEAT OVEN TO 400°F

Attach bowl and flat beater to KitchenAid® Stand Mixer. Measure flour and salt into mixer bowl; mix on speed 2 for 10 seconds or until combined. Add butter; mix on speed 2 for 1–2 minutes or until mixture resembles coarse crumbs. With mixer running on a low speed, add ice water, 1 tablespoon at a time, until dough holds together. Remove from bowl and place onto floured surface. Roll out dough to a 16-inch round and transfer to large baking sheet.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one apple on fruit and vegetable skewer; attach to Spiralizer. Attach large core slicing blade and position at end of apple. Position medium bowl under blade to catch sliced apple. Turn stand mixer to speed 6 and process until blade reaches end of apple. Repeat with remaining apples. Cut each sliced apple in half to make half circles. Arrange apple slices in a spiral pattern in center of pastry, leaving 3-inch border all around.

Combine sugar, cinnamon, and lemon juice in small bowl. Sprinkle evenly over apples. Fold edges of dough up around apples. Brush with egg white and sprinkle with raw sugar. Bake in preheated oven 40–50 minutes until pastry is brown and apples are tender. Transfer to cooling rack. Cool slightly before cutting into 6 wedges for serving.

PEAR CRISP



INGREDIENTS

- Nonstick cooking spray
- ½ cup whole almonds
- 1 cup all-purpose flour
- 1 cup old-fashioned oats
- ¾ cup packed brown sugar
- ½ teaspoon salt
- ½ cup cold butter, cut into cubes
- 4 d'anjou pears, ends trimmed
- 1 teaspoon fresh lemon juice
- ½ teaspoon grated fresh ginger
- Ice cream or whipped cream (optional)

PREHEAT OVEN TO 375°F

Prepare 9-inch square baking pan with nonstick cooking spray.

Place almonds in KitchenAid® Food Processor; pulse about 15 times or until coarsely chopped. Add flour, oats, brown sugar and salt; break up brown sugar with wooden spoon. Pulse 5 times to combine. Add butter; pulse until mixture forms coarse crumbs.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one pear on fruit and vegetable skewer; attach to Spiralizer. Attach small core slicing blade and position at end of pear. Position medium bowl under blade to catch sliced pear. Turn mixer to speed 4 and process until blade reaches end of pear. Repeat with remaining pears.

Arrange sliced pears in prepared baking pan. Combine lemon juice and ginger in small bowl; brush evenly over pears. Sprinkle with crumb mixture.

Bake 40–45 minutes or until topping is golden brown and pears are tender. Cool slightly. Serve with ice cream or whipped cream, if desired.

MAKES 6 SERVINGS

NUTRITION - 1 SERVING

380 calories	54g carbs	30mg cholesterol
17g fat	5g protein	160mg sodium

PLANTAIN TRUFFLES



MAKES 10 SERVINGS (20 TRUFFLES)

NUTRITION - 1 SERVING

170 calories	33g carbs	0mg cholesterol
5g fat	2g protein	135mg sodium



INGREDIENTS

2 firm plantains, peeled and cut into 4-inch sections
 6 pitted dried dates
 ½ cup hot water
 2 tablespoons coconut oil
 ⅔ cup sweetened flaked coconut
 ¼ cup unsweetened cocoa powder
 2 tablespoons agave nectar
 ½ teaspoon salt
 ½ teaspoon vanilla

TOPPINGS (OPTIONAL)

Chopped pistachios
 Unsweetened cocoa powder
 Flaked coconut

Line large baking sheet with parchment paper.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one plantain section on fruit and vegetable skewer; attach to Spiralizer. Attach small core slicing blade and position at end of plantain. Place medium bowl below blade to catch sliced plantains. Turn mixer to speed 4 and process until blade reaches end of plantain. Repeat with remaining plantain sections.

Place sliced plantains into KitchenAid® Food Processor. Pulse 10 times, or until plantains are finely chopped and resemble rice. Set aside.

Place dates in small bowl; cover with ½ cup hot water. Let stand 10 minutes. Drain dates, reserving 2 tablespoons water.

Heat coconut oil in large nonstick skillet over medium heat. Add plantains; sauté about 10 minutes or until golden. Let cool 10 minutes.

Combine plantains, dates, reserved date water, coconut, cocoa, agave, salt and vanilla in food processor. Pulse 6–8 times or until combined. Shape tablespoons of mixture into 1-inch balls. Roll truffles in pistachios, additional cocoa or flaked coconut, if desired, and place on prepared baking sheet. Store in refrigerator, can be made up to 24 hours ahead.

UPSIDE DOWN PINEAPPLE CAKE



MAKES 8 SERVINGS

NUTRITION - 1 SERVING

490 calories	53g carbs	125mg cholesterol
30g fat	5g protein	310mg sodium



INGREDIENTS

- 1 pineapple, cut in half crosswise, peel removed
- 1¼ cups (2½ sticks) butter, softened, divided
- 1 teaspoon honey
- 1 teaspoon dark rum
- ⅓ cup packed brown sugar
- ½ teaspoon plus ⅛ teaspoon salt, divided
- ½ cup granulated sugar
- 2 large eggs
- 1 tablespoon milk
- ½ teaspoon vanilla
- 1⅓ cups all-purpose flour
- 2 teaspoons baking powder

PREHEAT OVEN TO 350°F

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one pineapple half on fruit and vegetable skewer; attach to Spiralizer. Attach large core slicing blade and position at end of pineapple. Place medium bowl below blade to catch sliced pineapple. Process on speed 6 until blade reaches end of pineapple. Repeat with remaining pineapple half. Place sliced pineapples on paper towel lined surface to absorb excess moisture.

Remove Spiralizer from stand mixer; attach bowl and flat beater to stand mixer. Add ¼ cup butter, brown sugar, honey, rum and ⅛ teaspoon salt in mixer bowl; mix on speed 4 until smooth. Spread evenly into 9-inch round cake pan. Arrange pineapple slices evenly over butter mixture.

Add remaining 1 cup butter to mixer bowl; mix on speed 4 until creamy. Add granulated sugar; mix on speed 6 for 3–4 minutes or until fluffy. Add eggs, milk and vanilla; mix on speed 4 until combined. Add flour, baking powder and remaining ½ teaspoon salt; mix on speed 2 about 30 seconds or just until combined. Spread batter over pineapple slices with spatula or clean, dampened fingers.

Bake 30–35 minutes or until toothpick inserted into center comes out clean. Cool in pan on wire rack 15 minutes. Run thin knife around edge of pan to loosen cake. Place serving plate over pan; invert cake onto serving plate. Cool 1 hour before serving.

WHOLE WHEAT PEAR AND APPLE CRISP



MAKES 6-8 SERVINGS

NUTRITION - 1 SERVING

284 calories	47g carbs	26mg cholesterol
11g fat	3g protein	160mg sodium



INGREDIENTS

- Nonstick cooking spray
- 6 tablespoons unsalted butter, cut into tablespoon pieces
- $\frac{2}{3}$ cup light brown sugar
- $\frac{1}{4}$ cup whole wheat flour
- 2 tablespoons toasted wheat germ
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{2}$ cup old-fashioned oats
- 1 green apple
- 1 red apple
- 2 firm pears
- $\frac{1}{4}$ cup water
- 1 tablespoon cornstarch
- Whipped cream (optional)
- Ice cream (optional)

PREHEAT OVEN TO 350°F

Prepare 8x8x2-inch baking pan with nonstick cooking spray or coat pan with additional butter.

Attach bowl and flat beater to KitchenAid® Stand Mixer. Add butter, brown sugar, flour, wheat germ, salt, cinnamon and nutmeg. Mix on speed 2 until crumbly, about 1 minute. Stir in oatmeal. Set aside.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one apple on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and large core slicing blade, and position at end of apple. Position a medium bowl under blades to catch sliced apple and peel. Turn stand mixer to speed 6 and process until blade reaches end of apple. Repeat with remaining apple and pears. Cut sliced fruit into quarters and add to prepared baking pan. Toss to combine apple and pear slices.

In a small bowl, whisk together water and cornstarch. Pour over sliced apples and pears, and top evenly with crumb topping.

Bake 40 minutes, or until fruit is bubbly and topping is lightly browned. Let rest for 15 minutes before serving.

Serve with whipped cream or ice cream, if desired.



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