



KitchenAid[®]

STAND MIXER ATTACHMENTS
FRESH PREP SLICER & SHREDDER
RECIPES

FRESH PREP

SLICER & SHREDDER — RECIPES —

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AVOCADO TOAST WITH PICKLED VEGETABLES



Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Slicing Blade. Position a medium bowl under attachment to catch sliced ingredients.

Cut onions into sections that fit inside the feed tube. Place onion sections into feed tube until it is full. Turn Stand Mixer to Speed 3 and process until onions are sliced. Repeat with remaining onion sections, peppers and radishes, processing into the same bowl.

For brine, in a medium saucepan, heat apple cider vinegar, water, peppercorns, salt and sugar. Simmer, stirring often, until sugar and salt have dissolved. Pour hot brining liquid over sliced onions, peppers and radishes. Set aside until cool. Can be made ahead and stored in refrigerator 3-4 days.

Divide avocado between 2 toast slices. Season with salt and pepper. Top with desired amount of pickled vegetables.

Serve immediately.

INGREDIENTS

- 2 small red onions, peeled
- 1 yellow pepper, seeded and cut into quarters
- 6 radishes, cleaned
- 1 ripe avocado, thinly sliced
- 2 slices sourdough bread, toasted
- 2 teaspoons butter
- Salt and pepper
- Juice from half a lemon

BRINE

- ¾ cup apple cider vinegar
- ¾ cup water
- 1 teaspoon black peppercorns
- 1 teaspoon salt
- 2 teaspoons sugar

MAKES 2 SERVINGS

NUTRITION - 1 SERVING

223 calories	28g carbs	2mg cholesterol
12g fat	6g protein	316mg sodium

BAHN MI



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

479 calories	18g carbs	106mg cholesterol
30g fat	32g protein	976mg sodium

PREHEAT OVEN TO 350° F

Combine all meatball ingredients in a bowl until well mixed. Cover and chill at least 1 hour to blend flavors.

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Medium Shredding Blade. Position large bowl under attachment to catch shredded ingredients.

Fill feed tube with carrots. Turn Stand Mixer to Speed 6 and process. Trim Daikon to fit into feed tube. Process on Speed 6, into same bowl as shredded carrots. Add apple cider vinegar, sesame oil, sugar, and salt. Toss to combine. Let stand at room temperature for 1 hour.

Using moistened hands, roll meatball mixture into 1½ inch balls. Heat 1 teaspoon olive oil in heavy skillet. Add half of the meatballs. Brown on all sides and transfer to baking sheet. Repeat with remaining meatballs. Bake until cooked through, 10-15 minutes.

Combine mayonnaise, Sriracha and lemon juice. Set aside until ready to use.

Cut each baguette in half horizontally. Scoop out some of the bread to make room for meatballs. Divide meatballs between baguettes.

Drain pickled vegetables and place on top of meatballs. Serve with Sriracha Mayonnaise and garnish with sliced jalapeño peppers and fresh cilantro, if desired.

CHEF'S TIPS

Substitute baguettes with 1 head butter lettuce for fewer carbs.

INGREDIENTS

- 3 medium carrots, peeled and cut into 4-inch lengths (about 1 cup)
- 1 small Daikon radish, peeled and cut into 4-inch lengths
- 2 tablespoon apple cider vinegar
- 1 tablespoon sesame oil
- 1 teaspoon sugar
- Pinch sea salt
- 4 8-inch baguettes or soft rolls

MEATBALLS

- 1 lb. ground pork
- 4 green onions, minced
- 3 cloves garlic, minced
- 1 tablespoon fish sauce
- ¼ cup fresh basil, chopped
- 1 tablespoon Sriracha
- ½ teaspoon black pepper, freshly cracked
- 2 teaspoons olive oil, divided

SRIRACHA MAYONNAISE

- ½ cup mayonnaise
- 1 teaspoon Sriracha (or to taste)
- 1 teaspoon fresh lemon juice

GARNISH (OPTIONAL)

- Jalapeño peppers, thinly sliced
- Fresh cilantro

CABBAGE AND JICAMA SLAW



MAKES 6 SERVINGS

NUTRITION - 1 SERVING

89 calories	13g carbs	3mg cholesterol
4g fat	2g protein	240mg sodium

Whisk together mayonnaise and lime juice in medium bowl. Stir in cilantro, jalapeño, salt and pepper. Refrigerate until ready to use.

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Slicing Blade. Position large bowl under attachment to catch sliced ingredients.

Fill feed tube with red cabbage and process on Speed 5 until cabbage is sliced. Repeat with remaining red cabbage, green cabbage and jicama.

Toss cabbage and jicama with desired amount of dressing. Season with salt and pepper.

Serve immediately.

INGREDIENTS

- ½ head red cabbage, core removed, cut into 4 pieces
- ½ head green cabbage, core removed, cut into 4 pieces
- 1 medium jicama, peeled, cut into 4 pieces
- Salt and pepper

DRESSING

- ¼ cup olive oil mayonnaise
- ¼ cup fresh lime juice
- 2 teaspoons cilantro, chopped
- 1 teaspoon jalapeño, seeded and minced
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper, freshly ground

CARROT, BEET & GRAPEFRUIT SALAD



MAKES 6, ½ CUP SERVINGS

NUTRITION - 1 SERVING

276 calories	19g carbs	0mg cholesterol
22g fat	4g protein	80mg sodium

In jar with tight fitting lid, combine olive oil, honey, lime juice, chili flakes, ginger, cumin and shallot. Shake until combined. Season to taste with salt and pepper. Can be made 3 days ahead.

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Slicing Blade. Position large bowl under attachment to catch ingredients.

Stack beet sections into feed tube. Turn Stand Mixer to Speed 5 and process until beets are sliced. Repeat with remaining beets.

Remove the Slicing Blade and insert the Coarse Shredding Blade. Place separate bowl under feed tube to catch shredded carrots. Fill feed tube with carrots and turn Stand Mixer to Speed 6 until carrots are shredded.

Arrange beets and carrots on serving platter. Drizzle with Lime Cumin Dressing. Top with grapefruit sections and chopped almonds.

Serve immediately with additional dressing.

INGREDIENTS

3 beets, peeled and cut into 2-inch sections
 4 small carrots, peeled
 1 grapefruit, peeled and pith removed
 ¼ cup roasted almonds, chopped

LIME CUMIN DRESSING

½ cup olive oil
 ½ teaspoon honey
 1 tablespoon fresh lime juice
 ½ teaspoon ginger, grated
 1 teaspoon cumin
 1 shallot, minced
 Pinch dried red chili flakes
 Salt and pepper

CARROT CAKE PANCAKES



MAKES 6 PANCAKES

NUTRITION - 1 SERVING

252 calories	31g carbs	53mg cholesterol
12g fat	6g protein	540mg sodium

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Medium Shredding Blade. Position large bowl under attachment to catch shredded ingredients.

Fill feed tube with carrots. Turn Stand Mixer to Speed 6 and process. Spread shredded carrots out onto paper towel. Roll up and gently squeeze to soak up excess moisture.

In a large bowl, whisk together flour, baking powder, baking soda, salt, sugar and cinnamon. Stir in shredded coconut.

In a separate medium bowl, combine egg, buttermilk, butter and vanilla. Stir in carrots. Next, stir carrot mixture into dry ingredients until just combined.

Remove Fresh Prep Slicer/Shredder Attachment from Stand Mixer and attach Flat Beater. Add cream cheese to Stand Mixer bowl and turn to Speed 6, beating until smooth. Turn off Stand Mixer and add sifted powdered sugar, 2 tablespoons milk, sea salt, and vanilla. Turn Stand Mixer to Speed 4 and combine ingredients.

Heat griddle over medium heat. Coat with cooking spray or melt butter over griddle. Griddle is ready when a sprinkle of water dances on surface. Drop batter, 3 tablespoons at a time and cook until golden on each side, about 2 minutes. Repeat until all batter is used.

Serve immediately with Cream Cheese Drizzle and additional powdered sugar, if desired.

INGREDIENTS

1 carrot, peeled and cut into 4-inch lengths (1 cup shredded)
 1 cup unbleached all-purpose flour
 1 teaspoon baking powder
 ½ teaspoon baking soda
 ½ teaspoon kosher salt
 2 tablespoons brown sugar
 1 teaspoon cinnamon
 ¼ cup shredded coconut
 1 large egg
 1 cup buttermilk
 2 tablespoons butter, melted
 1 teaspoon vanilla extract
 Cooking spray or melted butter

CREAM CHEESE DRIZZLE

4 oz. cream cheese, softened
 3 tablespoons powdered sugar, sifted
 2-3 tablespoons milk
 Pinch of sea salt
 ¼ teaspoon vanilla extract

GARNISH (OPTIONAL)

Powdered sugar

CHINESE CHICKEN SALAD



MAKES 2 SERVINGS

NUTRITION - 1 SERVING

672 calories	24g carbs	156mg cholesterol
35g fat	68g protein	1813mg sodium

In jar with a tight fitting lid, combine rice vinegar, sesame oil, soy sauce and lime juice. Shake to combine. Add basil just before serving.

In medium saucepan, place chicken, ginger, salt and peppercorns. Add enough cold water to cover chicken. Bring to simmer over medium-high heat, cover and reduce to low heat until internal temperature of chicken reaches 165° F, about 20 minutes. Take the pan off heat and let stand 10 minutes. Remove chicken from poaching liquid, discard skin and bones. Cut chicken into slices. Set aside until ready to use.

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Slicing Blade. Position large bowl under attachment to catch sliced ingredients.

Put cucumbers, 1 at a time into feed tube. Turn Stand Mixer to Speed 3 and process until cucumbers are sliced. Repeat with radishes.

Remove the Slicing Blade and insert the Coarse Shredding Blade. Fill feed tube with carrots and turn Stand Mixer to Speed 3 until carrots are shredded.

Coarsely chop Nappa cabbage and toss with sliced and shredded vegetables. Drizzle with desired amount of dressing. Divide salad between 2 plates. Top with chicken and garnish with peanuts, if desired.

Serve immediately.

INGREDIENTS

- 2 bone-in, skin-on chicken breasts, about 5oz. each
- ½ inch piece fresh ginger, peeled
- 1 teaspoon salt
- ½ teaspoon black peppercorns
- 2 baby cucumbers
- 4 radishes, cleaned
- 3 small carrots, peeled
- ½ head Nappa cabbage, about 3 cups processed

BASIL LIME VINAIGRETTE

- ½ cup rice vinegar
- 1 teaspoon sesame oil
- 1 tablespoon soy sauce
- ¼ cup fresh lime juice
- 2 tablespoons chopped fresh basil

GARNISH (OPTIONAL)

- ½ cup dry roasted peanuts, chopped

CRISPY SALT & VINEGAR POTATOES



PREHEAT OVEN TO 400° F

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Slicing Blade. Position large bowl under attachment to catch sliced ingredients.

Stack potatoes end to end in feed tube. Turn Stand Mixer to Speed 7 and process until potatoes are sliced. Repeat with remaining potatoes.

Combine potato slices, white wine vinegar and salt in large saucepan. Add enough cold water to cover potatoes by 1 inch. Bring to a boil over medium-high heat, then reduce heat and simmer until potatoes are tender, 15-20 minutes. Drain and return potatoes to saucepan. Add butter and gently toss.

Transfer potatoes to large baking sheet, spreading them evenly. Bake for 20 minutes.

Remove from oven and flip potatoes to crisp other side. Drizzle with olive oil and continue baking an additional 15 minutes until crisp.

Season with fresh black pepper and serve immediately with fresh chives and flaked salt.

INGREDIENTS

- 2 lbs. baby Yukon Gold potatoes
- ¾ cup plus 1 tablespoon white wine vinegar
- 1 tablespoon sea salt
- 2 tablespoons butter
- 1 tablespoon olive oil
- ½ teaspoon black pepper, freshly ground

GARNISH (OPTIONAL)

- Chives, chopped
- Flaked salt

MAKES 6 SERVINGS

NUTRITION - 1 SERVING

295 calories	38g carbs	15mg cholesterol
10g fat	6g protein	1927mg sodium

OPEN FACED CUCUMBER SANDWICHES



MAKES 15-18 SERVINGS

NUTRITION - 1 SERVING

88 calories	5g carbs	14mg cholesterol
7g fat	2g protein	154mg sodium

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Slicing Blade. Position large bowl under attachment to catch sliced ingredients.

Fill feed tube with cucumber sections. Turn Stand Mixer to Speed 6 and process. Repeat with remaining cucumber sections. Lay cucumber slices on a towel to absorb excess moisture until ready to use.

In small bowl, combine cream cheese, mayonnaise, lemon juice, garlic, kalamata olives and Italian parsley. Spread 1 tablespoon cream cheese olive spread over each baguette slice. Top with 3 cucumber slices.

Serve immediately.

INGREDIENTS

- 1 small English cucumber, cut into 4-inch lengths
- 1 10-inch baguette, sliced
- 4 oz. cream cheese, softened
- 2 tablespoons mayonnaise
- 1 teaspoon lemon juice
- 1 small clove garlic, minced
- ¼ cup Kalamata olives, pitted and coarsely chopped
- 1 teaspoon Italian parsley, minced

KALE AND SWEET POTATO PIZZA



MAKES 6-8 SERVINGS

NUTRITION - 1 SERVING

263 calories	40g carbs	11mg cholesterol
7g fat	9g protein	937mg sodium

PREHEAT OVEN TO 425° F

Start by preparing the dough. Add warm water into the bowl of a KitchenAid® Stand Mixer. Add sugar and sprinkle yeast into bowl. Let sit 10-15 minutes until yeast becomes foamy. Add flour, salt and 1 teaspoon olive oil. Attach Dough Hook to KitchenAid® Stand Mixer and turn to Speed 2 for 1 minute, increase to Speed 4 and mix for 2-3 minutes, adding additional flour, a few tablespoons at a time if needed. Dough should pull away from bowl.

In a separate large mixing bowl, coat bowl with olive oil. Gather dough into a ball and place in oiled bowl, turn to coat. Cover with clean towel and let proof until doubled, about 1 hour.

Punch down dough and shape into 2 balls. Let rest 15 minutes.

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Medium Shredding Blade. Position large bowl under attachment to catch shredded ingredients.

Fill feed tube with sweet potatoes, cut to size, if needed. Turn Stand Mixer to Speed 6 and process. Repeat with remaining sweet potato. Place a separate bowl under attachment and repeat with kale. Set kale aside.

Toss shredded sweet potatoes with 1 teaspoon olive oil and spread out evenly on baking sheet. Bake 10-12 minutes, until tender.

Line 2 baking pans with parchment paper. On floured surface, roll dough into 9-inch rounds. Crumble goat cheese and divide cheese, shredded sweet potatoes, kale, garlic and mushrooms between two crusts. Drizzle with olive oil and season with sea salt, pepper and dried chili flakes.

Bake pizzas until crust is golden, 15-20 minutes.

INGREDIENTS

- 3 sweet potatoes, peeled (about 2 cups processed)
- 2 cloves garlic, chopped
- 5-6 stalks of kale, tough ribs removed and torn into large pieces
- 3 teaspoons olive oil, divided
- 4 oz. goat cheese
- 1 cup baby bella mushrooms, sliced
- 1 teaspoon sea salt, divided
- ½ teaspoon freshly ground black pepper, divided
- ½ teaspoon dried red chili flakes

DOUGH (MAKES TWO CRUSTS)

- 1 cup warm water
- ½ teaspoon sugar
- 1 active dry yeast
- 2¼ cups all-purpose flour
- ½ teaspoon salt
- 2 teaspoons olive oil, divided

KALE SALAD WITH BRUSSELS SPROUTS & APPLES



In jar with a tight fitting lid, combine olive oil, honey, Dijon, lemon juice, salt and pepper. Shake to combine. Set aside dressing until ready to use. Can be made 2 days ahead.

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Slicing Blade. Position large bowl under attachment to catch sliced ingredients.

Put apple sections into feed tube. Turn Stand Mixer to Speed 6 and process until apples are sliced. Repeat with remaining apple sections. Add Brussels sprouts to feed tube and process on Speed 7.

Remove the Slicing Blade and attach the Coarse Shredding Blade. Fill feed tube with carrots and turn Stand Mixer to Speed 5 until carrots are shredded.

Roughly chop kale and combine with apples, carrots and Brussels sprouts. Drizzle with desired amount of dressing and toss. Sprinkle salad with pumpkin seeds and golden raisins. Divide salad between 4 plates.

Serve immediately.

INGREDIENTS

- 1 bunch kale, middle rib removed, roughly chopped
- 5 Brussels sprouts, trimmed
- 1 Honey Crisp or Gala Apple, cored and cut into quarters
- 2 small carrots, peeled and cut into 4-inch pieces
- ¼ cup roasted and salted pumpkin seeds
- 2 tablespoons golden raisins

LEMON DIJON VINAIGRETTE

- ⅓ cup olive oil
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 2 tablespoons fresh lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper, freshly ground

MAKES 4 SERVINGS

NUTRITION - 1 SERVING

330 calories	21g carbs	0mg cholesterol
26g fat	8g protein	206mg sodium

LENTIL, CARROT AND AVOCADO SALAD



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

218 calories	17g carbs	0mg cholesterol
15g fat	5g protein	314mg sodium

In a medium saucepan, bring lentils and 3 cups of water or vegetable stock to a boil. Simmer until tender, about 15 minutes. Drain and cool.

Bring brown rice and 1 cup of water or vegetable stock to a boil over high heat. Cover, reduce heat and cook 20-25 minutes until water is absorbed. Remove from heat and toss with a fork. Allow to cool.

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Slicing Blade. Position large bowl under attachment to catch sliced ingredients.

Stack radishes end to end in feed tube. Turn Stand Mixer to Speed 5 and process until radishes are sliced.

Remove the Slicing Blade and insert the Medium Shredding Blade. Fill feed tube with carrots. Turn Stand Mixer to Speed 8 and process until carrots are shredded.

In large bowl, toss lentils, brown rice, radishes, carrots, arugula and parsley. Drizzle with olive oil, lemon juice, salt and pepper. Top with avocado slices. Sprinkle with sunflower and flax seeds.

Serve immediately.

INGREDIENTS

½ cup French lentils
 ½ cup sprouted brown rice
 4 cups water or vegetable stock, divided
 6 radishes, cleaned
 3 medium carrots, peeled and cut into 4-inch pieces
 2 cups arugula
 1 avocado, peeled, pitted and sliced
 2 tablespoons fresh parsley, chopped
 1 tablespoon olive oil
 1 tablespoon lemon juice
 ½ teaspoon flaked salt
 Freshly ground black pepper to taste
 2 tablespoons sunflower seeds
 1 tablespoon flax seeds

ROASTED CHICKEN WITH CABBAGE



MAKES 3-4 SERVINGS

NUTRITION - 1 SERVING

877 calories	8g carbs	390mg cholesterol
52g fat	89g protein	2126mg sodium

PREHEAT OVEN TO 425° F

In a medium bowl, combine olive oil, ginger, soy sauce, dried chili and sake. Place chicken in separate shallow glass bowl and pour marinade over top, reserving 2 teaspoons. Cover and refrigerate 1-2 hours.

Remove chicken from refrigerator and let come to room temperature 30 minutes. Drizzle olive oil over shallow baking pan. Remove chicken from marinade and arrange on baking pan. Place in oven and bake 15 minutes.

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Slicing Blade. Position medium bowl under attachment to catch sliced ingredients.

Put cabbage, 1 section at a time, into feed tube. Turn Stand Mixer to Speed 3 and process until cabbage is sliced. Repeat with remaining sections. Toss sliced cabbage with reserved 2 teaspoons marinade.

Remove chicken from oven and nestle cabbage around chicken. Return to oven and continue baking 20-25 minutes until cooked through and golden brown. Remove pan from oven and transfer chicken to platter. Return cabbage to oven and continue to roast 10-15 minutes until liquid is reduced and cabbage begins to caramelize.

Remove from oven and serve with chicken.

INGREDIENTS

1 whole chicken, cut into 6 pieces, about 3½ lbs.
 3 tablespoon olive oil
 1 teaspoon ginger, grated
 3 tablespoons soy sauce
 1 teaspoon dried red chili flakes
 3 tablespoons sake
 1 teaspoon olive oil
 1 small head cabbage, core removed and cut into (8) 2-inch wide sections
 Salt and pepper

ROOT VEGETABLE TARTE TATIN

PREHEAT OVEN TO 400° F

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Slicing Blade. Position large bowl under attachment to catch sliced ingredients.

Stack potatoes, end to end, in the feed tube. Turn Stand Mixer to Speed 6 and process until potatoes are sliced. Repeat process with parsnips and carrots. Cut onion to fit into feed tube and process until sliced.

Add garlic, olive oil, sea salt and pepper into bowl with sliced vegetables. Toss to coat. Divide vegetables between 2 baking sheets and roast for 20-25 minutes until tender and beginning to crisp. Remove from oven.

Combine water and sugar in small saucepan. Cook over medium heat, swirling often until amber in color, about 7 minutes. Pour caramel evenly into 9x13 pan. Sprinkle with thyme and parsley. Arrange roasted vegetables on top of caramel and sprinkle evenly with goat cheese.

Roll puff pastry out on floured surface into a 9x13 rectangle. Pierce pastry with a fork and lay it over the vegetables. Tuck corners in, if necessary.

Bake 15-20 minutes. Reduce heat to 350° F and continue baking 15-20 minutes until puffed and lightly browned.

Remove from oven and let stand 10 minutes. Carefully flip pan upside down to remove tart onto cutting board.

Cut into squares and serve immediately.

INGREDIENTS

2 small Yukon Gold potatoes, peeled
 1 medium parsnip, peeled and cut into 4-inch lengths
 2 medium carrots, peeled and cut into 4-inch lengths
 1 small red onion, outer peel removed
 3 cloves garlic, peeled and thinly sliced
 3 tablespoons olive oil
 ½ teaspoon sea salt
 ½ teaspoon black pepper, freshly ground
 ⅓ cup water
 ⅓ cup sugar
 1 teaspoon fresh thyme, chopped
 1 tablespoon fresh parsley, chopped
 4 oz. goat cheese
 1 8oz. sheet frozen puff pastry, thawed

MAKES 24 SERVINGS

NUTRITION - 1 SERVING

104 calories	12g carbs	4mg cholesterol
5.5g fat	1.75g protein	108mg sodium

SOBA NOODLE VEGGIE BOWL



MAKES 4 SERVINGS

NUTRITION - 1 SERVING

497 calories	67g carbs	0mg cholesterol
19g fat	19g protein	249mg sodium

In small bowl, whisk together tahini, tamari, ginger, lime juice and honey. Add water, 1 tablespoon at a time, until smooth and easy to pour. Set aside.

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Slicing Blade. Position large bowl under attachment to catch sliced ingredients. Fill feed tube with radishes and process on Speed 5. Repeat with red pepper and red cabbage.

Remove the Slicing Blade and insert the Coarse Shredding Blade. Fill feed tube with carrots and turn Stand Mixer to Speed 4 until carrots are shredded.

Cook soba noodles according to package directions. Drain and rinse under cool water. Toss with Tahini Dressing.

Divide noodles between 4 large bowls. Evenly divide spinach, sliced radishes, shredded carrots, red cabbage, sliced red pepper and edamame over noodles.

Serve immediately with desired toppings and additional dressing.

INGREDIENTS

8 oz. soba noodles
 1 cup baby spinach, washed and trimmed
 5 radishes, cleaned and trimmed
 ¼ head red cabbage, cored and cut into 2-inch wedges
 1 red pepper, cored and cut into quarters
 4 carrots, peeled and cut into 4-inch pieces
 1 cup edamame, shelled

TAHINI DRESSING

½ cup tahini
 2 teaspoon tamari
 1 tablespoon fresh ginger, grated
 1 tablespoon fresh lime juice
 1 tablespoons honey

TOPPINGS (OPTIONAL)

Chicken or shrimp, cooked and sliced
 Green onions, sliced
 Cilantro
 Peanuts, chopped
 Sesame seeds
 Jalapeño, sliced

ZUCCHINI HERB FRITTERS

PREHEAT OVEN TO 200° F

Attach Fresh Prep Slicer/Shredder Attachment to KitchenAid® Stand Mixer and insert the Medium Shredding Blade. Position large bowl under attachment to catch shredded ingredients.

Place zucchini sections, 1 at a time, in feed tube. Turn Stand Mixer to Speed 5 and process. Repeat with remaining sections. Transfer to colander and sprinkle with 1 teaspoon sea salt. Toss to combine and let drain 10 minutes. Wring moisture from zucchini by pressing against sides of colander or wrapping in a clean dishcloth and wringing them out. Once excess water is removed, place shredded zucchini in large mixing bowl and toss with fork to loosen shreds.

Stack potatoes end to end in feed tube. Process on Speed 6 until potatoes are shredded. Add to zucchini mixture along with scallions, egg, flour and Parmesan cheese. Season with sea salt and freshly ground black pepper, to taste.

In large skillet, heat 1 tablespoon olive oil over medium-high heat. Drop zucchini mixture by ¼ cupfuls into hot skillet. Do not overcrowd pan by cooking only 2-3 fritters at a time. Flatten slightly and cook until crisp and golden, 3-4 minutes per side. Transfer cooked fritters to a paper towel to remove excess oil. Place fritters on a foil lined baking pan and keep warm in the oven while cooking remaining fritters.

Serve with lemon wedges, if desired.

INGREDIENTS

- 3 zucchini (approx 2-inch diameter), trimmed and cut into 4-inch sections
- 1 teaspoon sea salt
- 2 baby Yukon Gold potatoes, peeled
- 2 green onions, thinly sliced
- 1 large egg, lightly beaten
- ½ teaspoon black pepper, freshly ground
- ½ cup all-purpose flour
- ¼ cup Parmesan cheese, grated
- Sea salt and black pepper, freshly ground
- Olive oil for frying
- Lemon wedges (optional)



MAKES 6-8 SERVINGS

NUTRITION - 1 SERVING

86 calories	12g carbs	20mg cholesterol
3g fat	3g protein	352mg sodium



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