

SPIRALIZER RECIPE BOOK

TRANSFORM VEGGIES, POTATOES AND MORE
INTO UNIQUE SPIRALIZED RECIPES

BLACK+DECKER

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

ISBN: 978-0-9969154-3-4

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INTRODUCTION

Time to noodle!

An enchilada casserole made without tortillas? Pasta made solely from carrots? A gluten free crust quiche? These are just a few of the delicious recipes you'll find in this book that spin veggies, potatoes and more into noodles to take the place of traditional pasta or rice.

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

4 Breakfasts

12 Side Dishes

32 Main Courses

62 Desserts





BREAK FAST

APPLE PIE OVERNIGHT OATS



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



Servings: 2
Serving Size: 1 mason jar

- 2 small Fuji apples, spiralized with wide noodle blade
- 1 cup old fashioned oats
- 1/2 cup applesauce
- 2 tsp. ground cinnamon
- 1 Tbsp. maple syrup
- 1 cup vanilla almond milk

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

1. Split the apple noodles between two 16 oz glass jars and place in the bottom. Split the old fashioned oats between the two jars and pour on top of the apples.
2. Sprinkle 1 tsp of cinnamon, 1/2 Tbsp. maple syrup and 1/2 cup milk into each jar.
3. Shake each jar to coat the oats and apples. Place in the refrigerator overnight and heat in the microwave the next morning for 2-3 minutes, or serve cold.

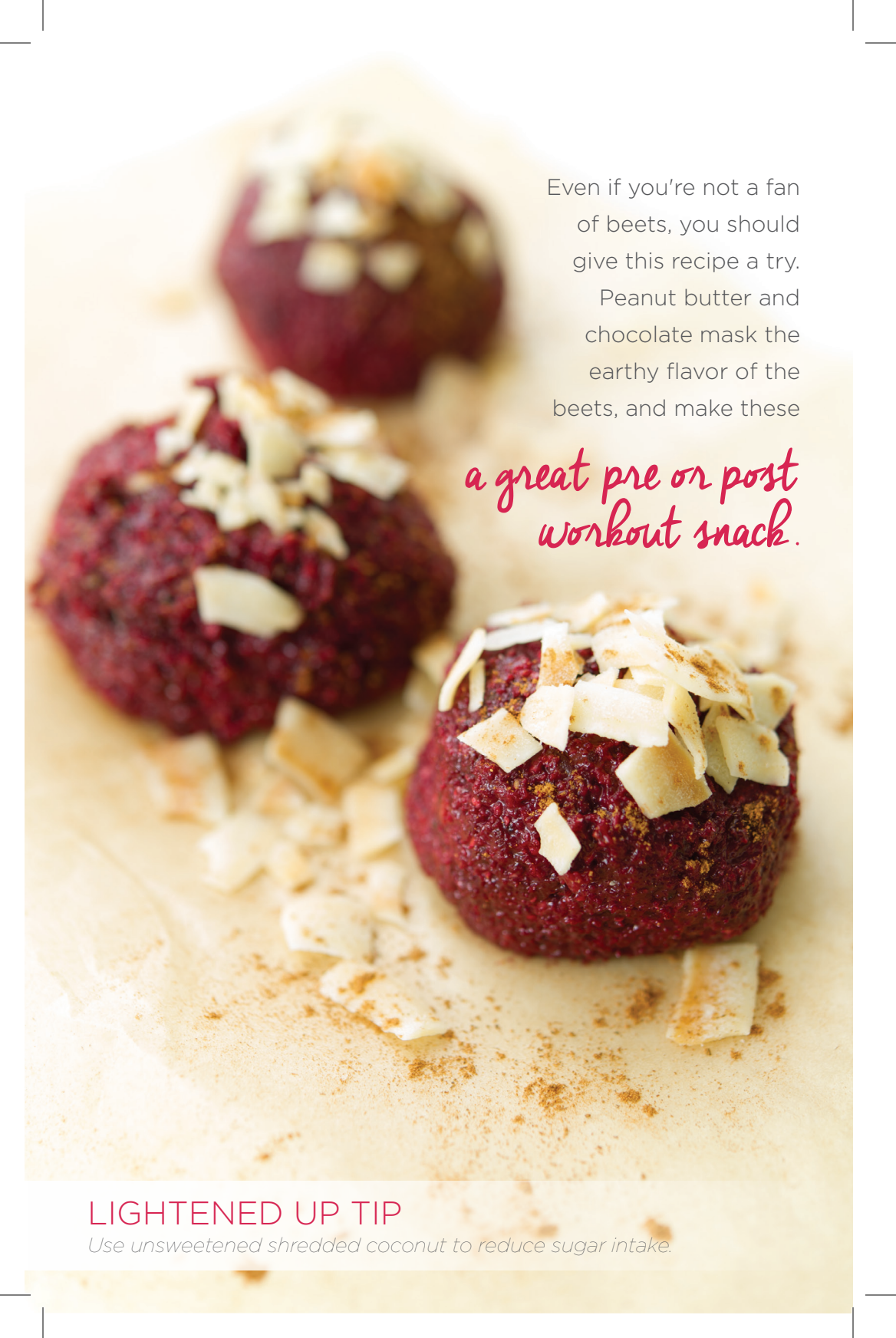
Feel like you're eating dessert for breakfast

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



TIP

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

A close-up photograph of three round, dark red beet balls arranged on a piece of light-colored parchment paper. Each ball is topped with a generous amount of shredded, light-colored coconut. The background is softly blurred, showing more of the same snack. The lighting is bright and even, highlighting the texture of the beets and the coconut.

Even if you're not a fan of beets, you should give this recipe a try.

Peanut butter and chocolate mask the earthy flavor of the beets, and make these

a great pre or post workout snack.

LIGHTENED UP TIP

Use unsweetened shredded coconut to reduce sugar intake.

CHOCOLATE BEET BITES



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



Servings: 30
Serving Size: 1 beet bite

- 2 medium beets, spiralized with thin slice blade
- 1 cup old fashioned oats
- 1 cup almond butter
- 3 pitted dates
- 2 Tbsp. honey
- 1 Tbsp. chia seeds
- 2 Tbsp. cocoa powder
- 1/4 cup shredded coconut

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

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

SWEET POTATO CRUST QUICHE



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



Servings: 8
Serving Size: 1 slice

- 2 medium sweet potatoes, spiralized with thin slice blade
 - Cooking spray
 - Salt to season
 - 1 tsp. coconut oil
 - 1 (5 oz) bag spring lettuce mix
 - 6 eggs
 - 1/2 cup 2% milk
 - 1/2 tsp. salt
 - 1/4 tsp. pepper
 - 1/2 tsp. dried oregano
 - 2 oz herbed goat cheese, crumbled
1. Preheat oven to 350°F. Spray a pie dish with cooking spray and lay one layer of spiralized sweet potatoes on the bottom, and around the edges. Cut slices in half to fill in any holes.
 2. Sprinkle with salt and spray the top of the sweet potatoes with cooking spray.
 3. Bake the sweet potato crust for 20 minutes. Remove and turn the heat up to 375°F.
 4. Meanwhile, in a nonstick skillet, melt the coconut oil over medium-high heat. Add the spring mix and sauté until wilted, about 2-3 minutes.
 5. In a medium sized bowl, whisk together the eggs, milk, salt, pepper and oregano. Add the wilted spring mix, and stir to combine.
 6. Pour the mixture over the crust and top with the crumbled goat cheese.
 7. Bake for 35 minutes, until eggs are set. Let stand for 5 minutes and cut into 8 wedges to serve.

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

you'll wonder why you ever used pie crust.



SERVING TIP

Sub unsweetened almond milk for 2% milk for an equally delicious quiche.



SIDE DISHES

CRISPY TOFU SPRING ROLLS



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



Servings: 8
Serving Size: 1 spring roll

- 1 small cucumber, spiralized with thin slice blade
 - 2 medium carrots, spiralized with thin slice blade
 - 1 medium red pepper, thinly sliced
 - 14 oz extra firm tofu, drained and pressed
 - 3 Tbsp. corn starch
 - 1 Tbsp. coconut oil
 - 3 Tbsp. peanut butter
 - 3 Tbsp. hoisin sauce
 - 2 tsp. grated ginger
 - 2 tsp. minced garlic
 - 1/4 cup rice vinegar
 - 1/4 cup low sodium soy sauce
 - 1/4 cup chopped mint
 - 1/4 cup chopped cilantro
 - 8 spring roll papers
1. Cut the tofu into 16 pieces. Place in a medium size bowl and add the corn starch. Lightly toss to coat.
 2. In a large skillet, melt the coconut oil over medium-high heat. Add the coated tofu pieces and cook until lightly browned, about 6-7 minutes per side.
 3. Meanwhile, in a small bowl, whisk together the peanut butter, hoisin, ginger, garlic, vinegar and soy sauce.
 4. Leaving the tofu in the pan, turn the heat down to medium-low and allow the pan to cool slightly.
 5. Drizzle 4 Tbsp. of the peanut sauce over the tofu, and cook for 2-3 more minutes, turning the tofu pieces a few times to coat completely.

Note: make sure the pan isn't really hot when sauce is added; otherwise the peanut butter will burn.
 6. For the spring rolls, fill a large bowl with warm water and carefully dip one spring roll paper at a time into the water to soften enough to roll.
 7. Place the softened paper on a plate and lay 1/8 of the cucumber, carrots and pepper into the center of the paper. Add two pieces of tofu and sprinkle with mint and cilantro.
 8. Fold the left and right sides of the papers into the center. Fold the bottom up and roll tightly to the top. Repeat with the remaining papers.
 9. Use the remaining peanut butter sauce for dipping and enjoy!

Cool, crisp vegetables

and sautéed peanut sauce-covered tofu create the perfect crunch



TIP

Don't forget to press your tofu. It won't crisp well if there's excess liquid.

Bold fresh flavors

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



TIP

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

CUCUMBER NOODLES WITH MANGO AND CRAB



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



Servings: 4
Serving Size: 1 cup

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

JICAMA, WATERMELON AND BLUEBERRY SALAD



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



Servings: 10
Serving Size: 1 cup

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

*This may look like it was
intended for a 4th of July party.*

but this crisp, sweet salad can be
eaten any time during the summer.



TIP

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

Crunchy, salty pistachios

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



HEALTHY TIP

Use sugar free cherry preserves to reduce sugar intake.

BEET AND CARROT SALAD



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



Servings: 6
Serving Size: 1/2 cup

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

CELERY ROOT PUREE WITH ROASTED BEETS AND PEARL ONIONS



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



Servings: 8
Serving Size: 1 cup

Roasted Beets and Pearl Onions

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

Celery Root Puree

- 1 medium celery root, peeled and spiralized with wide noodle blade
- 1/2 Tbsp. coconut oil
- 1 Tbsp. garlic, minced
- 1 (13.5 oz) can lite coconut milk
- 2/3 cup water
- Salt and pepper to taste

1. Preheat oven to 400°F.
2. In a medium bowl, mix together the beets and pearl onions. Toss with the coconut oil, and season with salt and pepper. Lay the beets and pearl onions in a single layer on a rimmed baking pan.
3. Cook for 25 minutes, stirring halfway through.
4. In a small bowl, mix together the orange juice, vinegar, honey and dried thyme and set aside.
5. Meanwhile, in a large saucepan, heat the 1/2 Tbsp. coconut oil over medium-high heat. Add the garlic and sauté until fragrant, about 1-2 minutes. Add the remaining celery root puree ingredients and bring to a boil.
6. Turn the heat down to low and place the lid on the saucepan. Simmer until celery root is soft, about 15-20 minutes.
7. Carefully pour the celery root mixture into a food processor or blender. Leave the lid opening of the lid open, blend until mixture is smooth.
8. Once the beets and onions have cooked, pour the orange juice mixture on top, coating the beets and onions. Return the pan to the oven and continue cooking for an additional 5 minutes.
9. To serve, pour one cup of the celery root puree into a bowl, and top with 1/8 of the roasted beets and onions.

Celery root has a very mild flavor, but when paired with sweet
orange glazed roasted beets and pearl onions,

this dish will have your taste buds singing.



TIP

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

Nutty tahini makes a delicately creamy sauce

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



SERVING TIP

Add chopped chicken for extra protein.

PARSNIP AND SQUASH NOODLE SALAD



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



Servings: 8
Serving Size: 1/2 cup

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

SWEET POTATO CHIPS



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



Servings: 2
Serving Size: about 2 cups

- 2 medium sweet potatoes, spiralized with thick slice blade
 - 2 tsp. paprika
 - 1 1/2 tsp. salt
 - 1/4 tsp. garlic powder
 - 1/4 tsp. onion powder
 - 1/8 tsp. cayenne pepper
 - 1 Tbsp. corn starch
 - Nonstick cooking spray
1. Preheat oven to 400°F and grease two baking sheets.
 2. In a small bowl, combine the paprika, salt, garlic and onion powder, cayenne and corn starch.
 3. Place the spiralized sweet potato chips into a large bowl and sprinkle the spice mixture over the top. Toss to coat each chip completely.
 4. Spread the sweet potato chips in an even layer on the cookie sheets. Spray top of chips with cooking spray.
 5. Bake for 15 minutes and flip. Rotate the cookie sheets so that the top sheet is now on the bottom and vice versa.
 6. Bake for 5 more minutes. Turn the oven off and prop the door open. Let the chips continue to cook for 10 more minutes.
 7. Serve with your favorite dipping sauces. If storing chips for later, store with a paper towel to absorb moisture.

A little bit spicy and a little bit sweet,

these crunchy chips will be
hard to put down.



TIP

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

Ooey, gooey cheese

and crispy potatoes will always
be a match made in heaven.



SERVING TIP

Serve hot with a rosemary aioli dipping sauce.

AU GRATIN POTATOES



Prep time: 5 minutes
Cook time: 40 minutes
Total time: 45 minutes



Servings: 4
Serving Size: 1 potato

- 4 russet potatoes, peeled and spiralized with thick slice blade
 - Olive oil
 - 4 Tbsp. butter, softened
 - 1/4 tsp. dried thyme
 - 1/4 tsp. dried sage
 - 1/4 tsp. dried rosemary
 - Salt and pepper to taste
 - 8 oz cheddar cheese, thinly sliced
1. Preheat oven to 450°F and grease a 9"x13" pan.
 2. Place potatoes in the pan and drizzle with olive oil.
 3. In a small bowl, mix together the butter, thyme, sage, rosemary and salt and pepper. Brush the mixture on top of the potatoes.
 4. Bake for 20 minutes. Remove from the oven and carefully place the cheddar slices in every other slice of the potato.
 5. Bake for an additional 20 minutes, until cheese is melted and potatoes are crispy.
 6. Serve as a side dish to your favorite burger.

NACHOS WITH HOMEMADE CHIPS



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



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

- 3 large baking potatoes, spiralized with thick slice blade
 - Nonstick cooking spray
 - Salt, for seasoning
 - 1 lb. ground beef
 - 1 packet taco seasoning
 - $\frac{2}{3}$ cup water
 - 1 (15 oz) can black beans, drained
 - 1 cup frozen corn, thawed
 - 2 cups shredded Mexican cheese
 - $\frac{1}{4}$ cup jalapeños, chopped (optional)
 - Salsa, guacamole and sour cream for serving
- Tip:** You can use ground turkey in place of ground beef
1. Preheat oven to 450°F and grease two baking sheets.
 2. In a large bowl filled with cold water, soak the potato chips for 30 minutes. This will help to make the chips crispier.
 3. Rinse the chips until the water runs clear and dry with paper towels.
 4. Working in batches as needed, place potato chips in a single layer on the baking sheets. Sprinkle with salt and spray the top of the chips with cooking spray. Bake for 35-40 minutes, flipping halfway through, until chips are crisp. Place baked chips into a large bowl.
 5. Wipe baking sheets clean, and repeat with remaining potato chips.
 6. Meanwhile, in a large sauté pan, over medium-high heat, brown the ground beef, about 5-6 minutes.
 7. Drain any excess grease and return to the stovetop. Pour in the $\frac{2}{3}$ cup water and sprinkle the taco seasoning packet over the browned beef. Turn heat down to low and allow the sauce to thicken.
 8. Line a large cookie sheet with tin foil and place the baked potato chips on the cookie sheet. Top with seasoned beef, black beans, corn and shredded cheese.
 9. Place the cookie sheet back in the oven and bake for an additional 5-7 minutes, until cheese is melted.
 10. Serve with jalapeños, salsa, guacamole and sour cream.

We dare you

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



SERVING TIP

*Top with low fat sour cream and homemade Pico de Gallo
for a lightened up twist on this beloved bar food.*



MAIN COURSE

ZUCCHINI BREAD BUNS



Prep time: 20 minutes, plus
30 for chilling
Cook time: 8 minutes
Total time: 58 minutes



Servings: 2
Serving Size: 2 buns

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

Sandwich your favorite burger

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

TIP

Make your favorite open face sandwiches with these zucchini buns.



A 12 minute meal

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



SERVING TIP

Top with freshly chopped herbs.

CARROT PASTA



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



Servings: 2
Serving Size: 1 1/2 cup

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

CUCUMBER NOODLES WITH AVOCADO SAUCE AND ROASTED VEGGIES



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



Servings: 4
Serving Size: about 1 cup

Cucumber Noodles and Veggies

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

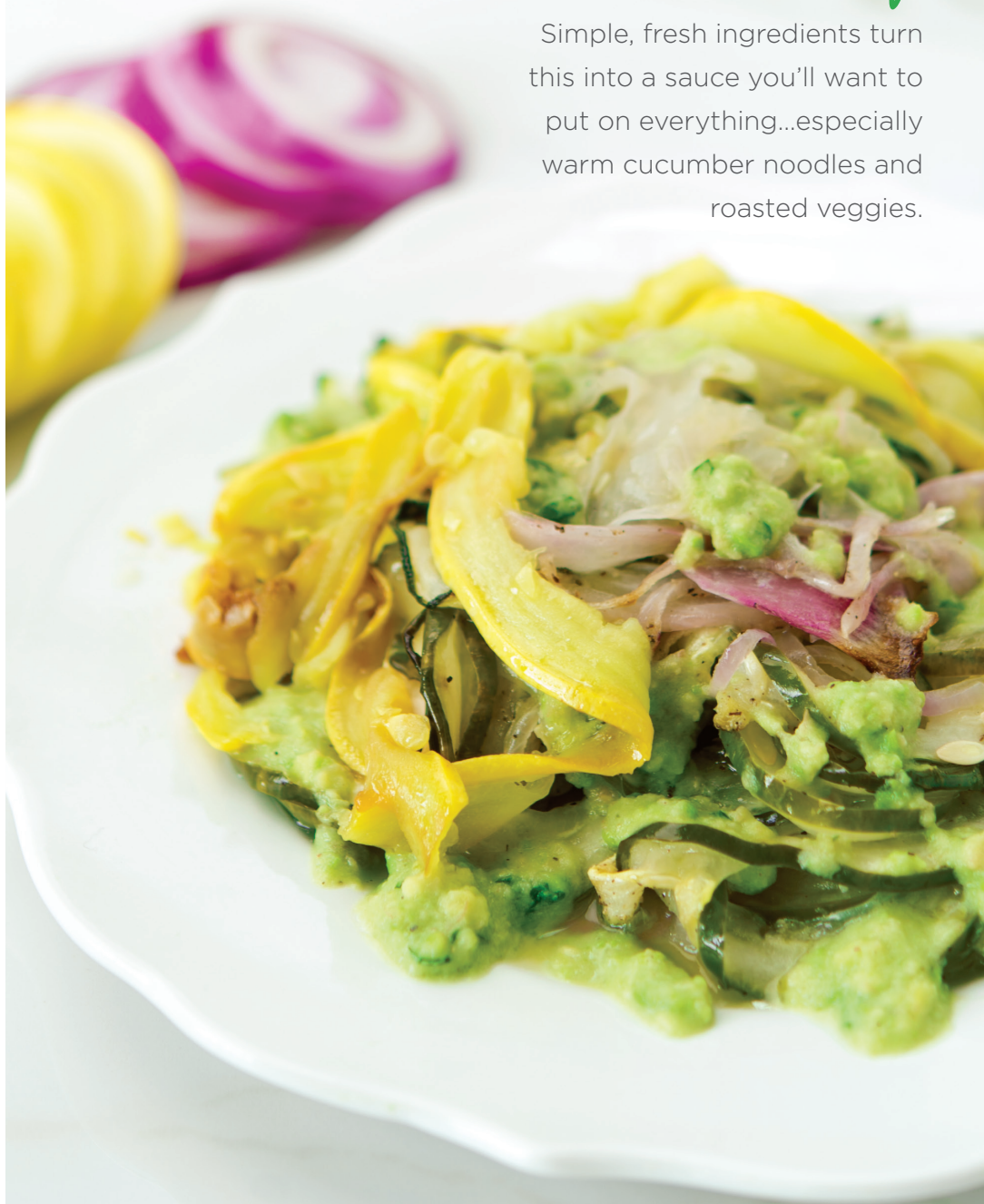
Avocado Sauce

- 1 medium avocado
- 2 tsp. garlic, minced
- 1/4 cup fresh basil
- 1/2 lemon, juiced (about 2 Tbsp.)
- 3 Tbsp. chicken stock
- Salt and pepper to taste

1. Preheat oven to 400°F. Place the zucchini, squash, onion and oil in a 9"x13" pan and stir to coat. Season with salt and pepper.
2. Bake for 40 minutes, stirring halfway through.
3. Meanwhile, place a tea towel in a colander and pour the cucumber noodles in. Squeeze as much water out of the noodles as possible.
4. In a large saucepan, heat a couple sprays of cooking spray over medium-high heat. Add the cucumber noodles; season with salt and pepper and sauté until tender-crisp, about 5-7 minutes.
5. In a small food processor, blend together the avocado sauce ingredients until smooth.
6. Pour the avocado sauce over the cucumber noodles, and add in the roasted veggies. Stir to coat the veggies in the sauce and cook for 2-3 more minutes.
7. Serve hot. Add chicken or shrimp for added protein.

This avocado sauce is what dreams are made of!

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



TIP

Add extra chicken stock for a thinner sauce.

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



TIP

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

LAYERED APPLE SALAD JARS



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



Servings: 2
Serving Size: 1 jar salad

Salad

- 2 medium carrots, spiralized with small noodle blade
- 1 cucumber, spiralized with wide noodle blade
- 1 small red onion, spiralized with small noodle blade
- 1 Fuji apple, spiralized with wide noodle blade
- 1 cup cooked chicken, chopped
- 1/4 cup pecans, chopped
- 1/4 cup Gorgonzola, crumbled
- 1 (5 oz) bag of spring lettuce mix

Dressing

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

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

SQUASH PIZZA CRUST



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



Servings: 4
Serving Size: 2 slices

- 2 yellow squash, spiralized with small noodle blade and riced*
- $\frac{3}{4}$ cup shredded mozzarella cheese
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ tsp. dried oregano
- $\frac{1}{4}$ tsp. garlic powder
- $\frac{1}{4}$ tsp onion powder
- $\frac{1}{8}$ tsp salt
- 1 egg, beaten

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

1. Preheat oven to 450°F and grease a baking sheet.
2. Place the riced squash in a microwave safe bowl and microwave on high for 5 minutes.
3. Place a tea towel in a colander and place the squash inside to drain while it cools.
4. Once the squash is cool enough to handle, squeeze out as much liquid as possible.
5. In a medium sized bowl, mix together the squash and remaining ingredients.
6. Roll the mixture into a ball. Place on the baking sheet and using your fingers, press into a circle about a $\frac{1}{2}$ " thick.

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

Don't feel bad for eating this whole pizza

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



TIP

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

If you've been craving

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



TIP

VEGGIE SOUP



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



Servings: 8
Serving Size: 2 cups

- 1 small yellow onion, spiralized with wide noodle blade
 - 2 medium zucchinis, spiralized with wide noodle blade
 - 3 large carrots, spiralized with wide noodle blade
 - 3 stalks celery, diced
 - 2 Tbsp. olive oil
 - 1 Tbsp. garlic, minced
 - 1 (28 oz) can diced tomatoes
 - 1 (15 oz) can cannellini beans, drained
 - 2 Tbsp. tomato paste
 - 1 tsp. Italian seasoning
 - 6 cups low sodium chicken stock
 - 2 cups rotini pasta, uncooked
 - Salt and pepper to taste
1. Place the zucchini noodles in a colander and salt generously until zoodles are coated. Let the zoodles rest for 10 minutes to remove any excess water. Place the zoodles in a tea towel and squeeze out as much water as possible.
 2. In a large stock pot, heat the oil over medium-high heat. Add the garlic and sauté until fragrant, about 1-2 minutes.
 3. Add the carrots and celery and sauté until tender-crisp, about 3-4 minutes. Add the onions and continue to sauté for an additional 2-3 minutes.
 4. Add the diced tomatoes, beans, tomato paste, Italian seasoning and chicken stock. Turn the heat down to medium, cover and bring to a simmer.
 5. Add the uncooked pasta and zoodles, cover and cook until pasta is al dente, about 8-9 minutes.
 6. Serve hot with a side of crusty bread for dipping.

ZUCCHINI QUINOA “MEATBALLS”



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



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

- 2 medium zucchinis, spiralized with small noodle blade
 - 1/2 cup cooked quinoa
 - 1/4 cup grated Parmesan cheese
 - 3/4 cup Italian seasoned bread crumbs*
 - 1/2 tsp. dried oregano
 - 1/2 tsp. garlic powder
 - 1/2 tsp. onion powder
 - 1/4 tsp. salt
 - 1/8 tsp. pepper
 - 1 egg
1. Preheat oven to 375°F and grease a baking sheet.
 2. Place the zoodles in a colander and salt generously until zoodles are coated. Let the zoodles rest for 10 minutes to remove any excess water. Place the zoodles in a tea towel and squeeze out as much water as possible.
 3. In a large bowl, mix together all other ingredients until fully combined.
 4. Roll the mixture into 16-18 “meatballs” and place on the greased cookie sheet.
 5. Bake for 20 minutes, flipping halfway through.
 6. Dip the “meatballs” in marinara sauce, or use to top traditional pasta or zucchini noodles.
- * **Tip:** make these “meatballs” gluten free by subbing in gluten free bread crumbs.

A load of Italian spices

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



SERVING TIP

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

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

fresh bright flavors.



TIP

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

LEMON SHRIMP Z'INGUINE



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



Servings: 2
Serving Size: 1 cup

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

CHICKEN ENCHILADA CASSEROLE



Prep time: 15 minutes
Cook time: 30 minutes
Total time: 45 minutes



Servings: 8
Serving Size: 1 slice

- 3 large zucchinis, spiralized with wide noodle blade
 - 1 cup frozen corn, thawed
 - 1 (15.5 oz) can black beans, drained and washed
 - 2 cups cooked chicken*, shredded
 - 2 cups shredded Mexican cheese
 - 1 Tbsp. butter
 - 1 Tbsp. flour
 - 3/4 cup chicken stock
 - 1/2 cup sour cream
 - 1 (4 oz) can diced green chilies
 - 1/4 tsp. garlic powder
 - 1/4 tsp. onion powder
 - 1/8 tsp. pepper
- * **Tip:** use left-over rotisserie chicken to help make this a quick weeknight meal.
1. Preheat oven to 350°F and grease a 9"x13" pan.
 2. Place the zucchini noodles in a colander and salt generously, until noodles are coated. Let the noodles rest for 10 minutes to remove any excess water. Place the noodles in a tea towel and squeeze out as much water as possible.
 3. In a small saucepan, melt the butter over medium-high heat. Add the flour and whisk for 1 minute. Add the chicken stock and whisk until thick and bubbly.
 4. Turn the heat down to medium-low and add the sour cream, green chilies, garlic and onion powder and pepper. Whisk for 2-3 more minutes. Remove from the heat and set aside.
Note: do not let the mixture boil otherwise the sour cream could curdle.
 5. Working in layers, place 1/3 of the zucchini noodles in the bottom of the pan. Sprinkle 1/3 cup corn and beans over the top. Layer with 1/3 of the chicken and 1/2 cup cheese.
 6. Repeat with the remaining ingredients. Pour the sauce over the top and sprinkle the remaining 1/2 cup cheese over the top.
 7. Bake for 25 minutes. Turn the oven to broil and broil for 2-3 more minutes, until cheese is browned.
 8. Top with additional sour cream and cheese.

*A Mexican
favorite!*



LIGHTENED UP TIP

Use low fat sour cream to lighten up the green chili sauce.

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

You won't miss the takeout!



TIP

For an even faster meal, use one (10 oz) package classic coleslaw in place of the sliced cabbage.

CHICKEN YAKISOBA



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



Servings: 6
Serving Size: 1 cup

- 1 small yellow onion, spiralized with small noodle blade
- 2 medium carrots, spiralized with small noodle blade
- 2 medium baking potatoes, spiralized with small noodle blade
- 1 Tbsp. olive oil
- 1 tsp. garlic, minced
- 1/2 head green cabbage, thinly sliced (about 3 cups)
- 2 cups broccoli crowns
- 2 cups cooked chicken*, shredded
- 1/4 cup low sodium soy sauce
- 1/4 cup Worcestershire sauce
- 2 Tbsp. ketchup
- 1 Tbsp. brown sugar
- 1 tsp. Sriracha (more or less depending on heat preference)

* **Tip:** use leftover rotisserie chicken to make this a quick weeknight meal.

1. Place the potato noodles in a large microwave safe bowl and microwave for 5-7 minutes to soften.
2. In a large skillet or wok, heat the oil over medium-high heat. Add the minced garlic and sauté until fragrant, about 1-2 minutes.
3. Add the cabbage, onion, carrots and broccoli to the sautéed garlic, and continue to sauté until tender-crisp, about 5-6 minutes.
4. Meanwhile, in a small bowl, combine the soy sauce, Worcestershire, ketchup, brown sugar and Sriracha, and whisk until sugar is dissolved.
5. Add the shredded chicken and softened potato noodles. Pour the sauce into the skillet or wok, stirring to coat everything in the sauce. Cook until heated through, about 6-7 minutes.

PORK AND APPLES



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



Servings: 6
Serving Size: 1 pork chop

Pork and Apples

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

Pork Seasoning

- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/2 tsp. smoked paprika
- 1/2 tsp. chili powder
- 3/4 tsp. onion powder
- 3/4 tsp. garlic powder
- 1 tsp. granulated sugar
- 2 tsp. brown sugar
- 1 tsp. cinnamon

1. Preheat oven to 350°F and line a 9"x13" pan with tin foil.
2. In a medium sized bowl, toss together the apples, lemon juice, honey and cinnamon. Pour into the bottom of the lined 9"x13" pan.
3. Season the pork chops with the pork seasoning and place on top of the apples.
4. Bake for 30 minutes, or until pork reaches an internal temperature of 145°F and apples are soft.
5. Serve pork chops with apples on top.

Who would have ever thought

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



TIP

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

A take on your traditional ramen noodle broth bowl. Replacing the ramen noodles with sweet potato noodles gives this dish

an unexpected sweet and delicious note



TIP

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

PORK NOODLE BOWL



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



Servings: 5
Serving Size: 2 cups

- 2 medium sweet potatoes, spiralized with small noodle blade
 - 1 medium yellow onion, spiralized with small noodle blade
 - 1.5 lb. pork loin
 - 6 cups low sodium beef broth
 - 1 Tbsp. grated ginger
 - 2 Tbsp. garlic, minced
 - 8 oz sliced button mushrooms
 - 1/4 cup low sodium soy sauce
 - 1 tsp. salt
 - 1/2 tsp. black pepper
 - 1 Tbsp. Sriracha (more or less depending on heat preference)
 - 4 scallions, finely chopped
 - 5 hardboiled eggs, halved (optional)
1. Place the onion on the bottom of a 7 quart slow cooker.
 2. Season the pork loin with salt and pepper and place on top of the onions.
 3. Pour the broth in and stir in the ginger, garlic, mushrooms, soy sauce, salt, pepper and Sriracha. Cook on low for 4 hours, until pork reaches an internal temperature of 145°F.
 4. For the last 10 minutes of cooking, add the sweet potato noodles.
 5. Switch the slow cooker to keep warm and pull the pork out, placing on a cutting board to rest for 5-10 minutes. After resting, slice the pork and place back into the slow cooker.
 6. Serve each noodle bowl with 2 halved hardboiled eggs and scallions.

BEEF AND BROCCOLI WITH JICAMA



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



Servings: 4
Serving Size: 1 cup

Beef and Broccoli

- 2 1/2 Tbsp. corn starch, divided
- 1 tsp. seasoned meat tenderizer
- 1 lb. sirloin beef, thinly sliced
- 2 tsp. olive oil
- 1 cup chicken broth, divided
- 4 cups broccoli florets
- 2 tsp. garlic, minced
- 1/4 cup water
- 1/4 cup low sodium soy sauce

Jicama

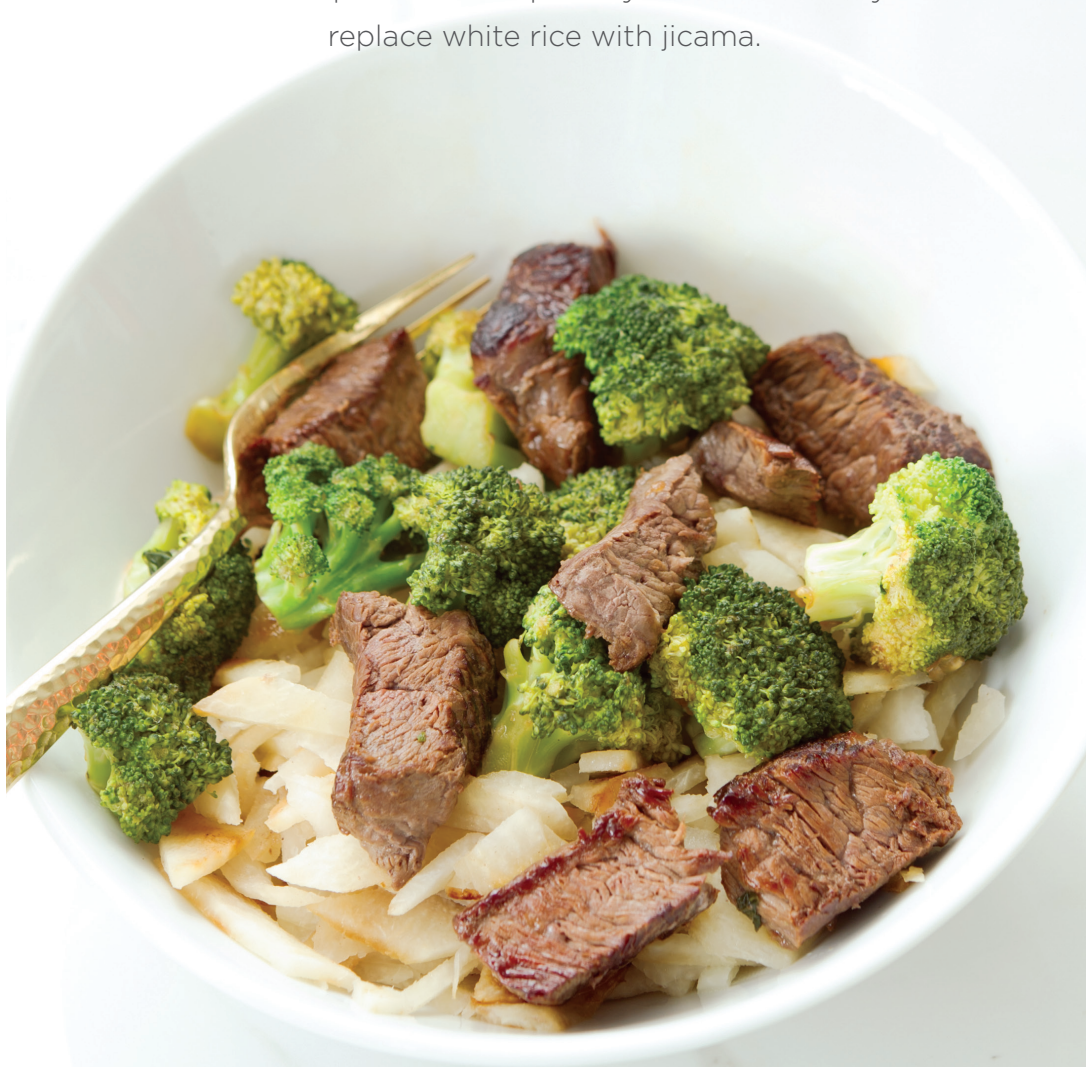
- 2 medium jicamas, peeled, spiralized with thick slice blade, riced* or chopped
- 1 cup chicken stock
- Salt and pepper to taste
- Cooking spray

* See "how to rice" on page 42.

1. In a medium bowl, combine 2 Tbsp. corn starch, meat tenderizer and beef. Toss to coat.
2. In a large skillet, heat the oil over medium-high heat. Add the beef and cook until lightly browned and cooked through, about 7-8 minutes. Remove the beef and set aside.
3. Pour in 1/2 cup of chicken stock to the skillet and loosen any remaining beef pieces. Add the broccoli and cook until tender crisp, about 2-3 minutes.
4. Add the garlic and sauté until fragrant, about 1-2 minutes.
5. In a small bowl, whisk together the remaining 1/2 Tbsp. corn starch, 1/2 cup chicken stock, water and soy sauce.
6. Pour into the skillet, reduce the heat to medium-low and allow the sauce to thicken, about 3-4 minutes.
7. Add the cooked beef back to the skillet and toss with the broccoli and sauce.
8. Place the jicama in a microwave safe bowl and microwave for 4-6 minutes. Drain any excess liquid.
9. In a medium saucepan, heat a few sprays of cooking spray over medium-high heat. Add the jicama and sauté for about 4-5 minutes.
10. Add in the chicken stock and season with salt and pepper. Turn the heat down to medium-low. Cover and simmer for 15-20 minutes. Season with additional salt and pepper if desired.
11. Place 3/4 cup of jicama in the bottom of a bowl and top with 1 cup of beef and broccoli.

Stuff that takeout menu in the drawer

and make this dish instead. Homemade beef and broccoli is quicker and especially delicious when you replace white rice with jicama.



TIP

Your local grocery store likely sells pre-sliced sirloin beef for stir fries.

Turn basic rice into a flavor packed side dish

by replacing white rice with rutabaga rice and tossing
in zesty lime juice and bright cilantro.



TIP

Stir black beans into the rice during the last 5 minutes of cooking for a protein packed dish.

STEAK WITH CILANTRO LIME “RICE”



Prep time: N/A
Cook time: 30 minutes
Total time: 30 minutes



Servings: 2
Serving Size: 1 cup “rice”

- 1 small red onion spiralized with small noodle blade, roughly chopped
- 1 medium rutabaga spiralized with thin slice blade, riced*
- 1 Tbsp. olive oil
- 1 Tbsp. garlic, minced
- 1/2 cup low-sodium chicken broth
- 3 Tbsp. fresh lime juice, divided
- 1 (4 oz) can diced green chilies
- Salt and pepper to taste
- 1/3 cup chopped cilantro
- 3/4 lb. New York Strip steak

* See “how to rice” on page 42

1. In a large saucepan, heat the olive oil over medium-high heat. Add the onions and sauté until tender, about 3-4 minutes. Add the garlic and riced rutabaga and sauté for an additional 3-4 minutes.
2. Pour in the chicken broth, 2 Tbsp. lime juice, green chilies and salt and pepper. Bring the mixture to a boil; turn the heat down to low and cover the saucepan.
3. Simmer for about 20 minutes, until the rutabaga is soft.
4. Preheat grill to high heat.
5. Meanwhile, season the steak with salt and pepper. Place the steak on the preheated grill and sear on one side for 4 minutes. Flip and cook an additional 4 minutes for medium rare.
6. Remove the steak from the grill and let rest for 10 minutes. Slice the steak into thin strips.
7. Uncover and stir the rutabaga. Stir in the remaining 1 Tbsp. lime juice and chopped cilantro.
8. Place 1 cup cilantro lime “rice” in the bottom of a bowl and top with sliced steak. Serve immediately.



DESSERT

Make these stunning, and equally scrumptious
“roses” for your next dinner party and

all of your guests will be in awe!



TIP

Don't forego softening the apples in the microwave or they won't roll properly.

APPLE PIE ROSES



Prep time: 15 minutes
Cook time: 40 minutes
Total time: 55 minutes



Servings: 4
Serving Size: 1 rose

- 2 Fuji apples, spiralized with thick slice blade
 - 1/2 lemon, juiced (about 2 Tbsp.)
 - 1 prepared pie crust, thawed
 - 2 Tbsp. butter, melted
 - 2 Tbsp. brown sugar
 - 1 Tbsp. sugar
 - 1/2 Tbsp. cinnamon
1. Preheat oven to 400°F and grease a muffin tin.
 2. Place the apple slices in a medium sized microwave safe bowl and pour the lemon juice over the top. Microwave for 2-3 minutes to soften slices.
 3. Roll out the pie crust and trim the tops and sides to make an 8" square. Cut the square into 2" thick slices and brush with the melted butter. Set remaining butter aside.
 4. In a small bowl, mix together the sugars and cinnamon. Sprinkle 1 Tbsp. onto the strips and set aside remaining mixture.
 5. Once the apple slices have cooled enough to handle, lay half-moon slices all the way down the pie crust strip so that the round half is sticking halfway over the top of the strip. There should be about half of the crust still showing on the bottom.
 6. Repeat with the remaining apple slices and pie crust strips.
 7. Fold the bottom half of the crust just over the bottom of the apple slices. Starting from one end of the crust, carefully roll the pie crust to the other end. The bottom should be flat, and the top should look like a small rose.
 8. Repeat with the remaining slices and place into the muffin tin.
 9. Drizzle remaining butter over the roses and sprinkle with the remaining brown sugar mix.
 10. Bake for 40 minutes. Remove from the oven and cool. Use a butter knife around the edges to loosen the roses.
 11. Serve warm with a side of vanilla ice cream.

CARROT CAKE



Prep time: 10 minutes
Cook time: 32 minutes
Total time: 42 minutes



Servings: 8
Serving Size: 1 slice

Cake

- 1 lb. carrots, spiralized with small noodle blade and roughly chopped
- 1 cup applesauce
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 3 eggs
- 1/2 Tbsp. vanilla extract
- 1 3/4 cup flour
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1 tsp. salt
- 1/2 Tbsp. cinnamon
- 1/4 tsp. nutmeg
- 1/8 tsp. ground cloves
- 1/2 cup pecans or walnuts, chopped (optional)

Cream Cheese Frosting

- 1 (8 oz) package cream cheese, softened
 - 2 Tbsp. butter, softened
 - 2 tsp. vanilla extract
 - 1/8 tsp. salt
 - 2 cups powdered sugar
1. Preheat oven to 350°F and grease and flour two 8" round pans.
 2. In a large bowl mix together the applesauce and sugars until combined. Add in the eggs, one at a time, then the vanilla, mixing until smooth.
 3. In a separate medium sized bowl, whisk together the flour, baking soda, baking powder, salt, cinnamon, nutmeg and ground cloves.
 4. Add half the dry ingredients to the wet ingredients, mixing until fully incorporated. Add in the remaining dry ingredients and mix together until smooth.
 5. Fold the carrots into the mixture, and stir until just combined.
 6. Pour the batter evenly among the two pans. Bake for 30-32 minutes or until a toothpick inserted in the center of the cakes comes out clean. Place on a wire rack and cool to room temperature.
 7. For the cream cheese frosting, in a large bowl, cream together the cream cheese and butter. Add the vanilla and salt, and stir to combine. Using a hand mixer on low speed, gradually add in the powdered sugar, increasing speed to medium, until combined.
 8. Frost the top of one cake with a 1/4 of the frosting. Carefully place the second cake on top and pour the remaining frosting over the cakes. Use an offset spatula to frost the sides of the cake.
 9. Cut into 8 slices and serve topped with chopped pecans or walnuts, if desired.



When sweet, crunchy carrots

are involved in making a dessert,
it counts as healthy, right?



HEALTHY TIP

Use Greek yogurt or light cream cheese for a lighter frosting.

All desserts don't have to be sweet

Brie cheese adds a savory note, while the cherries and wine add tartness, and it's all hidden inside flaky puff pastry.



TIP

Pick very firm pears to spiralize. They will keep their shape better.

PEARS IN PUFF PASTRY



Prep time: 15 minutes
Cook time: 35-40 minutes
Total time: 50-55 minutes



Servings: 4
Serving Size: 1/2 of 1 pear

- 2 Bartlett or Anjou pears, spiralized with thick slice blade
 - 4 oz Brie cheese, thinly sliced
 - 3 Tbsp. cherry preserves
 - 2 Tbsp. dry white wine
 - 1 tsp. cinnamon
 - 1/8 tsp. all spice
 - 1 sheet frozen puff pastry, thawed
 - 1 egg
1. Preheat oven to 400°F and grease an 8"x8" baking dish.
 2. During spiralizing, the pear slices may have broken apart. Carefully stack the slices back together to resemble the shape of the pear.
 3. Carefully place the Brie slices into the layers of each pear. You do not need to place the cheese in between every slice, just make sure it's placed evenly throughout the whole pear.
 4. In a small bowl, mix together the preserves, wine, cinnamon and all spice. Pour over each stuffed pear.
 5. Cut the puff pastry into 9 (1") strips.
 6. Starting from the bottom and working your way to the top of the pear, wrap 4 strips of puff pastry around each pear. Split the last slice of pastry in half and cover the top of each pear. Place the pears into the baking dish.
 7. In a small bowl, whisk together the egg and a small amount of water to create an egg wash. Brush the egg wash over the puff pastry.
 8. Bake for 35-40 minutes, or until the crust is golden brown.
 9. Slice the pears in half to serve.

PEAR MAPLE GINGER CHEESECAKE



Prep time: 20 minutes
 Cook time: 2 hours 15 minutes,
 plus overnight chilling
 Total time: 10 hours, 35 minutes



Servings: 8
 Serving Size: 1 slice

Crust

- 2 cups vanilla wafers, crushed
- 6 Tbsp. butter, melted

Cheesecake

- 2 Bartlett pears, spiralized with thin slice blade
- 16 oz whole milk ricotta
- 8 oz cream cheese, softened
- 2 eggs
- 1 cup granulated sugar
- 1/4 tsp. salt
- 1/2 cup (1 stick) butter, melted
- 1 tsp. vanilla
- 2 1/2 tsp. maple extract
- 2 Tbsp. maple syrup
- 3 tsp. ground ginger
- 2 Tbsp. corn starch
- 2 Tbsp. flour

Place in a 9"x13" oven safe dish. Fill the 9"x13" dish with 1" of water to create a water bath for the cheesecake.

1. Preheat oven to 350°F. Grease a 9" spring form pan and tightly wrap the outside with tin foil.
2. In a small bowl, mix together the crust ingredients until the wafers are saturated. Press the mixture into the bottom of the greased pan and about 1/4" up the sides.
3. In a large bowl, mix together the ricotta and cream cheese until smooth. Add in the eggs and mix until incorporated. Add in the sugar, salt, melted butter, vanilla, maple extract, maple syrup and ginger, stirring until incorporated. Mix in the corn starch and flour.
4. Place one layer of pear slices on top of the wafer crust. Pour in half of the cheesecake mixture. Place another layer of pears over the cheesecake. Pour the remaining cheesecake mixture over the pears. Place one final layer of pears around the edge of the pan.
5. Bake for 1 hour, 15 minutes. Turn the oven off and prop the door open. Leave the cheesecake in the oven for 1 hour, allowing it to continue to bake as the oven cools.
6. Remove the cheesecake from the water bath and refrigerate for at least 4 hours, or overnight.
7. Slice into 8 pieces and serve with whipped cream or ice cream.

Warm ginger and maple

provide bold flavors to smooth luscious
cheesecake stuffed with sweet pears.



HEALTHY TIP

Use low fat cream cheese and baking stevia to reduce fat and sugar.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a template for handwriting practice or general note-taking. The margins are consistent on all sides.