

20 MOST POPULAR BLOG RECIPES



recipes by
inspiralized



**vegetarian
zucchini
noodle
pad thai.**



VEGETARIAN ZUCCHINI NOODLE PAD THAI

PREP TIME: 10 min

COOK TIME: 15 min

SERVES: 2

ingredients

- 2 whole eggs
- 1/4 cup roasted salted peanuts
- 1/2 tbsp peanut oil (or oil of choice)
- 1 garlic clove, minced
- 1 shallot, minced
- 1 tbsp coconut flour
- 1 tbsp roughly chopped cilantro + whole cilantro leaves to garnish
- 2 medium zucchinis, Blade C

For the sauce:

- 2 tbsp freshly squeezed lime juice
- 1 tbsp fish sauce (or hoisin sauce, if you're strict vegetarian)
- 1/2 tbsp soy sauce
- 1 tbsp chili sauce (I used Thai chili garlic sauce)
- 1 tsp honey

directions

1. Scramble the eggs and set aside.
2. Place all of the ingredients for the sauce into a bowl, whisk together and set aside.
3. Place the peanuts into a food processor and pulse until lightly ground (no big peanuts should remain, but it shouldn't be powdery). Set aside.
4. Place a large skillet over medium heat. Add in oil, garlic and shallots.
5. Cook for about 1-2 minutes, stirring frequently, until the shallots begin to soften. Add in the sauce and whisk quickly so that the flour dissolves and the sauce thickens. Cook for 2-3 minutes or until sauce is reduced and thick.
6. Once the sauce is thick, add in the zucchini noodles and cilantro and stir to combine thoroughly.
7. Cook for about 2 minutes or until noodles soften and then add in the scrambled eggs and ground peanuts. Cook for about 30 seconds, tossing to fully combine.
8. Plate onto dishes and garnish with cilantro leaves. Serve with lime wedges.

**zucchini
noodles
with
chicken,
feta and
spinach.**



ZUCCHINI NOODLES WITH CHICKEN, FETA AND SPINACH

PREP TIME: 5 min

COOK TIME: 10 min

SERVES: 1

ingredients

- 2-3 chicken breast tenderloins (strips), cut into chunks
- salt and pepper, to taste
- pinch of red pepper flakes
- 1/2 tsp garlic powder
- juice of half a lemon
- 1 packed cup of spinach
- 1 large zucchini, Blade C
- 5 small cubes of feta cheese (less than 1/4 cup)

directions

1. Place a large skillet over medium heat. Coat with cooking spray and add in your chicken. Season with salt and pepper and let cook for about 3 minutes and then flip over, cooking another 3-5 minutes or until the chicken is cooked through. Then, add in the lemon juice, spinach, zucchini and garlic powder. Let cook, tossing frequently, until spinach is wilted and zucchini noodles soften, about 3 minutes.
2. When done, use pasta tongs to transfer to a bowl. Season with pepper, top with feta and enjoy!

**chicken
zucchini
noodle
soup.**



CHICKEN ZUCCHINI NOODLE SOUP

PREP TIME: 15 min

COOK TIME: 45 min

SERVES: 4

ingredients

- ½ heaping cup diced red onion
- 2 celery ribs, diced
- 1 large carrot, diced
- 2 garlic cloves, minced
- 1 small pinch of red pepper flakes
- 3 teaspoons fresh thyme (or 1 teaspoon dried thyme)
- 3 teaspoons fresh oregano (or 1 teaspoon dried oregano)
- 4 chicken thighs, bone-in, about 1.75 pounds
- 2 bay leaves
- 6 cups chicken broth, low-sodium
- 2 cups water
- 3 medium zucchinis

directions

1. Place a large soup pot over medium heat and add in the onions, celery, carrots, garlic and red pepper flakes. Cook for 3-5 minutes or until vegetables “sweat” and onions are translucent. Add in the thyme and oregano and cook for another 1 minute, stirring frequently.
2. Place in the chicken thighs and bay leaf and pour in the chicken broth, water and cover and let come to a boil. Once boiling, lower to a steady simmer and cook for 30 minutes. After 30 minutes, remove the chicken and peel off the skin and discard. Then, shred the chicken off the bone and set aside, with any juices. Place the bones back into the soup pot and simmer for 10 more minutes, uncovered.
3. While the bones simmer, slice the zucchinis halfway lengthwise. Then, spiralize them, using Blade C. Set aside.
4. Remove the bones and bay leaves and discard. Add the reserved shredded chicken back to the pot along with the zucchini noodles. Cook for 5 minutes or until zucchini is al dente or cooked to your preference. Serve warm.

**spicy ginger
scallion &
egg drop
zucchini
noodle
bowl.**



SPICY GINGER SCALLION & EGG DROP ZUCCHINI NOODLE BOWL

PREP TIME: 10 min

COOK TIME: 15 min

SERVES: 2

ingredients

- 1 tablespoon extra virgin olive oil
- 1 bunch scallions, sliced, white and green parts separated
- 1 large garlic clove
- 1/4-1/2 teaspoon red pepper flakes (depends on how spicy you like it)
- 1.5 tablespoons minced ginger
- 1 tablespoon sherry vinegar
- 2 tablespoons soy sauce, low sodium
- 4 cups vegetable broth
- 1 cup water
- 2 medium eggs, beaten
- 1 medium zucchini, Blade D, noodles trimmed
- freshly ground black pepper

directions

1. Heat the oil in a large saucepan over medium-high heat. Once oil is shimmering, add in the white parts of the scallions, garlic, red pepper flakes, and ginger and cook for 3 minutes or until scallions begin to soften.
2. Add the sherry vinegar, soy sauce, vegetable broth and water. Bring to a boil.
3. Once broth boils, reduce to medium and slowly pour in the egg while stirring the broth to create egg wisps.
4. Add in the zucchini noodles, remaining green parts of the scallions and let cook for 2-3 minutes more until zucchini softens to al dente. Divide the soup into two bowls, season with black pepper and serve.

**zucchini
noodle
bacon
cacio e
pepe.**



ZUCCHINI NOODLE BACON CACIO E PEPE

PREP TIME: 10 min

COOK TIME: 10 min

SERVES: 2

ingredients

- 3 strips of bacon
- 1 large garlic clove, minced
- 1 pinch of red pepper flakes
- 3 medium zucchinis, Blade C
- freshly cracked black pepper, from a grinder
- 1/4 cup grated pecorino romano cheese
- 1/4 cup grated parmigiano reggiano cheese + more to garnish

directions

1. Place a large skillet over medium heat and coat lightly with cooking spray. Add in the bacon and cook for 3-5 minutes and then flip over, cooking for another 2-3 minutes. Once done, remove and place on a paper-towel lined plate.
2. Remove all of the oil from the bacon except for 2 tbsp. Add in the garlic and red pepper flakes and cook for 30 seconds. Then, add in the zucchini noodles and toss to cook, for about 2-3 minutes.
3. Season the zucchini with about 5 cracks of the pepper and add in the cheeses. Toss to combine thoroughly and then plate into two bowls. Top each bowl with a few more cracks of black pepper and crumble over a piece and a half of bacon in each bowl. Garnish with additional parmigiano reggiano cheese.

italian
zucchini
pasta
salad.



ITALIAN ZUCCHINI PASTA SALAD

PREP TIME: 15 min

SERVES: 3-4

ingredients

- 2 medium zucchinis
- 1 cup quartered artichoke hearts, drained, patted dry
- 1/2 cup cubed provolone cheese, sliced into cubes
- 1/2 cup thick sliced salami, sliced into half moons
- 1/2 red onion, sliced thinly
- 1 cup halved cherry tomatoes
- 1/2 cup halved medium black olives

For the dressing

- 1.5 tablespoons red wine vinegar
- 1 tablespoon extra virgin olive oil
- 2 tablespoons lemon juice
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried parsley
- 1/4 teaspoon dried basil
- 1/8 teaspoon red pepper flakes
- salt and pepper, to taste

directions

1. Slice your zucchinis halfway through and then spiralize them, using Blade B.
2. Place your zucchini noodles in a bowl with the artichoke hearts, tomatoes, provolone cheese, salami, red onion and black olives.
3. Pour the dressing over the pasta salad and toss to combine thoroughly. Refrigerate for at least 15 minutes (best if left for 3-4 hours) to let the dressing soften the zucchini.

Transfer to a serving bowl.

easy
roasted
garlic-
parmesan
potato
noodles.



EASY ROASTED GARLIC- PARMESAN POTATO NOODLES

PREP TIME: 10 min

COOK TIME: 20 min

SERVES: 6

ingredients

- 2 pounds red potatoes, Blade C, noodles trimmed
- 1 tablespoon extra virgin olive oil
- salt and pepper, to taste
- ½ teaspoon garlic powder
- 1.5 tablespoons freshly grated parmesan cheese
- 2 tablespoons minced parsley, to garnish

directions

1. Preheat the oven to 425 degrees.
2. Place the potato noodles in a large mixing bowl immediately after spiralizing and pour over olive oil. Toss gently with your fingers to combine and then lay out on a parchment-paper lined baking sheet. Season with salt, pepper and garlic powder and roast for 12-15 minutes or until they start to turn golden brown.
3. Remove the potato noodles from the oven and set it to broil. Sprinkle the potatoes with parmesan cheese and set back in the oven for 3-5 minutes or until golden brown, careful not to burn (a few burnt edges are okay.)
4. Remove from the oven, garnish with parsley and transfer to a serving bowl. Serve immediately.

**turkey
bolognese
with
zucchini
noodles.**



TURKEY BOLOGNESE WITH ZUCCHINI NOODLES

PREP TIME: 10 min

COOK TIME: 20 min

SERVES: 4

ingredients

- 1 tablespoon extra virgin olive oil
- 2 carrots, peeled, diced
- 1 small red onion, peeled, diced
- 2 celery ribs, diced
- 2 garlic cloves, minced
- 1 pound ground turkey, lean
- 2.5 teaspoons oregano flakes
- 1/4 teaspoon red pepper flakes or more
- salt and pepper
- 1 24oz jar tomato basil sauce (I like Victoria Fine Foods or Rao's)
- 4 large zucchinis (or about 6 medium zucchinis)
- grated parmesan cheese, to garnish (optional)

directions

1. Heat the oil in a large skillet over medium-high heat. Once oil is shimmering, add in the carrots, onion, and celery. Cook until the vegetables soften and then add in the red pepper flakes, half of the garlic and let cook for 30 seconds or until fragrant.
2. Push the veggies to one side of the skillet and then add in the ground turkey, crumbling with a wooden spoon. Season the meat with oregano, salt, pepper, and the rest of the garlic. Cook the meat until browned and then combine the veggies with the meat.
3. Pour the sauce over the meat and veggie mixture and stir until combined. Season again with salt and pepper. Let cook for 5-7 minutes to let veggies and meat soak up the sauce and the flavors to develop. Reduce heat to low, cover, and keep hot while you continue with the recipe.
4. Once you add the sauce to the pan, heat a large non-stick skillet over medium-high heat. Once pan heats, add the zucchini noodles and cook for 5 minutes or until cooked to your preference (3-5 minutes for al dente, 5-7 minutes for a softer noodle.) When done, drain into a colander and pat dry. You may need to do this in batches, if you don't have a large enough wok/skillet.
5. Divide the noodles onto plates, top with the turkey meat sauce and garnish with parmesan cheese, if using.

**chicken
sausage,
brussels
sprouts and
spiralized
sweet potato
skillet.**



CHICKEN SAUSAGE, BRUSSELS SPROUTS AND SPIRALIZED SWEET POTATO SKILLET

PREP TIME: 10 min

COOK TIME: 20 min

SERVES: 6

ingredients

- 2 tablespoons extra virgin olive oil
- 3 chicken sausage links
- 1 large sweet potato (or 2 medium), peeled, Blade D, noodles trimmed
- salt and pepper
- 2 cups sliced brussels sprouts
- 2 garlic cloves, minced
- 1.5 cups shredded mozzarella cheese

directions

1. Heat half of the oil in a large skillet over medium-high heat. Once oil is shimmering, add the chicken sausage and crumble as you cook, cooking until sausage is cooked through, 5-7 minutes.
2. Transfer the sausage to a plate or bowl and immediately add the sweet potato noodles and season with salt and pepper. Toss and cook for 7 minutes or until cooked through and slightly al dente.
3. Set aside on a plate and then add in the remaining olive oil to the skillet, the brussels sprouts and garlic. Season with salt and pepper and toss until cooked, about 5 minutes. If you want to speed up the cooking process, cover the skillet, uncovering to toss occasionally.
4. Once brussels are done cooking, add back in the sausage and sweet potato noodles. Toss and spread out everything evenly in the skillet.
5. Sprinkle over with cheese and cover the skillet and let the cheese melt, about 5 minutes. Serve immediately.

**brussels sprouts
and sweet
potato noodle
bowl with
pomegranates
and maple-
sesame
vinaigrette.**



BRUSSELS SPROUTS AND SWEET POTATO NOODLE BOWL WITH POMEGRANATES AND MAPLE-SESAME VINAIGRETTE

PREP TIME: 15 min

COOK TIME: 15 min

SERVES: 2

ingredients

- 1 tablespoon + 2 teaspoons extra virgin olive oil
- 1 medium sweet potato, peeled, Blade D, noodles trimmed
- salt and pepper, to taste
- 1 cup sliced brussels sprouts
- 1/4 cup pomegranate arils
- 1 tablespoon sliced blanched almonds
- For the vinaigrette:
 - 1 tablespoon real maple syrup
 - 1 tablespoon extra virgin olive oil
 - 1 tablespoon sesame oil
 - 2 tablespoons apple cider vinegar
 - 1 teaspoon white sesame seeds
 - 1/4 teaspoon garlic powder
 - 1 tablespoon soy sauce
 - pepper, to taste

directions

1. Place a large skillet over medium heat and add in 1 tablespoon of the oil. Once the oil heats, add in the sweet potato noodles, season with salt and pepper and let cook, tossing occasionally, for 7 minutes or until cooked through and al dente. Divide the sweet potato noodles into two bowls and tent with foil to keep warm.
2. While the sweet potato noodles cook, place all of the ingredients for the dressing into a small bowl and whisk thoroughly. Set aside.
3. Place the remaining oil into the skillet and place back over medium heat. Add in the brussels sprouts and season with salt and pepper. Cook for 5 minutes, stirring often, until sprouts are bright green and start to char. Add in the almonds and let cook another 1 minute to lightly toast.
4. Transfer the cooked brussels to the bowls with the sweet potato noodles and add in the pomegranates and drizzle with dressing.

**spiralized
sweet
potato,
white bean
and kale
bake.**



SPIRALIZED SWEET POTATO, WHITE BEAN AND KALE BAKE

PREP TIME: 10 min

COOK TIME: 20 min

SERVES: 3-4

ingredients

- 1 large sweet potato, Blade D, noodles trimmed
- salt and pepper
- ½ teaspoon garlic powder
- 3-4 cups chopped kale
- 14.5oz can white beans
- 14.5oz can diced tomatoes, drained
- ½ teaspoon thyme
- 1/2 teaspoon oregano
- 3/4 cup shredded mozzarella cheese (or preferred cheese)
- 1 tablespoon olive oil

directions

1. Preheat the oven to 400 degrees.
2. Heat the oil in a 12" large oven-safe skillet over medium-high heat. Once oil is shimmering, add the sweet potato noodles and season with salt, pepper, and garlic powder. Cook until mostly wilted. Add the kale, white beans, tomatoes, thyme, oregano, and season with salt and pepper. Toss until kale is slightly wilted (don't cook all the way through.)
3. Remove the skillet from heat and sprinkle with the cheese. Transfer to the oven and bake for 10 minutes or until cheese is melted through. Serve.

thai chicken
meatballs
with
zucchini
noodles.



THAI CHICKEN MEATBALLS WITH ZUCCHINI NOODLES

PREP TIME: 45 min

COOK TIME: 30 min

SERVES: 2

ingredients

- 1 pound ground chicken breast
- 3 garlic cloves, grated or finely minced
- 1 1/2 teaspoons peeled and grated fresh ginger
- 3 scallions, whites and light green parts only, finely chopped
- 1/4 cup fresh cilantro leaves, finely chopped
- 1 1/2 teaspoons low-sodium soy sauce
- 2 teaspoons dark sesame oil
- 2 tablespoons chia seeds
- 3 medium zucchinis (this makes 3 servings with 3 meatballs per serving - the extra meatballs should be frozen for future use. If you want to make all 6 servings, use 3 more zucchinis and double the glaze.)
- For the glaze:
- 3 tablespoons low-sodium soy sauce
- Juice of 1/2 lime
- 1 tablespoon honey
- 1 tablespoon sriracha sauce

directions

1. Put all the ingredients for the meatballs in a medium bowl. Using your hands, mix all the ingredients until well combined. (This is a little gross, but also kinda fun.) Cover and refrigerate the meatball mixture for 30 minutes to allow the chia seeds to work their gelling magic.
2. Pre-heat the oven to 400 degrees. Line a large baking sheet with parchment paper and set aside.
3. With damp hands, very gently roll heaping tablespoons of the chicken mixture into balls. (Try not to squeeze the meat too much, dudes. It will make the meatballs tough.) Arrange them on the prepared baking sheet, making sure they're not touching. You should have approximately 18 balls.
4. Transfer the meatballs to the preheated oven and bake for 10 minutes. Turn the meatballs over and bake for another 10 minutes until lightly browned and cooked through.
5. While meatballs cook, spiralize the zucchinis with Blade D and trim the noodles.
6. In a large skillet, whisk together the ingredients for the glaze. Bring it to a boil over medium-high heat and cook for about 1 minute until it thickens slightly. Add the meatballs to the pan and shake gently to coat them with the glaze. Set the meatballs aside and add in the zucchini noodles. Cook until al dente, about 5 minutes. Divide the zucchini into three plates and top with 3 meatballs per plate. Freeze the rest of the meatballs for future use.

**butternut
squash
risotto with
crispy
salmon.**



BUTTERNUT SQUASH RISOTTO WITH CRISPY SALMON

PREP TIME: 15 min

COOK TIME: 15 min

SERVES: 2

ingredients

- 1 tablespoon extra virgin olive oil + more to grease
- 2 (4oz) salmon pieces
- ¼ teaspoon paprika
- ¼ teaspoon garlic powder
- salt and pepper
- 1 small butternut squash, peeled, spiralized with Blade D
- ½ cup white onion, diced
- 1 large garlic clove, minced
- ¼ teaspoon red pepper flakes
- 1/2 cup vegetable or chicken broth + more as needed
- 1/3 cup grated Parmesan cheese
- freshly minced parsley, to garnish

directions

1. Preheat the oven to the high broil setting.
2. Grease a small casserole dish or oven safe skillet with olive oil. Add the salmon in and season with garlic powder, paprika, salt and pepper. Place the salmon in the oven and broil for 10 minutes. Remove from the oven and let cool for 5 minutes before serving.
3. While salmon cooks, place your butternut squash noodles in a food processor and pulse until rice-like.
4. Heat the olive oil in a large skillet over medium-high heat. Once oil is shimmering, add the onions, garlic and red pepper flakes and cook until onions are translucent, about 3 minutes. Add the butternut squash rice and season with salt and pepper and stir. Let the butternut squash cook for 2 minutes, stirring frequently. Add the broth and stir, and cook until liquid evaporates. Taste the rice – if it is still crunchy and starting to stick to the pan, add another ¼ cup of broth and continue to cook until soft. Remove the rice mixture from heat, stir in the cheese and stir well to combine. Cover with a lid and keep warm while salmon continues to cook.
5. Once salmon is done cooking, divide the butternut squash mixture into bowls and top with salmon. Garnish with parsley, if desired.

**bacon, egg
and cheese
frittata
with
spiralized
potatoes.**



BACON, EGG AND CHEESE FRITTATA WITH SPIRALIZED POTATOES

PREP TIME: 10 min

COOK TIME: 30 min

SERVES: 4-8 Slices

ingredients

- 4 slices bacon
- 2 small Yukon Gold potatoes, peeled, Blade A
- 1/4 teaspoon garlic powder
- salt and pepper
- 8 large eggs
- 1 tablespoon chopped chives
- 1/2 heaping cup shredded cheddar cheese

directions

1. Preheat the oven to 425 degrees.
2. Place a medium, 10" skillet, over medium-high heat. Add the bacon and cook for 5 minutes, flip, and cook another 5 minutes or until crispy and cooked through. Transfer to a paper towel lined plate.
3. Immediately add the potato noodles and season with garlic powder, salt, and pepper. Toss in the bacon grease and let cook, tossing occasionally until cooked through, about 7 minutes.
4. Meanwhile, crumble the bacon. Whisk the eggs together in a medium bowl and add the bacon, chives, and cheddar cheese. Stir to combine.
5. Once the potatoes are done cooking, spread them out evenly on the bottom of the skillet. Pour over the egg mixture and swirl the pan until eggs cover the potatoes. Cook until eggs are set on the bottom, 2-3 minutes. Transfer the skillet into the oven and bake for 10-12 minutes or until eggs are completely set. You will see bubbling on the sides from the bacon grease. Remove from the oven and slice into four or eight slices. Serve immediately.

**roasted
beet
noodles
with goat
cheese and
pecans.**



ROASTED BEET NOODLES WITH GOAT CHEESE AND PECANS

PREP TIME: 5 min

COOK TIME: 5 min

SERVES: 2

ingredients

For the dressing:

- 4 tsp honey
- 4 tsp olive oil
- 4 tsp red wine vinegar
- 2 tsp dijon mustard
- 3 tsp shallot, minced
- salt and pepper to taste

For the noodles:

- 2 medium-sized beets
- 1/4 cup crumbled goat cheese
- 1/4 cup whole pecans

directions

1. Preheat the oven to 400 degrees.
2. Combine all of the ingredients for the dressing in an air-tight container and shake to combine - or whisk in a bowl. Set aside in the refrigerator.
3. Prepare your beets. Cut the ends off and peel. Place on the spiralizer just like you would a zucchini and spiralize, using Blade C.
4. Place on a baking sheet coated with cooking spray and season with salt and pepper. Put in the oven for 5 minutes.
5. Take the finished beets out of the oven and place in a bowl. Pour the dressing over the noodles and mix thoroughly to combine.
6. Place the dressed beets on a plate and top with goat cheese and pecans. Enjoy!

**zucchini
noodle
shrimp
scampi.**



ZUCCHINI NOODLE SHRIMP SCAMPI

PREP TIME: 10 min

COOK TIME: 15 min

SERVES: 4

ingredients

- 1 lemon
- 3-4 garlic cloves, minced
- ¼ teaspoon red pepper flakes
- Salt and pepper
- 1 ¾ pounds large shrimp, peeled and deveined
- 1/4 cup finely chopped parsley
- 4 medium zucchinis, Blade D, noodles trimmed

directions

1. Juice half the lemon and quarter the other half.
2. Heat the oil in a large skillet over medium-high heat. Once oil is shimmering, add the garlic and red pepper flakes. Cook the garlic for 30 seconds or until fragrant and then add the shrimp, season with salt and pepper, and cook until just pink, 2 minutes per side.
3. Stir in half of the parsley and half of the lemon juice, stir well, and pour the shrimp into a bowl to set aside. Immediately add the zucchini noodles to the skillet and cook until al dente, about 5 minutes. Add the remaining lemon juice and parsley and toss.
4. Divide the noodles onto plates using tongs and top with cooked shrimp and season with additional cracked pepper.
5. Serve warm with lemon wedges.

**spiralized
zucchini
fritters.**



SPIRALIZED ZUCCHINI FRITTERS

PREP TIME: 15 min

COOK TIME: 15 min

SERVES: 8 Fritters

ingredients

For the fritters:

- 1 medium zucchini, Blade D
- 2 large eggs, beaten
- 1 onion, finely chopped
- 1 cup almond flour
- 2 tablespoons freshly chopped chives
- 1 tablespoon freshly chopped parsley
- ½ tbsp. garlic powder
- salt and pepper
- 2 tablespoons extra virgin olive oil

For the salad:

- 4 packed cups of mixed greens or arugula
- 2 tablespoons extra virgin olive oil
- 1 teaspoon dijon mustard
- 1 tablespoon red wine vinegar
- salt and pepper

directions

1. Place the spiralized zucchini on a cutting board and chop them with a knife into 1" pieces.
2. In a large mixing bowl, combine the zucchini, eggs, onion, almond flour, chives, parsley, garlic powder, and season with salt and pepper.
3. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Once oil is shimmering, add about ¼ cup of the mixture, 4 times. Cook for 2-3 minutes per side or until set and browned. Transfer to a plate and repeat with remaining mixture and olive oil, until about 8 fritters are made.
4. In the bottom of a large mixing bowl, whisk together the olive oil, dijon mustard, vinegar, and season with salt and pepper. Add in the lettuce and toss to combine.
5. Divide 2 fritters per plate with a heap of side salad.

**vegetarian
roasted and
spiralized
veggie
bowls.**



VEGETARIAN ROASTED AND SPIRALIZED VEGGIE BOWLS

PREP TIME: 10 min

COOK TIME: 30 min

SERVES: 2

ingredients

- 2 cups Brussels sprouts, trimmed and halved
- 2 medium sweet potatoes, Blade D, noodles trimmed
- 2 cups string beans, ends trimmed
- olive oil, to drizzle (1-2 tablespoons)
- salt and pepper
- ½ teaspoon garlic powder
- balsamic vinegar, to drizzle (about 1-2 tablespoons)
- ½ teaspoon paprika
- 1/4 cup dry quinoa
- 1/2 cup water + more as needed
- optional: sliced avocado
- tahini, to drizzle

directions

1. Preheat the oven to 425 degrees. Line a baking sheet with parchment paper.
2. Lay out the Brussels sprouts, sweet potato noodles, and string beans. Drizzle everything with olive oil and season with salt and pepper. On the Brussels sprouts, also season with garlic powder and lightly drizzle balsamic vinegar. On the sweet potato noodles, season lightly with paprika. Toss the Brussels sprouts together to combine with seasonings.
3. Roast the vegetables for 25 minutes. Check the sweet potato noodles after 10 minutes. If they're fully cooked, remove and place in a bowl or plate and cover to keep warm. If they're still crunchy, toss, and continue to cook, checking in 5 minute intervals until they're done - be careful not to burn.
4. Assemble the bowls. Divide the veggies into the bowls, along with the quinoa. Top with avocado (if using) and drizzle with tahini.

winter kale,
sausage
and
butternut
squash
lasagna.



WINTER KALE, SAUSAGE AND BUTTERNUT SQUASH LASAGNA

PREP TIME: 20 min

COOK TIME: 60 min

SERVES: 6

ingredients

- 1 medium butternut squash
- 1/2 tablespoon extra virgin olive oil
- 6 fresh sage leaves
- 4 sausage links, decased
- 5 cups chopped kale
- 3 cloves of garlic, minced
- ¼ teaspoon red pepper flakes
- 1 large shallot, minced
- salt and pepper, to taste
- 1.5 cups ricotta cheese
- 1/3 cup grated parmesan cheese (grated not shredded!)
- 1 large egg, beaten
- 1 cup shredded gruyere cheese

directions

1. Preheat the oven to 425 degrees.
2. Cut the bulbous bottom off the butternut squash (the seeded part.) Slice the top off to ensure that it's perfectly flat. Peel the butternut squash entirely. If the butternut squash is longer than 6 inches, slice it into two manageable pieces. Slice halfway through the butternut squash, just to the center (careful not to go further.) Spiralize the squash, using Blade A.
3. Place a large skillet over medium heat and add in the olive oil. Once oil heats, add in the sage leaves and cook until crispy, careful not to burn. Transfer the sage leaves to a small paper towel lined plate and set aside.
4. Immediately crumble in the sausage to the skillet and cook until browned, 5-7 minutes. Then, add in the kale, garlic, red pepper flakes, shallots and season with salt and pepper. Cook the mixture for 2-3 minutes or until kale is wilted.
5. While the sausage is cooking, add the ricotta, parmesan and egg to a bowl. Whisk together and set aside.
6. Once the sausage is done, gather all of your prepared ingredients. Take out a casserole dish (I use 4.2 quart) and add a layer of the butternut squash to the bottom. Then, add a layer of the kale and sausage mixture. Then, add in a layer of ricotta mixture. Top with a layer of butternut squash. Then, add a layer of the kale and sausage mixture. Then, add in a layer of ricotta mixture. Top with a layer of the butternut squash and then, top with all of the gruyere cheese.
7. Cover the casserole dish with tinfoil and bake in the oven for 40-45 minutes. After 40 minutes, poke the top layer and if you can easily pierce through the butternut squash, it's done. If you can't, bake another 5 minutes.
8. After the 40 minutes of baking, take the dish out of the oven, remove the tinfoil top and immediately sprinkle with sage topping. Then, let rest for 5 minutes. After resting, carefully cut the lasagna into 6 equal portions.

**vegetarian
sweet
potato
fried rice.**



VEGETARIAN SWEET POTATO FRIED RICE

PREP TIME: 10 min

COOK TIME: 10 min

SERVES: 2 Cups

ingredients

- 1 large (340g+) sweet potato, peeled, Blade C
- 1 tbsp oil of choice (vegetable, olive or coconut - I used olive)
- 1/2 cup diced white onion
- salt and pepper, to taste
- 1/2 cup vegetable broth, low-sodium (or chicken broth, if not vegetarian)
- 2 eggs, beaten
- 1/2 cup cooked green peas
- 1 tsp low-sodium soy sauce

directions

1. Place your sweet potato noodles in a food processor and pulse until made into rice-like "bits." Set aside.
2. In a large skillet, place in your oil. Then, add in the onions. Let cook for 2 minutes and then add in the sweet potato rice. Season with salt and pepper and stir to combine. Stirring frequently, let cook for 1 minute. Then, add in the vegetable broth and stir. Let reduce fully.
3. While the rice is reducing, place a medium skillet over medium heat and pour in eggs. Scramble and set aside.
4. Once the rice has reduced, taste. If still crunchy, stir and let cook for another 2 minutes. When done, fold in the egg and peas. Add in the soy sauce and toss everything to combine. Once combined, divide into bowls and enjoy!

HAPPY COOKING!

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