

Spiralized Vietnamese Chicken Salad

Maffucci, A. (2021, November 23). Spiralized Vietnamese Chicken Salad. Inspiralized.
Retrieved June 28, 2022, from <https://inspiralized.com/spiralized-vietnamese-chicken-salad/>

Spiralized Parsnips with Pesto, Roasted Red Peppers and Chickpeas

Maffucci, A. (2021a, October 23). Spiralized Parsnips with Pesto, Roasted Red peppers and Chickpeas. Inspiralized.
Retrieved June 28, 2022, from <https://inspiralized.com/spiralized-parsnips-with-pesto-roasted-red-peppers-and-chickpeas/>

Pressure Cooker Chicken Zucchini Noodle Soup

Maffucci, A. (2022, June 20). Pressure Cooker Chicken Zucchini Noodle Soup. Inspiralized.
Retrieved June 28, 2022, from <https://inspiralized.com/pressure-cooker-chicken-zucchini-noodle-soup/>

Spiralized Sweet Potato, White Bean and Kale Bake

Maffucci, A. (2021a, October 22). Spiralized Sweet Potato, White Bean and Kale Bake. Inspiralized.
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Spiralized Vietnamese Chicken Salad

PREP TIME

20 mins

TOTAL TIME

20 mins

Ingredients

- 1/3 medium cabbage Blade C
- 1 medium daikon radish peeled, Blade C, noodles trimmed
- 1 medium cucumber Blade C, noodles trimmed
- 2 carrots peeled, Blade C, noodles trimmed
- 2 cups shredded chicken
- ¼ cup chopped cilantro
- ¼ cup chopped basil
- 1 small jalapeño finely chopped
- 2 green onions chopped
- sesame seeds or crushed peanuts for topping
- Vietnamese Dressing
- ¼ cup lime juice
- 2 Tablespoons rice vinegar
- 2 Tablespoons coconut sugar
- 1½ Tablespoons fish sauce
- 1 clove garlic minced

Instructions

1. Combine cabbage, daikon, cucumber and carrot noodles, shredded chicken, cilantro, basil, jalapeno and green onions in a large bowl.
2. Whisk together dressing ingredients in a small bowl until coconut sugar has dissolved.
3. Pour dressing over salad, toss to combine and let stand for 5 minutes before portioning onto plates for serving. Sprinkle each serving with sesame seeds and/or crushed peanuts. Garnish with additional cilantro, basil and green onions.

Pressure Cooker Chicken Zucchini Noodle Soup

PREP TIME
10 mins

COOK TIME
25 mins

TOTAL TIME
35 mins

Ingredients

- 1 tablespoon extra virgin olive oil
- 2 garlic cloves minced
- 1 red onion diced
- 2 medium carrots diced
- 2 celery ribs diced
- ¼ teaspoon red pepper flakes
- 3 teaspoons fresh thyme or 1 teaspoon dried thyme
- 3 teaspoons fresh oregano or 1 teaspoon dried oregano
- salt and pepper
- 1.5 pounds chicken with skin and bones I like to use about 4-6 chicken thighs, but if you like more meat, add in at least 1 chicken breast
- 4 cups chicken broth low-sodium
- 4 cups water
- 2 bay leaves
- 3 medium zucchinis Blade D, noodles trimmed

Instructions

1. Turn your pressure cooker to the saute setting. Add the oil and let warm up for 30 seconds and then add the garlic, onion, carrots, and celery and cook for 3-5 minutes or until onions turn translucent. Add the red pepper flakes, thyme, oregano, season with salt and pepper, and stir well.
2. Add the chicken broth, chicken, water, and bay leaves. Close the lid and set to the Soup setting and set the timer for 7 minutes. Once the cycle is done, wait until the natural release is done, about 10 more minutes. Remove the chicken from the pressure cooker and shred, using two forks.
3. Switch the pressure cooker back to the saute function and add in the zucchini noodles and let cook, uncovered, for 3 minutes or until noodles are al dente. Turn off the pressure cooker, add the chicken back, stir well, remove the bay leaves, and serve into bowls, garnished with freshly cracked black pepper.

Spiralized Sweet Potato, White Bean and Kale Bake

PREP TIME
10 mins

COOK TIME
20 mins

TOTAL TIME
30 mins

Ingredients

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

Instructions

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.

Recipe Notes

Per serving (1 out of 3-4) - Calories: 218, Carbs: 41g, Fiber: 13g, Sodium: 688mg, Sugars: 7g, Protein: 19g