



**KitchenAid**<sup>®</sup>

STAND MIXER ATTACHMENT  
SPIRALIZER WITH PEEL, CORE AND SLICE  
**RECIPES**

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**KitchenAid**<sup>®</sup>

STAND MIXER ATTACHMENT  
SPIRALIZER WITH PEEL, CORE AND SLICE  
**BREAKFAST**

## APPLE WHOLE-WHEAT PANCAKES WITH CINNAMON BUTTER

Makes 6 servings

NUTRITION | 1 serving – 376 calories, 21g fat, 41g carbs, 9g protein, 103mg cholesterol, 91mg sodium



### *ingredients*

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

### *cinnamon butter*

- 6 tablespoons butter, softened
- 1 tablespoon cinnamon sugar

*preheat griddle to 350°F*

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

Attach the Spiralizer Attachment to the KitchenAid® Stand Mixer. Center apple on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and spiral slice large core blade and position at end of apple. Turn stand mixer to speed 6 and process until blade reaches end of apple. Cut slices into eighths.

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

Attach wire whip to stand mixer. Add egg whites to bowl and whip on high speed until stiff peaks form, about 1 minute. Remove whipped egg white to a separate bowl. Remove wire whip and attach flat beater to stand mixer. Add egg yolks, buttermilk, milk, oil and sugar to mixer bowl. Mix on medium speed until combined.

In a separate small bowl, combine flour, baking powder, baking soda and salt. Add to wet mixture and mix on low speed until just combined. Fold in apples and egg whites using lowest speed.

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

## COUNTRY WHEAT CARROT CAKE MUFFINS WITH BUTTERMILK GLAZE

Makes 12 servings

NUTRITION | 1 serving – 317 calories, 12g fat, 45g carbs, 9g protein, 173mg cholesterol, 195mg sodium



### ingredients

2-3 large carrots (1½"-2" diameter), peeled  
 1½ cups all-purpose flour  
 1 cup whole wheat flour  
 2 teaspoons baking powder  
 ½ teaspoon baking soda  
 1½ teaspoons cinnamon  
 ¼ teaspoon nutmeg  
 ½ teaspoon salt  
 2 eggs, separated  
 ⅓ cup oil (safflower or canola)  
 1⅓ cup low fat buttermilk\*  
 ¾ cup sugar  
 1 teaspoon vanilla

### buttermilk glaze

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

*Preheat oven to 375°F*

Spray 12-cup regular sized muffin pan with non-stick cooking spray or line with cupcake liners.

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

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

Attach bowl and wire whip to stand mixer. Add egg whites to bowl and whip on medium-high speed until stiff peaks form, about 1 minute. Remove whipped egg whites to a separate bowl. Add egg yolks, oil, buttermilk, sugar and vanilla to mixer bowl. Replace wire whip with flat beater. Mix on medium speed until combined. On low speed, gradually add dry mixture to wet mixture, mixing until just combined. Mix in carrots using low speed. Fold in half of the whipped egg whites on lowest speed. Fold in the remaining half by hand.

Using prepared muffin pan, fill each cup about ¾ full. Bake 25 minutes or until an inserted toothpick comes out clean. Remove muffins from pan and cool about 10 minutes. Drizzle with glaze while slightly warm.

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

## HASH BROWN WAFFLES

Makes (1) 7-8 inch waffle (2 servings)

NUTRITION | 1 serving – 174 calories, 1g fat, 40g carbs, 4g protein, 0mg cholesterol, 897mg sodium



### ingredients

- 2 medium-sized russet potatoes (approx. 4" x 2")
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- Non-stick cooking spray



Preheat KitchenAid® Waffle Baker.

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

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

**NOTE** Double the recipe to make two waffles with the KitchenAid® Waffle Baker.

## SPANISH TORTILLA SKILLET

Makes 4 servings

NUTRITION | 1 serving – 500 calories, 31g fat, 28g carbs, 27g protein, 330mg cholesterol, 1150mg sodium



### ingredients

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

*Preheat oven to 375°F*

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

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

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

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

## OVERNIGHT ZUCCHINI AND TURKEY SAUSAGE WHOLE WHEAT EGG STRATA

Makes 10-12 servings

NUTRITION | 1 serving – 426 calories, 22g fat, 31g carbs, 28g protein, 285mg cholesterol, 1094mg sodium



### ingredients

- 1 pound loaf whole wheat bread (rustic type loaf, not sandwich bread)
- 2 medium zucchini (7" x 2")
- 2 tablespoons olive oil, divided
- 12 ounces fresh mild Italian turkey sausage
- 1 cup quartered and thinly sliced leek, light green and white parts only
- 1¼ teaspoons kosher salt, divided
- 1 cup chopped roasted red pepper, patted dry
- 2 cups (8 ounces) shredded Gruyere cheese
- 1 cup grated Parmesan cheese
- 11 large eggs
- 2¾ cups low fat milk
- 2 tablespoons spicy brown mustard
- ¼ teaspoon pepper
- 2 teaspoons Italian seasoning

### Preheat oven to 350°F

Slice bread into ¾-inch cubes. Spread in a single layer on a large sheet pan. Bake until dry and toasted, about 15 minutes. Spray a 13" x 9" x 2" baking dish with non-stick cooking spray or grease with butter.

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Trim ends of zucchini. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini to yield 4-cups spiralized zucchini.

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

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

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

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



## MINI SWEET POTATO AND SPINACH FRITTATAS

Makes 12 servings

NUTRITION | 1 serving – 234 calories, 16g fat, 7g carbs, 16g protein, 438mg cholesterol, 431mg sodium



### ingredients

- Non-stick cooking spray
- 2 medium sweet potatoes\* (approx. 5" x 2")
- 3 tablespoons olive oil, divided
- $\frac{3}{4}$  teaspoon salt, divided
- $\frac{1}{3}$  cup finely chopped shallot
- 5 ounces baby spinach, roughly chopped
- 5 large eggs
- $\frac{1}{3}$  cup low fat milk
- $\frac{1}{4}$  teaspoon pepper
- 1 teaspoon Italian seasoning
- $\frac{3}{4}$  cup crumbled feta cheese
- $\frac{1}{4}$  cup grated Parmesan cheese

*Preheat oven to 375°F*

Spray a 12-cup regular sized muffin pan with non-stick cooking spray.

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Trim ends of sweet potatoes. Center one sweet potato on fruit and vegetable skewer. Attach peeling blade and fine spiralizing blade and position at end of sweet potato. Turn stand mixer to speed 4 and process until blade reaches end of sweet potato. Repeat with remaining sweet potato.

Toss spiralized sweet potatoes with 2 tablespoons oil and  $\frac{1}{4}$  teaspoon salt in a medium bowl. Fit spiralized sweet potatoes into each muffin tin. Bake in center of oven for 20 minutes or until the potatoes are just tender.

While potatoes are baking, heat a 12-inch skillet over medium heat, add 1 tablespoon oil. Cook and stir shallots until softened, about 1 to 2 minutes. Sprinkle with  $\frac{1}{4}$  teaspoon salt. Add spinach and cook, stirring until spinach wilts completely and the moisture has evaporated, about 5 minutes. Remove from heat.

Attach bowl and wire whip to stand mixer. Add eggs, milk, remaining  $\frac{1}{4}$  teaspoon salt, pepper and Italian seasoning. Whip on medium-high speed until well-combined and starting to froth.

Carefully remove hot muffin tin from oven. Spray again with non-stick cooking spray, evenly divide the spinach mixture over roasted sweet potatoes. Top evenly with feta cheese. Pour egg mixture into each cup, filling to about  $\frac{2}{3}$  full. Sprinkle each with Parmesan cheese.

Bake for 17-20 minutes or until puffed, set in the centers and beginning to brown. Serve immediately or cool and store in refrigerator or freezer, warm-up when ready to eat.

## ZUCCHINI CHOCOLATE CHIP MUFFINS

*makes 12 muffins*

NUTRITION | 1 serving – 489 calories, 27g fat, 56g carbs, 6g protein, 55mg cholesterol, 339mg sodium



### *ingredients*

- 3 cups flour
- 1 tablespoon baking powder
- 1½ teaspoon cinnamon
- 1 teaspoon salt
- 2 cups spiraled zucchini, about 1 medium  
or 2 small cut into 4 inch sections
- 1 cup sugar
- 3 eggs
- 1 cup vegetable oil
- 1 teaspoon vanilla
- ¼ cup chocolate chips

*Preheat oven to 350°F*

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

Attach Spiralizer Attachment to your KitchenAid® Stand Mixer. Center one zucchini section on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade to stand mixer and position at end of zucchini. Place medium bowl below to catch spiraled zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with remaining zucchini pieces. Cut into 1½ and 2 inch pieces. Set aside.

Stir together sugar, eggs, vegetable oil and vanilla in large bowl. Add flour mixture and stir to combine. Fold in spiraled zucchini and chocolate chips. Batter will be very thick.

Divide batter between muffin cups. Bake 20 to 25 minutes until tester comes out clean. Let cool 10 minutes and transfer to cooling rack. Let cool 1 hour before serving.



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STAND MIXER ATTACHMENT  
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**APPETIZERS**

## WHOLE WHEAT CROSTINI WITH WHIPPED GORGONZOLA, ROASTED BEETS AND CARROTS

Makes 25 crostinis

NUTRITION | 1 serving – 85 calories, 6g fat, 5g carbs, 2g protein, 7mg cholesterol, 183mg sodium



### ingredients

- 1 whole wheat baguette, cut diagonally in ½-inch slices
- 6 tablespoons olive oil, divided
- ¾ teaspoon kosher salt, divided
- ½ teaspoon pepper, divided
- 1 large beet (3" x 3")
- 2 large carrots (1½"–2" diameter), peeled
- 1 teaspoon minced fresh rosemary
- 8 ounces reduced fat cream cheese
- ½ cup crumbled Gorgonzola cheese
- Zest of half a lemon
- 1 tablespoon lemon juice
- ¼ cup toasted chopped walnuts
- 2 tablespoons thinly sliced chives

### Preheat oven to 350°F

Arrange baguette slices on large baking sheet. Lightly brush both sides with 2 tablespoons olive oil and sprinkle with ¼ teaspoon salt and ¼ teaspoon pepper. Toast in oven for 6 minutes, turn toasts over and bake for another 6 minutes or until lightly browned. Remove from oven and allow to cool. Can be made a day ahead and stored in airtight container.

Increase oven temperature to 400°F. Line a large baking sheet with parchment or spray with non-stick cooking spray.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Trim ends of beets and carrots. Center one beet on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and medium spiralizing blade and position at end of beet. Position a medium bowl under blade to catch spiralized beets. Turn stand mixer to speed 6 and process until blade reaches end of beet. Repeat with carrots, using a separate bowl to catch spiralized carrots. Toss spiralized carrots with 1 tablespoon olive oil, ¼ teaspoon salt, ½ teaspoon pepper and ½ teaspoon rosemary. Arrange the carrots on one side of the prepared baking sheet. Repeat process with bowl of spiralized beets. Arrange beets on the other side of the baking sheet; keep vegetables separated to prevent bleeding of beets onto carrots. Roast for 12 to 15 minutes or until tender and starting to brown. Can be made a day ahead, then cooled and refrigerated.

While the vegetables are roasting, make the whipped Gorgonzola. Attach bowl and flat beater to stand mixer. Place remaining olive oil, cream cheese, Gorgonzola cheese, lemon zest and lemon juice in bowl and mix on low until combined and then high for a minute to whip. Can be made a day ahead and stored in refrigerator.

Assemble crostinis by spreading toasts with 2 teaspoons whipped Gorgonzola, top with roasted beets and carrots. Sprinkle with walnuts, chives and a drizzle of olive oil.

## AUTUMN APPLE SANGRIA

Makes (6) 12-oz. servings

NUTRITION | 1 serving – 323 calories, 0g fat, 36g carbs, 0g protein, 0mg cholesterol, 16mg sodium



### *ingredients*

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

### *garnish (optional)*

Cinnamon sugar  
 Orange slices

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

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

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

## BAKED HERBED SPIRAL FRIES WITH ROASTED RED PEPPER DIP

*Makes 4 servings*

NUTRITION | 1 serving – 346 calories, 20g fat, 40g carbs, 6g protein, 20mg cholesterol, 1210mg sodium



### *ingredients*

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

### *roasted red pepper dip*

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

*Preheat oven to 425°F*

Arrange 2 oven racks to upper third and lower third positions. Line 2 large baking sheets with parchment paper or spray with non-stick cooking spray.

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Trim the ends of potatoes. Center one potato on fruit and vegetable skewer; attach to Spiralizer. Attach large core slicing blade and position at end of potato. Turn stand mixer to speed 6 and process until blade reaches end of potato. Cut into 7 to 8 spiral lengths and place in a large bowl.

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

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

While the potatoes are cooking, remove Spiralizer Attachment and attach wire whip to stand mixer. Combine all dip ingredients in stand mixer bowl and process on medium speed until smooth. Serve spiral fries immediately with dip.

## BAKED SWEET POTATO CHIPS WITH CHIPOTLE LIME AIOLI

*Makes 2 servings*

NUTRITION | 1 serving – 349 calories, 31g fat, 19g carbs, 2g protein, 21mg cholesterol, 851mg sodium



### *ingredients*

2 medium sweet potatoes (6" x 2")  
3 tablespoons oil, divided (safflower or canola)  
½ teaspoon ground cumin  
⅛ teaspoon chipotle chili powder  
½ teaspoon kosher salt  
¼ teaspoon pepper

### *chipotle lime aioli*

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

*Preheat oven to 400°F*

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

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

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

Combine cumin, chili powder, salt and pepper in small bowl. Set aside. Place potato rounds in a large bowl. Drizzle potatoes with 2 tablespoons oil and sprinkle with spice mixture. Toss to coat evenly. Remove 1 preheated baking sheet from oven and arrange half of potato rounds in a single layer. Return pan to oven. Repeat with the other baking sheet.

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

While potatoes are baking, combine aioli ingredients in a small bowl. Refrigerate until ready to use. Serve chips with aioli.

## TWISTED ASPARAGUS WRAPS

*Makes 20 wraps*

NUTRITION | 1 serving – 34 calories, 2g fat, 3g carbs, 2g protein, 3mg cholesterol, 67mg sodium



### *ingredients*

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

*Preheat oven to 425°F*

Line 2 large baking sheets with parchment paper or spray with non-stick cooking spray. Wrap 1 half-slice prosciutto around each asparagus spear starting at corner. Set aside.

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

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





## ROASTED BEET STRINGS WITH BALSAMIC GOAT CHEESE DIP

*Makes 4 servings*

NUTRITION | 1 serving – 313 calories, 26g fat, 13g carbs, 7g protein, 30mg cholesterol, 1071mg sodium



### *ingredients*

- 2 medium fresh beets (3" x 2")
- 2 tablespoons + 2 teaspoons oil, divided  
(safflower or canola)
- 1 teaspoon kosher salt
- ¼ teaspoon pepper

### *balsamic goat cheese dip*

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

*Preheat oven to 400°F*

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

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

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

While the beets are roasting, make Balsamic Goat Cheese Dip. Attach bowl and flat beater to mixer. Placing all the dip ingredients in bowl and combine on low speed and then whip on medium-high until the dip is whipped and well combined. Serve roasted beet strings with dip.



## SHOESTRING POTATOES

*Makes 2 servings*

NUTRITION | 1 serving – 210 calories, 5g fat, 37g carbs, 5g protein, 0mg cholesterol, 610mg sodium



### *ingredients*

2 russet potatoes  
2 teaspoons vegetable oil  
½ teaspoon coarse salt

### *sriracha mayo*

¼ cup mayonnaise  
1 teaspoon sriracha

### *parsley and pepper mayo*

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

*Preheat oven to 400°F*

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

Remove peel from bowl. Add vegetable oil; toss to coat. Spread potatoes in single layer on large baking sheet.

Bake about 18 minutes or until potatoes are golden, stirring once.

Meanwhile, combine ¼ cup mayonnaise and sriracha in small bowl. Combine ¼ cup mayonnaise, parsley and black pepper in another small bowl. Sprinkle salt over potatoes; serve immediately with desired dipping sauce.

### SRRACHA MAYO NUTRITION

1 serving – 210 calories, 7g fat, 19g carbs, 16g protein, 30mg cholesterol, 520mg sodium

### PARSLEY AND PEPPER MAYO NUTRITION

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

## FOCACCIA WITH SQUASH AND OLIVES

Makes 1 loaf, 12 servings

NUTRITION | 1 serving – 194 calories, 7g fat, 28g carbs, 6g protein, 4mg cholesterol, 405mg sodium



### ingredients



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

*Preheat oven to 425°F*

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

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

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

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

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



**KitchenAid®**

STAND MIXER ATTACHMENT  
SPIRALIZER WITH PEEL, CORE AND SLICE  
**SALAD**

## APPLE SALAD WITH CRISPY PROSCIUTTO

*Makes 4 servings*

NUTRITION | 1 serving – 350 calories, 20g fat, 38g carbs, 4g protein, 115mg cholesterol, 150mg sodium



### *ingredients*

- 8 ounces thinly sliced prosciutto
- 2 tablespoons olive oil
- 2 tablespoons cider vinegar
- 1 tablespoon honey
- 1 teaspoon coarse grain mustard
- 1 teaspoon fresh lemon juice
- ¼ teaspoon salt
- Pinch freshly ground black pepper
- 2 Granny Smith apples
- 4 cups baby arugala
- ½ cup chopped roasted almonds

*Preheat oven to 400°F*

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

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

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

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

## APPLE, FENNEL, PECAN AND CRANBERRY SALAD

Makes 4-6 servings

NUTRITION | 1 serving – 256 calories, 21g fat, 18g carbs, 2g protein, 0mg cholesterol, 318mg sodium



### ingredients

- 2 medium fennel bulbs (3.5" x 3")
- 1 firm red apple
- 1 minced fennel frond (dark green, leafy section)
- 1/3 cup chopped flat leaf parsley
- 1/4 cup sweetened dried cranberries
- 1/3 cup chopped honey roasted salted pecans

### salad dressing

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

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

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

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

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



## PEAR SALAD WITH BLUE CHEESE DRESSING

*makes 4 servings*

NUTRITION | 1 serving – 166 calories, 9g fat, 21g carbs, 4g protein, 22mg cholesterol, 168mg sodium



### *ingredients*

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

### *blue cheese dressing*

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

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

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

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

## GREEK CUCUMBER SPIRAL SALAD

Makes 4-6 servings

NUTRITION | 1 serving – 175 calories, 16g fat, 6g carbs, 3g protein, 15mg cholesterol, 627mg sodium



### *ingredients*

- 1 large seedless English cucumber
- 1 pint grape tomatoes halved or 2 cups chopped tomatoes
- $\frac{1}{3}$  cup pitted Kalamata olives
- $\frac{1}{4}$  cup thinly sliced red onion
- 3 ounces feta cheese, crumbled or cut into chunks

### *dressing*

- 1 tablespoon lemon juice
- 1 tablespoon red wine vinegar
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{2}$  teaspoon dried oregano
- 2 teaspoons fresh minced dill or  $\frac{1}{2}$  teaspoon dry
- $\frac{1}{4}$  cup olive oil

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Trim the ends of cucumber. Center cucumber on fruit and vegetable skewer; attach to Spiralizer. Attach small core slicing blade and position at end of cucumber. Turn stand mixer to speed 4 and process until blade reaches end of cucumber. Slice the sliced cucumber in half to create individual slices.

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

Whisk together all the dressing ingredients except the olive oil in a small bowl. Slowly add the oil into mixture while whisking. Toss the dressing with the salad, top with feta cheese and serve.



## CAPRESE ZUCCHINI NOODLE SALAD

*Makes 4 servings*

NUTRITION | 1 serving – 166 calories, 13g fat, 5g carbs, 8g protein, 22mg cholesterol, 477mg sodium



### *ingredients*

- 1 large zucchini, cut into 4½-inch sections
- 1 pint grape tomatoes, halved
- 4 ounces fresh mozzarella, cut into ½-inch cubes
- 2 tablespoons thinly sliced fresh basil
- 2 teaspoons red wine vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- 2 tablespoons olive oil

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

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Trim ends off zucchini. Center zucchini on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Cut noodles to desired length.

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

## RAW BEET AND APPLE SALAD WITH QUINOA

*makes 4 servings*

NUTRITION | 1 serving – 342 calories, 23g fat, 29g carbs, 8g protein, 11mg cholesterol, 415mg sodium



### *ingredients*

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

### *ginger dressing*

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

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

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

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

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

## BEET, ORANGE AND WALNUT SALAD

Makes 4–6 servings

NUTRITION | 1 serving – 198 calories, 16g fat, 11g carbs, 5g protein, 10mg cholesterol, 460mg sodium



### ingredients

- 2 large red beets
- 2 oranges, peeled and segmented
- 1 tablespoon orange juice reserved from the oranges
- 1 tablespoon red wine vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- 3 tablespoons olive oil
- ½ cup crumbled Gorgonzola cheese
- ¼ cup toasted chopped walnuts
- 2 tablespoons thinly sliced fresh basil

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

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

To make dressing, combine orange juice, vinegar, salt and pepper in a small bowl. Whisk in olive oil. Toss half the dressing with the beets. Add orange segments, Gorgonzola, walnuts and half the basil. Toss gently. Add more dressing as needed. Sprinkle with remaining basil.

Divide salad onto 4 to 6 plates and serve.

**NOTE** to toast walnuts, heat in a dry skillet over medium heat, stirring frequently for about 5 minutes, or until toasted and fragrant.



**KitchenAid**<sup>®</sup>

STAND MIXER ATTACHMENT  
SPIRALIZER WITH PEEL, CORE AND SLICE  
**SOUP**

## ZUCCHINI AND DAIKON RAMEN WITH PORK

Makes 4 servings

NUTRITION | 1 serving – 400 calories, 15g fat, 28g carbs, 37g protein, 260mg cholesterol, 3470mg sodium



### ingredients

- ¼ cup chopped green onion
- ¼ cup unseasoned rice vinegar
- ¼ cup soy sauce, divided
- 1 tablespoon honey
- 1 tablespoon sriracha sauce
- 5 cloves garlic, minced, divided
- 1 teaspoon minced fresh ginger
- 1 pork tenderloin (about 1 pound)
- 2 medium zucchini, cut into 3- to 4-inch sections
- 1 daikon radish, about 6 inches long, cut in half
- 2 teaspoons vegetable oil
- 6 cups chicken broth
- 2 tablespoons mirin
- 2 tablespoons miso paste
- 2 teaspoons dark sesame oil
- 1 cup packed baby spinach
- 4 eggs
- 1 cup shitake mushrooms, stemmed
- 1 jalapeño pepper, seeded and thinly sliced
- ¼ cup chopped fresh cilantro
- ¼ cup shredded fresh basil

Preheat oven to 400°F

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

Drain pork, discarding marinade. Place on rack in baking pan. Bake 25 to 30 minutes or until pork reaches 145°F when tested with meat thermometer. Transfer to cutting board; set aside.

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

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

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

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

## ZUCCHINI NOODLE WEDDING SOUP

Makes 6 servings

NUTRITION | 1 serving – 234 calories, 13g fat, 15g carbs, 17g protein, 66mg cholesterol, 444mg sodium

### *meatballs*

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

### *soup*

½ cup finely chopped onion  
 ½ teaspoon minced fresh garlic  
 1 teaspoon fresh thyme leaves  
 1 bay leaf  
 ½ teaspoon pepper, divided  
 1 can (14.5 ounce) petite  
 diced tomatoes  
 8 cups low sodium chicken broth  
 4 cups baby spinach  
 2 large zucchini (approx. 8" x 2")

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

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

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Trim ends off zucchini. Center zucchini on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Cut spiralized zucchini to desired length.

When almost ready to serve, stir the spinach into soup. Heat a large 12-inch skillet over medium heat, add 1 tablespoon olive oil. Add spiralized zucchini and sprinkle with salt and pepper. Cook and toss spiralized zucchini for 2 to 3 minutes or until slightly softened and just starting to release juices. Divide zucchini among 6 bowls and top with soup. If desired, sprinkle with Parmesan cheese and parsley.



## MINISTRONE SOUP

Makes 6–8 servings

NUTRITION | 1 serving – 249 calories, 11g fat, 19g carbs, 22g protein, 41mg cholesterol, 472mg sodium



### ingredients

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

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Trim the ends off onion, fennel, carrots and zucchini. Center onion on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of onion. Turn stand mixer to speed 4 and process until blade reaches end of onion. Repeat with fennel, carrots and zucchini. Cut vegetable spirals to desired length. Set aside.

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

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

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

## SPICY GREENS AND ZUCCHINI NOODLE SOUP

*makes 4 servings*

NUTRITION | 1 serving – 465 calories, 30g fat, 21g carbs, 33g protein, 74mg cholesterol, 339mg sodium



### *ingredients*

- 1 pound ground pork
- 4 cloves garlic, minced
- 2 teaspoons minced ginger
- ½ teaspoon dry mustard
- ½ teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon black peppercorns, coarsely ground
- 1 teaspoon pink peppercorns, coarsely ground
- 3 teaspoons olive oil, divided
- 6 cups vegetable stock
- 1 teaspoon fish sauce
- 6 cups greens (kale, mustard, dandelion or a combination)
- ½ cup snap peas
- 3 medium or 2 large zucchini, spiraled

*Preheat oven to 350°F*

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

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

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

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

Divide zucchini among 4 serving bowls; top with soup.





## ASIAN NOODLE SOUP

*Makes 4 servings*

NUTRITION | 1 serving – 207 calories, 12g fat, 17g carbs, 13g protein, 106mg cholesterol, 911mg sodium



### *ingredients*

- 1 small onion, peeled (½ cup, spiralized)
- 2 medium zucchini, cut into 4½-inch sections
- 2 tablespoon canola or safflower oil, divided
- 4 ounces shiitake mushrooms, thinly sliced
- 1 teaspoon minced fresh garlic
- 2 teaspoons peeled and finely grated fresh ginger
- ½ teaspoon Chinese 5-spice powder
- 6 cups low-sodium chicken broth
- ¼ cup soy sauce
- 2 eggs, lightly beaten
- 2 tablespoons chopped cilantro
- 1 tablespoon lime juice
- ½ teaspoon salt

### *toppings*

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

Attach the Spiralizer Attachment to KitchenAid® Stand Mixer. Trim ends of onion and zucchini. Center onion on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of onion. Turn stand mixer to speed 4 and process until blade reaches end of onion. Repeat with zucchini sections to yield about 6 cups spiralized zucchini. Cut spirals into 2-inch pieces.

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

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

Divide the noodles into 4 bowls and top with soup. Serve with toppings.

## SIMPLE CHICKEN SOUP WITH ZUCCHINI NOODLES

Makes 6 servings

NUTRITION | 1 serving – 210 calories, 7g fat, 19g carbs, 16g protein, 30mg cholesterol, 520mg sodium



### ingredients

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

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

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one zucchini half on fruit and vegetable skewer; attach to Spiralizer. Attach medium spiralizing blade and position at end of zucchini. Place medium bowl below blade to catch zucchini. Turn stand mixer to speed 6 and process until blade reaches end of zucchini. Repeat with remaining zucchini. Cut zucchini noodles into shorter lengths, if desired.

Add chicken to soup; cook 5 minutes. Add zucchini noodles; cook 1 to 2 minutes or until softened.



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STAND MIXER ATTACHMENT  
SPIRALIZER WITH PEEL, CORE AND SLICE  
**ENTREÉS**

## BEEF AND BROCCOLI BOWL

Makes 4 servings

NUTRITION | 1 serving – 476 calories, 12g fat, 54g carbs, 39g protein, 65mg cholesterol, 386mg sodium



### ingredients

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

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

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

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Trim ends off carrot. Cut broccoli stem and carrot to fit Spiralizer Attachment. Center carrot on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of carrot. Turn stand mixer to speed 4 and process until blade reaches end of carrot. Remove fine spiralizing blade and replace with spiral slice small core blade. Spiral slice broccoli stems. Cut spiralized vegetables to desired length.

Heat 12-inch non-stick skillet over medium-high heat and add 1 tablespoon oil. Cook half the steak for 3 to 4 minutes or until browned but not cooked all the way through. Remove to platter and repeat with the rest of the steak. Add florets, spiralized broccoli and carrot to the hot pan and cook, stirring constantly for 3 minutes. Add ½ cup water to pan and immediately cover with lid, allow vegetables to steam for 3 to 4 minutes or until most of the water has evaporated and vegetables are almost tender. Add beef and sauce to pan and cook, uncovered, until sauce is simmering and beef is cooked through, about 2 to 3 minutes. Stir in green onions.

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

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

## SPIRALIZED PEPPERONI PIZZA

*Makes 4 servings*

NUTRITION | 1 serving – 400 calories, 13g fat, 52g carbs, 19g protein, 30mg cholesterol, 1240mg sodium



### *ingredients*

- 1 prepared pizza crust (11 to 12 inches)
- 1 small red onion
- 1 piece (4 inches) stick pepperoni
- ½ cup prepared pizza sauce
- 1 cup (4 ounces) shredded mozzarella cheese
- ¼ cup shredded Parmesan cheese

Preheat oven according to package directions for pizza crust.

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

Attach spiral slice small core blade. Center pepperoni on fruit and vegetable skewer. Turn stand mixer to speed 4 and process until blade reaches end of pepperoni. Cut pepperoni into random pieces with kitchen scissors.

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

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

## SIRLOIN TACOS WITH BEET SALSA

Makes 6 servings

NUTRITION | 1 serving – 590 calories, 22g fat, 60g carbs, 36g protein, 70mg cholesterol, 1220mg sodium



### ingredients

- 3 golden beets, scrubbed and trimmed
- 1 small sweet onion
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 jalapeño pepper, seeded and finely chopped
- ¼ cup chopped fresh cilantro
- 1 teaspoon white wine vinegar
- ½ teaspoon ground cumin
- 1 teaspoon salt, divided
- ¾ teaspoon freshly ground black pepper, divided
- 1 sirloin steak (1 pound)
- 18 taco-size flour tortillas, warmed
- 1½ cups shredded romaine lettuce
- ½ cup crumbled goat cheese
- ½ cup sunflower seeds

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

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

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

Serve steak in tortillas with salsa, lettuce, cheese and sunflower seeds.

## BUTTERNUT SQUASH MAC AND CHEESE

*Makes 8-10 servings*

NUTRITION | 1 serving – 294 calories, 16g fat, 28g carbs, 12g protein, 46mg cholesterol, 386mg sodium



### *ingredients*

- 2 butternut squash, neck only, peeled
- ¼ cup butter + 1 tablespoon, divided
- ¼ cup flour
- ½ teaspoon kosher salt
- ½ teaspoon white pepper
- ½ teaspoon ground mustard
- 2½ cups low fat milk
- 1 cup (4 ounces) shredded Cheddar cheese
- 1 cup (4 ounces) shredded Gruyere cheese
- ¾ cup panko bread crumbs

*Preheat oven to 375°F*

Arrange oven rack to center position. Spray a 2-quart baking dish with non-stick cooking spray or rub with additional butter.

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Trim stems off squash and cut in half crosswise to fit spiralizer. Center squash on fruit and vegetable skewer; attach to Spiralizer. Attach medium spiralizing blade and position at end of squash. Turn stand mixer to speed 6 and process until blade reaches end of squash. Cut spiralized squash into 4-inch lengths. Arrange squash in baking dish. Dish will be very full, squash will soften and compress while cooking.

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

While squash is baking, microwave remaining 1 tablespoon butter in a small bowl to melt, then stir in bread crumbs and set aside. After 45 minutes of baking remove cover from dish and sprinkle with bread crumb mixture. Continue to bake, uncovered, for 15 to 20 minutes or until the squash is just tender. Allow the dish to rest for 5 minutes before serving.

**NOTE** Only the top part of butternut squash can be spiralized. The lower seeded area can be reserved for separate use.

## SWEET POTATO RISOTTO

*Makes 2 servings*

NUTRITION | 1 serving – 250 calories, 13g fat, 29g carbs, 7g protein, 15mg cholesterol, 970mg sodium



### *ingredients*

- 2 sweet potatoes, cut into 3- to 4-inch pieces
- 2 teaspoons olive oil
- ¼ cup chopped sweet onion
- 1 clove garlic, minced
- ½ cup vegetable broth
- ½ teaspoon salt
- ¼ cup crumbled goat cheese
- 2 tablespoons marcona or roasted almonds, chopped
- 1 teaspoon minced fresh rosemary
- Freshly ground black pepper (optional)

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

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

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

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



## ONE POT ZUCCHINI PRIMAVERA

Makes 4 servings

NUTRITION | 1 serving – 200 calories, 10g fat, 22g carbs, 9g protein, 25mg cholesterol, 800mg sodium



### ingredients

- 2 large or 4 medium zucchini, cut into 3- to 4-inch pieces
- 1 sweet onion
- 2 teaspoons olive oil
- 2 cloves garlic, minced
- ¼ teaspoon red pepper flakes
- 1 cup sliced asparagus (1-inch pieces)
- 1 cup sliced mushrooms
- 1 cup fresh or frozen peas
- 1 cup packed baby spinach
- ¼ cup vegetable broth
- ¼ cup heavy cream
- 1 teaspoon coarse salt
- Freshly ground black pepper (optional)
- ¼ cup freshly shredded Parmesan cheese
- ¼ cup coarsely chopped fresh parsley

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

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

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

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

## BUTTERNUT SQUASH NOODLES WITH BLUE CHEESE AND SAGE

*makes 6 servings*

NUTRITION | 1 serving – 122 calories, 10g fat, 7g carbs, 3g protein, 7mg cholesterol, 329mg sodium



### *ingredients*

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

*Preheat oven to 400°F*

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

Toss with 1 teaspoon olive oil and spread out onto baking sheet. Bake 8-10 minutes. Remove from oven.

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

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

## PLANTAIN RICE WITH CHICKEN AND SALSA VERDE

Makes 4 servings

NUTRITION | 1 serving – 490 calories, 30g fat, 53g carbs, 5g protein, 125mg cholesterol, 310mg sodium



### ingredients

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

*Preheat oven to 400°F*

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

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

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

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

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

## SPIRALIZED VEGGIE PIZZA

Makes 8 servings

NUTRITION | 1 serving – 295 calories, 11g fat, 36g carbs, 13g protein, 16mg cholesterol, 618mg sodium

### ingredients

½ large zucchini (8" x 2")  
 ½ large yellow summer squash (8" x 2")  
 1 small red onion  
 ½ teaspoon kosher salt  
 1 pound pizza dough (recipe follows),  
 or fresh or frozen  
 ½ cup pizza sauce  
 1 teaspoon Italian seasoning  
 2 cups (8 oz) shredded mozzarella cheese  
 ½ cup thinly sliced sweet red pepper  
 4 teaspoons olive oil

### pizza dough

1½ - 2¾ cups bread flour  
 ½ teaspoon sugar  
 1¼ teaspoons rapid rise yeast  
 1 teaspoon kosher salt  
 ¾ cups warm water (105°F to  
 115°F)  
 1 tablespoons olive oil

### Preheat oven to 425°F

If using a pizza stone, preheat in oven  
 on lowest rack.

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Trim ends of zucchini and squash. Center zucchini on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with yellow squash. Cut zucchini and squash to desired lengths. Place zucchini and squash in a strainer placed over a bowl. Sprinkle with salt and toss. Allow to rest 30 minutes. The salt will draw out excess moisture.

Peel and trim ends of onion. Center onion on fruit and vegetable skewer and spiralize using fine spiralizing blade to yield ¼ cup spiralized red onion.

Hand stretch or roll pizza dough on a floured surface into a 14 to 15 inch circle. Place on pizza peel or pizza pan. Spread sauce on pizza leaving a 1-inch border on the edge. Sprinkle Italian seasoning, then cheese over sauce. Remove the zucchini and squash from the strainer, place in a clean kitchen towel or paper towels and gently press. Top pizza with zucchini, squash, onions and peppers. Brush the edge of the crust with the olive oil and drizzle any extra over the pizza toppings. Bake pizza for 20 minutes or until the cheese is bubbly and the crust is browned.

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

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

## ZUCCHINI NOODLES WITH TOMATO BUTTER SAUCE

*makes 4 servings*

NUTRITION | 1 serving – 243 calories, 20g fat, 14g carbs, 6g protein, 35mg cholesterol, 599mg sodium



### *ingredients*

- 2 large zucchini, cut into 4½ inch pieces
- 2 tablespoons olive oil, divided
- ½ teaspoon dried red chili
- 2 cloves garlic, minced
- 1 28 oz. can Marzano Tomatoes
- ½ teaspoon sea salt
- 4 tablespoons butter
- 2 tablespoons fresh basil, chopped
- Freshly ground black pepper
- Freshly grated Parmesan cheese

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

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

Heat remaining 1 tablespoon olive oil in large skillet. Add zucchini and sauté to desired texture, (approximately 2 to 3 minutes). Remove from heat and divide between 4 plates. Spoon Tomato Butter Sauce over zucchini noodles and top with freshly grated Parmesan cheese, if desired.

## LEMON SHRIMP SCAMPI WITH SPIRALIZED ZUCCHINI

Makes 4 servings

NUTRITION | 1 serving – 321 calories, 18g fat, 9g carbs, 25g protein, 191mg cholesterol, 626mg sodium



### ingredients

- 2 large zucchini
- 1 pound shrimp, peeled, deveined, tail removed
- 3 tablespoons extra virgin olive oil
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{2}$  cup finely chopped shallot
- 1 teaspoon minced fresh garlic
- $\frac{1}{2}$  cup dry white wine
- $\frac{1}{2}$  cup heavy cream
- $\frac{1}{4}$  cup chopped flat leaf parsley
- 2 tablespoons torn basil leaves, plus more for garnish
- 1 tablespoon lemon zest
- 1 tablespoon fresh lemon juice plus 1 teaspoon for squeezing

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

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

Heat another large skillet over medium heat. Add 1 tablespoon olive oil to pan. Add zucchini noodles. Sprinkle with salt and pepper. Cook zucchini noodles while tossing with tongs, 2 to 3 minutes or until slightly softened.

Add shrimp back to the cream sauce and sauté for 2 to 3 minutes or until cooked through. Stir in parsley and squeeze about 1 teaspoon lemon juice into mixture.

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

## CREAMY ZUCCHINI SUCCOTASH WITH GRILLED SHRIMP SKEWERS

*Makes 4 servings*

NUTRITION | 1 serving – 580 calories, 30g fat, 37g carbs, 41g protein, 222mg cholesterol, 740mg sodium

### *ingredients*

1 large zucchini (approx. 8" x 2")  
 1 large summer squash (approx. 8" x 2")  
 5 strips bacon, cut in ¼" pieces  
 ½ cup finely chopped shallot  
 1 cup thinly sliced sweet red pepper  
 ½ teaspoon minced fresh garlic  
 ½ teaspoon kosher salt  
 ¼ teaspoon pepper  
 ½ teaspoon fresh thyme leaves  
 ½ cup dry white wine  
 1 cup fresh or frozen corn, thawed  
 1 cup shelled fresh or frozen  
 edamame, thawed  
 ½ cup heavy cream  
 1 tablespoon lemon juice, plus more  
 for squeezing  
 ⅓ cup chopped flat leaf parsley  
 2 tablespoons torn basil leaves  
 Lemon wedges

### *shrimp*

1 tablespoon lemon juice  
 1 teaspoon seasoning salt  
 ¼ teaspoon pepper  
 ½ teaspoon minced fresh garlic  
 2 tablespoons oil (canola  
 or safflower)  
 1 pound shrimp (26-30 count)  
 peeled, deveined, tail removed  
 8 (8-inch) bamboo skewers,  
 soaked in water 30 minutes

Marinate shrimp by combining lemon juice, seasoning salt, pepper, garlic and oil in shallow dish. Thread shrimp onto bamboo skewers and place in dish, turning to coat in mixture. Refrigerate until ready to grill (no longer than 20 minutes.)

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Trim ends of zucchini and squash. Center zucchini on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Repeat with summer squash. Cut spiralized vegetables into 4 to 6 inch lengths.

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

Heat a 12-inch skillet over medium heat. Add bacon, cook until crispy, about 4 minutes. Remove with slotted spoon to paper towel lined plate. Pour off all but 1 tablespoon bacon fat. Add shallots, peppers and garlic to pan, season with salt, pepper and thyme and cook 2 to 3 minutes or until softened. Add wine to pan, scrape up any browned bits. Simmer until reduced by half, 1 to 2 minutes.

Grill shrimp, cooking until opaque all the way through, about 5 minutes. Remove cooked shrimp to plate. Covered with foil to keep warm. Add corn, edamame and spiralized zucchini and squash to shallot mixture. Cook, stirring over medium-heat for 4 minutes. Add cream and lemon juice. Cook over medium-high heat 2 minutes, stirring constantly, until slightly thickened. Stir in parsley and bacon. Divide between 4 plates, top with shrimp skewers, torn basil and lemon wedges.

## SWEET POTATO MAC AND CHEESE

*makes 4 servings*

NUTRITION | 1 serving – 613 calories, 34g fat, 54g carbs, 24g protein, 99mg cholesterol, 963mg sodium



### *ingredients*

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

*Preheat oven to 375°F*

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

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

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

Coat 8 x 8 baking dish with butter. Toss spiralized sweet potatoes and cheese sauce together in a mixing bowl. Transfer mixture to prepared baking dish and top with remaining ½ cup cheese and toasted breadcrumbs. Bake until bubbly and crispy, about 40 minutes.



## SWEET POTATO CURRY

Makes 8 servings

NUTRITION | 1 serving – 330 calories, 14g fat, 47g carbs, 7g protein, 0mg cholesterol, 640mg sodium



### ingredients

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

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one sweet potato half on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and spiral slice small core blade and position at end of sweet potato. Turn stand mixer to speed 4 and process until blade reaches end of sweet potato. Repeat with remaining sweet potatoes. Set aside.

Combine lemongrass, ginger, garlic and 2 teaspoons vegetable oil in food processor. Process until finely chopped.

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

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

## QUINOA SWEET POTATO WAFFLES

Makes 4 servings

NUTRITION | 1 serving – 190 calories, 9g fat, 21g carbs, 6g protein, 65mg cholesterol, 370mg sodium



### ingredients

- 2 large sweet potatoes, cut in half
- ½ cup cooked red quinoa\*
- 1 egg
- 2 tablespoons almond meal
- 1 teaspoon grated orange peel
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- ½ cup sour cream
- ½ teaspoon curry powder
- Maple syrup (optional)

\*To cook quinoa, combine ½ cup water and ¼ cup uncooked quinoa in small saucepan. Bring to a boil over high heat. Reduce heat to low; cover and simmer 15 minutes or until quinoa is tender and water is absorbed. Drain in fine-mesh strainer to remove excess water, if necessary.

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

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

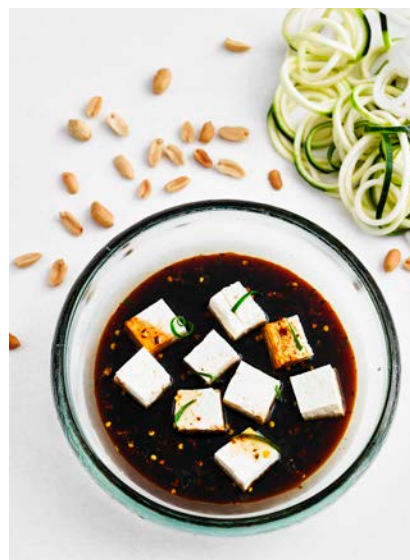
Heat waffle maker according to manufacturer's directions. Add heaping ½ cup batter to waffle maker; cook 8 to 10 minutes or until waffle is crisp and well browned. Repeat with remaining batter.

Combine sour cream and curry powder in small bowl. Serve waffles with sour cream mixture and maple syrup, if desired.

## THAI HOT AND SOUR ZUCCHINI NOODLES

Makes 4 to 6 servings

NUTRITION | 1 serving – 240 calories, 17g fat, 14g carbs, 11g protein, 30mg cholesterol, 105mg sodium



### ingredients

- 2 tablespoons unseasoned rice vinegar
- 4 tablespoons olive oil, divided
- 1 tablespoon packed brown sugar
- 1 teaspoon grated fresh ginger
- 1 teaspoon soy sauce
- ¼ teaspoon red pepper flakes
- Pinch ground red pepper
- ¼ cup chopped green onion
- 1 jalapeño pepper, seeded and minced
- 1 package (14 ounces) extra firm tofu, drained and cut into 1-inch squares
- 1 clove garlic, minced
- 1 red bell pepper, julienned
- 2 carrots, julienned
- 2 large or 4 medium zucchini, cut into 3- to 4-inch pieces
- 1 egg, beaten
- ¼ cup chopped fresh cilantro
- ¼ cup chopped peanuts
- 1 lime, cut into wedges

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

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

Heat 1 tablespoon olive oil in large skillet or wok over high heat. Remove tofu from marinade with slotted spoon; add to skillet in single layer (cook in batches, if necessary). Cook without stirring 1 to 2 minutes or until browned. Turn and cook 4 to 5 minutes or until browned, stirring occasionally. Remove tofu from skillet with slotted spoon; drain on paper towels.

Heat remaining 1 tablespoon olive oil in same skillet. Add garlic; cook 30 seconds, stirring constantly. Add bell pepper and carrots; sauté 2 minutes. Add zucchini; sauté 1 minute. Add egg; cook until egg is firm, stirring frequently. Return tofu to skillet along with marinade; cook 1 to 2 minutes or until heated through. Divide among serving dishes; sprinkle with cilantro and peanuts. Serve with lime wedges.

## PORK CUTLET WITH APPLES AND ONIONS

*Makes 4 servings*

NUTRITION | 1 serving – 360 calories, 11g fat, 21g carbs, 43g protein, 130mg cholesterol, 420mg sodium



### *ingredients*

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

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

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

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

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

## ZUCCHINI NOODLES WITH LEMON GARLIC TUNA SAUCE

*Makes 2 servings*

NUTRITION | 1 serving – 220 calories, 11g fat, 9g carbs, 21g protein, 20mg cholesterol, 530mg sodium



### *ingredients*

- 2 medium or 1 large zucchini, cut into 4-inch sections
- 1 clove garlic, minced
- 2 teaspoons olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon grated lemon peel
- 1 can (5 ounces) solid light tuna packed in olive oil, drained
- ½ cup vegetable broth
- 2 tablespoons chopped fresh parsley

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

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

## PEANUT ZUCCHINI NOODLES

*Makes 4 servings*

NUTRITION | 1 serving – 210 calories, 14g fat, 18g carbs, 7g protein, 0mg cholesterol, 370mg sodium



### *ingredients*

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

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

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

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

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

## ROOT VEGETABLE NESTS

*makes 6 servings*

NUTRITION | 1 serving – 215 calories, 13g fat, 14g carbs, 12g protein, 231mg cholesterol, 682mg sodium



### *ingredients*

- 1 medium sweet potato
- 1 medium yukon gold potato
- 1 large beet
- 2 teaspoons olive oil, divided
- 1 cup sharp cheddar cheese, shredded
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 6 eggs, poached
- 1 teaspoon chives

*Preheat oven to 400°F*

Attach Spiralizer Attachment to your KitchenAid® Stand Mixer. Center sweet potato on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade at end of sweet potato. Place medium bowl below blade to catch spiraled and peeled sweet potato. Turn stand mixer to speed 4 and process until blade reaches end of sweet potato. Repeat with potato and beet.

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

Place 1 vegetable nest on each plate and topped with poached egg. Sprinkle with chives and serve immediately.



## SWEET POTATO BAKED ZITI WITH MUSHROOMS AND SPINACH

*Makes 8-10 servings*

NUTRITION | 1 serving – 281 calories, 13g fat, 24g carbs, 18g protein, 32mg cholesterol, 799mg sodium

### *ingredients*

2-3 medium (6" x 2") sweet potatoes  
1 tablespoon olive oil  
16 ounces chopped crimini mushrooms  
¼ cup finely minced shallot  
1 teaspoon minced fresh garlic  
1 teaspoon kosher salt, divided  
½ teaspoon pepper, divided  
1 teaspoon Italian seasoning  
1 tablespoon balsamic vinegar  
1 package (10 ounces) frozen spinach,  
thawed and squeezed dry  
1 container (16 ounces) ricotta cheese  
2 cups (8 ounces) shredded mozzarella  
cheese, divided  
¼ cup plus 2 tablespoons grated Parmesan  
cheese, divided

### *marinara sauce*

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

### *Preheat oven to 375°F*

Grease a 13" x 9" x 2" baking dish with non-stick cooking spray. Heat 1 tablespoon oil in a 12-inch skillet over medium heat. Add shallots, garlic, salt, pepper and Italian seasoning. Cook, stirring for 2 minutes or until the shallots are softened. Add crushed tomatoes and bring to a simmer. Reduce heat to maintain low simmer and stir frequently for 10 minutes or until ready to use.

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

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

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Trim ends of sweet potatoes. Center one sweet potato on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and fine spiralizing blade and position at end of sweet potato. Turn stand mixer to speed 4 and process until blade reaches end of sweet potato. Repeat with remaining sweet potatoes to yield 8 cups.

Coat the bottom of the prepared pan with about ½ cup marinara sauce. Arrange half the sweet potatoes over sauce. Add half the ricotta mixture over sweet potatoes and top with half of marinara sauce. Layer remaining sweet potatoes, ricotta mixture and marinara sauce. Cover and bake for 45 minutes. Uncover, top with remaining Parmesan and mozzarella and bake uncovered for about 20-25 minutes or until the sweet potatoes are tender. Allow to rest for 10 minutes before serving.



## ITALIAN MEATBALLS AND NOODLES

Makes 4-5 servings

NUTRITION | 1 serving – 319 calories, 18g fat, 19g carbs, 23g protein, 117mg cholesterol, 956mg sodium

### *meatballs*

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

### *ingredients*

1 tablespoon olive oil  
 ½ cup finely chopped onion  
 ½ teaspoon minced fresh garlic  
 1 teaspoon dried Italian Seasoning  
 ½ teaspoon kosher salt  
 ¼ teaspoon pepper  
 ⅛ teaspoon crushed red pepper  
 (optional)  
 1 can (28 ounces) crushed tomatoes  
 2 large zucchini (approx. 8" x 2")  
 1 tablespoon olive oil  
 ¼ teaspoon kosher salt  
 ¼ teaspoon pepper  
 Fresh chopped flat leaf parsley  
 Grated Parmesan cheese

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

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

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

Heat another 12-inch skillet over medium heat and add 1 tablespoon olive oil. Add spiralized zucchini and sprinkle with salt and pepper. Cook zucchini while tossing with tongs for 2 to 3 minutes or until slightly softened and just starting to release some juices.

Divide the noodles among 4 or 5 bowls and top with meatballs and sauce. If desired, sprinkle with Parmesan cheese and parsley.

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



## CRUNCHY VEGGIE WRAP WITH HUMMUS AND AVOCADO

*Makes 4 servings*

NUTRITION | 1 serving – 380 calories, 21g fat, 39g carbs, 12g protein, 17mg cholesterol, 882mg sodium



### *ingredients*

- ½ large yellow squash or zucchini (approx. 4" x 2")
- 1 large carrot (approx. 6" x 2"), or smaller carrots
- 1 teaspoon fresh lemon juice
- 2 teaspoons olive oil
- ¼ teaspoon kosher salt
- ⅛ teaspoon pepper
- 2 tablespoons chopped fresh cilantro
- 4 (10-inch diameter) tortilla wraps
- 1 container (8 ounces) prepared hummus
- ½ cup crumbled feta cheese
- 1 avocado, sliced

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

Stir together lemon juice, olive oil, salt, pepper and cilantro in medium bowl. Add the spiralized squash and carrot and toss to coat.

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

## ZUCCHINI NOODLES AGLIO E OLIO

Makes 4 servings

NUTRITION | 1 serving – 183 calories, 12g fat, 16g carbs, 5g protein, 2mg cholesterol, 594mg sodium



### ingredients

- 2 large zucchini (approx. 8" x 2")
- 3 tablespoons olive oil, divided
- ½ cup panko bread crumbs
- 2 tablespoons Parmesan cheese
- ¾ teaspoon kosher salt, divided
- 1 teaspoon minced fresh garlic
- ⅛ teaspoon crushed red pepper
- ¼ teaspoon pepper
- ½ cup fresh chopped flat leaf parsley

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

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

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

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

## SEARED TUNA WITH KOHLRABI CARROT SLAW

*Makes 4 servings*

NUTRITION | 1 serving – 280 calories, 13g fat, 18g carbs, 23g protein, 35mg cholesterol, 1740mg sodium



### *ingredients*

- 2 medium kohlrabi, peeled
- 2 medium carrots, julienned
- 1 cup shredded celery cabbage or savoy cabbage
- 2 green onions, sliced
- 3 tablespoons unseasoned rice vinegar
- 2 tablespoons wasabi powder
- 2 tablespoons fresh lime juice
- 1 tablespoon dark sesame oil
- 1½ teaspoons agave nectar
- ½ teaspoon grated lime peel
- ½ teaspoon salt
- ¼ cup soy sauce
- 1 clove garlic, minced
- 1 teaspoon hot Chinese mustard
- 2 tuna steaks (6 ounces each)
- 1 tablespoon vegetable oil
- 1 teaspoon sesame seeds

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

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

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

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

Divide kohlrabi mixture among 4 serving plates. Top with tuna and drizzle with dressing. Sprinkle with sesame seeds.



**KitchenAid**<sup>®</sup>

STAND MIXER ATTACHMENT  
SPIRALIZER WITH PEEL, CORE AND SLICE  
**SIDES**

## BLACK RADISH NOODLES WITH ANCHOVY BUTTER

*Makes 4 servings*

NUTRITION | 1 serving – 160 calories, 10g fat, 15g carbs, 5g protein, 15mg cholesterol, 105mg sodium



### *ingredients*

- 4 black radishes or medium zucchini
- 2 tablespoons olive oil, divided
- 1 can (2 ounces) anchovy filets, drained
- 2 cloves garlic
- 1 tablespoon fresh lemon juice
- 2 teaspoons butter
- 1 teaspoon grated lemon peel

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

Combine 1 tablespoon olive oil, anchovies, garlic, lemon juice, butter and lemon peel in food processor; pulse until finely chopped.

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

**NOTE** If you use zucchini, reduce olive oil to 1 tablespoon. Sauté 2 minutes before adding garlic and remaining ingredients.

## HASSELBACKS WITH CHEDDAR CHEESE

*Makes 6 servings*

NUTRITION | 1 serving – 350 calories, 19g fat, 31g carbs, 11g protein, 55mg cholesterol, 610mg sodium



### *ingredients*

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

*Preheat oven to 400°F*

Grease large rimmed baking sheet. Bring large saucepan of salted water to a boil.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one potato on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and spiral slice small core blade and position at end of potato. Turn stand mixer to speed 4 and process until blade reaches end of potato, keeping potato in one piece. Repeat with remaining potatoes.

Carefully add potatoes to boiling water with slotted spoon; cook 4 minutes. Remove with slotted spoon and drain on paper towels 10 minutes. Arrange potatoes on prepared baking sheet, separating potato slices slightly. Melt butter in small saucepan over low heat; add garlic, herbs, salt and pepper. Brush some of butter mixture over potatoes.

Bake 30 to 35 minutes or until potatoes are fork-tender and edges are crisp, basting with butter mixture every 10 minutes. Sprinkle with cheese and bacon; bake 5 minutes or until cheese is melted.

## SWEET AND SPICY SWEET POTATOES WITH GARLIC MAYO

*makes 4 side dish servings or 8 appetizer servings*

NUTRITION | 1 serving – 332 calories, 21g fat, 34g carbs, 3g protein, 38mg cholesterol, 653mg sodium



### *ingredients*

- 4 large sweet potatoes, cut into 4½ inch pieces
- 4 tablespoons butter
- ½ teaspoon cayenne
- 1 teaspoon ground cumin
- ½ teaspoon sea salt

### *garlic mayo*

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

*Preheat oven to 425°F*

Butter 8" x 8" casserole dish. Set aside.

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

Melt butter in small sauce pan. Add cayenne and cumin. Brush seasoned butter over sweet potatoes and sprinkle with sea salt. Place in oven and bake 20 to 30 minutes until crisp. While potatoes are baking, combine all ingredients for Garlic Mayo in small bowl.

Refrigerate until ready to use. Can be prepared 2 days in advance. Serve sweet potatoes immediately after baking, with Garlic Mayo.



## THAI CUCUMBER RELISH

Makes 6 cups (½ cup per serving)

NUTRITION | 1 serving – 20 calories, 0g fat, 5g carbs, 0g protein, 0mg cholesterol, 0mg sodium



### ingredients

- 1 cup unseasoned rice vinegar
- 3 tablespoons sugar
- 1 serrano pepper, seeded and minced
- 2 tablespoons chopped fresh cilantro
- 2 large seedless cucumbers,  
cut into 4½ inch pieces
- 1 small red onion

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

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

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

**NOTE** Serve with seared salmon or chicken satay.

## PICKLED RED ONIONS AND RADISHES

Makes 3 cups

NUTRITION | 1 tablespoon – 5 calories, 0g fat, 1g carbs, 0g protein, 0mg cholesterol, 50mg sodium



### ingredients

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

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

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

**NOTE** Serve with tacos, burgers and sandwiches.



**KitchenAid**<sup>®</sup>

STAND MIXER ATTACHMENT  
SPIRALIZER WITH PEEL, CORE AND SLICE  
**DESSERT**

## FREE FORM APPLE TART

Makes 6 servings

NUTRITION | 1 serving – 523 calories, 24g fat, 75g carbs, 6g protein, 61mg cholesterol, 463mg sodium



### ingredients

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

*Preheat oven to 400°F*

Attach flat beater to KitchenAid® Stand Mixer. Measure flour, salt and butter into mixer bowl; mix on low speed 10 seconds or until blended. Add butter; mix on low speed 1 to 2 minutes or until mixture resembles coarse crumbs.

With mixer running on low speed, sprinkle in ice water, 1 tablespoon at a time until dough holds together. Remove from bowl and shape into disk on floured surface. Roll out to a 16-inch round and transfer to large baking sheet.

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one apple on fruit and vegetable skewer; attach to Spiralizer. Attach spiral slice large core blade and position at end of apple. Turn stand mixer to speed 6 and process until blade reaches end of apple. Repeat with remaining apples. Cut each apple into half circles and arrange in spiral pattern in center of pastry, leaving 3-inch border all around.

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

## APPLE CLAFOUTI

*Makes 10 servings*

NUTRITION | 1 serving – 350 calories, 20g fat, 38g carbs, 4g protein, 115mg cholesterol, 150mg sodium



### *ingredients*

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

*Preheat oven to 400°F*

Grease 9-inch round or square baking dish with 1 tablespoon butter. Place prepared baking dish in oven to preheat 10 minutes before ready to bake.

Attach flat beater to KitchenAid® Stand Mixer. Combine cream, eggs, 6 tablespoons butter, flour,  $\frac{1}{2}$  cup sugar, vanilla and salt in mixer bowl. Beat on medium-low speed about 30 seconds or until combined.

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

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

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

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

## CHOCOLATE BEET CAKE

*Makes 10 servings*

NUTRITION | 1 serving – 290 calories, 9g fat, 49g carbs, 5g protein, 75mg cholesterol, 240mg sodium



### *ingredients*

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

*Preheat oven to 375°F*

Grease 8- or 9-inch springform pan.

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

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

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

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

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

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

## PEAR CRISP

Makes 8 servings

NUTRITION | 1 serving – 380 calories, 17g fat, 54g carbs, 5g protein, 30mg cholesterol, 160mg sodium



### ingredients

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

*Preheat oven to 375°F*

Grease 9-inch square baking pan.

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

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one pear on fruit and vegetable skewer; attach to Spiralizer. Attach spiral slice small core blade and position at end of pear. Turn mixer to speed 4 and process until blade reaches end of pear. Repeat with remaining pears. Arrange pears in prepared baking pan. Combine lemon juice and ginger in small bowl; brush evenly over pears. Sprinkle with crumb mixture.

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

## CHOCOLATE ZUCCHINI CAKE WITH CHOCOLATE-HAZELNUT SWIRL

*Makes 24 squares*

NUTRITION | 1 square – 230 calories, 11g fat, 31g carbs, 3g protein, 30mg cholesterol, 170mg sodium



### *ingredients*

- 2 medium zucchini, cut in half
- 2¼ cups cake flour
- ⅓ cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1½ cups sugar
- ¾ cup (1½ sticks) butter, softened
- 2 eggs
- 1 teaspoon vanilla
- ⅔ cup buttermilk
- 1 cup bittersweet chocolate chips
- ½ cup chocolate-hazelnut spread

*Preheat oven to 325°F*

Grease and flour 9x13-inch baking pan.

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

Sift flour, cocoa powder, baking soda and salt into another medium bowl.

Remove Spiralizer; attach flat beater to stand mixer. Combine butter and sugar in mixer bowl; beat on medium-high speed 3 to 5 minutes or until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Add flour mixture alternately with buttermilk, mixing on low speed after each addition. Gently fold in zucchini and chocolate chips. Spread in prepared pan.

Microwave chocolate-hazelnut spread in small microwavable bowl 10 to 15 seconds or until softened. Drop spoonfuls onto batter; swirl into batter with knife.

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



## UPSIDE DOWN PINEAPPLE CAKE

*Makes 8 servings*

NUTRITION | 1 serving – 490 calories, 30g fat, 53g carbs, 5g protein, 125mg cholesterol, 310mg sodium



### *ingredients*

- 1 pineapple
- 1¼ cups (2-1/2 sticks) butter, softened, divided
- 1 teaspoon honey
- 1 teaspoon dark rum
- ⅓ cup packed brown sugar
- ½ teaspoon plus ⅙ teaspoon salt, divided
- ½ cup granulated sugar
- 2 eggs
- 1 tablespoon milk
- ½ teaspoon vanilla
- 1⅓ cups all-purpose flour
- 2 teaspoons baking powder

*Preheat oven to 350°F*

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Cut tough outer peel from pineapple. Cut pineapple in half crosswise and center one half on fruit and vegetable skewer; attach to Spiralizer. Attach spiral slice large core blade and position at end of pineapple. Place medium bowl below blade to catch pineapple. Process on speed 6 until blade reaches end of pineapple. Repeat with remaining pineapple half. Drain pineapple on paper towels.

Remove Spiralizer from stand mixer; attach flat beater to stand mixer. Combine ¼ cup butter, brown sugar, honey, rum and ⅙ teaspoon salt in mixer bowl; beat on medium speed until smooth. Spread onto bottom of 9-inch round cake pan. Arrange pineapple evenly over butter mixture.

Place remaining 1 cup butter in mixer bowl; beat on medium speed until creamy. Add granulated sugar; beat on medium-high speed 3 to 4 minutes or until fluffy. Add eggs, milk and vanilla; beat on medium speed until combined. Add flour, baking powder and remaining ½ teaspoon salt; mix on low speed about 30 seconds or just until blended. Spread batter over pineapple with spatula or dampened fingers.

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

## PLANTAIN TRUFFLES

Makes 10 servings (about 20 truffles)

NUTRITION | 1 serving – 170 calories, 5g fat, 33g carbs, 2g protein, 0mg cholesterol, 135mg sodium



### ingredients

- 2 firm plantains, peeled and cut into 4-inch pieces
- 6 pitted dried dates
- ½ cup hot water
- 2 tablespoons coconut oil
- ⅔ cup sweetened flaked coconut
- ¼ cup unsweetened cocoa powder
- 2 tablespoons agave nectar
- ½ teaspoon salt
- ½ teaspoon vanilla
- Chopped pistachios, unsweetened cocoa powder and/or flaked coconut (optional)

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Center one plantain piece on fruit and vegetable skewer; attach to Spiralizer. Attach small core spiral blade and position at end of plantain. Place medium bowl below blade to catch plantain. Turn mixer to speed 4 and process until blade reaches end of plantain. Repeat with remaining plantains. Place plantains in food processor. Pulse 10 times or until plantains are finely chopped and resemble rice.

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

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

Combine plantains, dates, reserved water, coconut, cocoa, agave, salt and vanilla in food processor. Pulse 6 to 8 times or until combined. Shape tablespoons of mixture into 1-inch balls; place on parchment paper-lined baking sheet. Roll in pistachios, additional cocoa or coconut, if desired. Store in refrigerator.

## CHOCOLATE CHIP ZUCCHINI CAKE

Makes 18 servings

NUTRITION | 1 serving – 335 calories, 14g fat, 50g carbs, 4g protein, 47mg cholesterol, 172mg sodium



### ingredients

- Non-stick cooking spray for greasing pan
- 1 large zucchini (8" x 2") or 2 smaller
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1½ teaspoons cinnamon
- ¼ teaspoon nutmeg
- ¾ teaspoon salt
- 3 eggs, separated
- ½ cup oil (safflower, canola)
- ⅓ cup low fat buttermilk
- 1½ cups sugar
- 1 teaspoon vanilla
- 1 cup mini chocolate chips
- 4 tablespoons butter, softened
- 4 ounces reduced fat cream cheese, softened
- ½ teaspoon vanilla
- 2 cups powdered sugar

*Preheat oven to 350°F*

Grease 13x9x2" baking pan with butter or non-stick cooking spray. Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Trim ends off zucchini. Center zucchini on fruit and vegetable skewer; attach to Spiralizer. Attach fine spiralizing blade and position at end of zucchini. Turn stand mixer to speed 4 and process until blade reaches end of zucchini. Cut spiralized zucchini into 2-inch lengths. Place on a kitchen towel or paper towel to absorb excess moisture until ready to use.

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

Attach wire whip to stand mixer. Add egg whites to bowl and whip on high speed until stiff peaks form, about 1 minute. Remove whipped egg whites to a separate bowl. Add egg yolks to stand mixer bowl along with oil, buttermilk, sugar and vanilla. Replace wire whip with flat beater, and mix on medium speed until combined. Add dry ingredients to wet mixture and mix low speed until just combined. Fold in zucchini and chocolate chips using Stir speed. Fold in half of the whipped egg whites on Stir speed. Fold in the other half by hand.

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

To make frosting, attach flat beater to stand mixer. Add butter, cream cheese, and vanilla to bowl and beat on medium for 1 minute or until creamy and well combined. Mix in powdered sugar on low one cup at a time. Finish by beating on medium-high for 30 seconds.

## APPLE AND CRANBERRY TART WITH WHOLE WHEAT WALNUT CRUST

Makes 8-10 servings

NUTRITION | 1 serving – 287 calories, 12g fat, 46g carbs, 4g protein, 0mg cholesterol, 6mg sodium



### *crust*

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

### *apples and cranberries*

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

*Preheat oven to 375°F*

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

Attach Spiralizer Attachment to the KitchenAid® Stand Mixer. Center one apple on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and spiral slice large core blade and position at end of apple. Turn stand mixer to speed 6 and process until blade reaches end of apple. Repeat with remaining apples. Stand sliced apples on end and cut in half.

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

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

## WHOLE WHEAT PEAR & APPLE CRISP

Makes 6-8 servings

NUTRITION | 1 serving – 284 calories, 11g fat, 47g carbs, 3g protein, 26mg cholesterol, 160mg sodium



### ingredients

- 6 tablespoons unsalted butter,  
cut in tablespoon pieces
- $\frac{2}{3}$  cup light brown sugar
- $\frac{1}{4}$  cup whole wheat flour
- 2 tablespoons toasted wheat germ
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon nutmeg
- $\frac{1}{2}$  cup old-fashioned oats
- 1 green apple (such as Granny Smith)
- 1 red apple (such as Gala)
- 2 firm pears
- $\frac{1}{4}$  cup water
- 1 tablespoon cornstarch

*Preheat oven to 350°F*

Spray 8" x 8" x 2" baking pan with non-stick cooking spray or coat pan with additional butter.

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

Attach Spiralizer Attachment to KitchenAid® Stand Mixer. Remove stems and trim ends of apples and pears. Center one apple on fruit and vegetable skewer; attach to Spiralizer. Attach peeling blade and large core slicing blade, and position at end of apple. Turn stand mixer to speed 6 and process until blade reaches end of apple. Repeat with remaining apple and pears. Cut sliced fruit into quarters and add to baking dish. Toss to combine.

In a small bowl, whisk together water and cornstarch. Pour over fruit. Top fruit evenly with crumb topping. Bake for 40 minutes or until the fruit is bubbly and the topping is lightly browned. Let rest for 15 minutes before serving. If desired, serve with whipped cream or ice cream.



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STAND MIXER ATTACHMENT  
SPIRALIZER WITH PEEL, CORE AND SLICE  
**RECIPES**