

01 ZUCCHINI NOODLES

USES

PASTA
THAI DISHES
SOUPS

DIRECTIONS

1. Spiralize zucchini using spiralizer, peeler, or grater
2. Add to any recipe in place of noodles



02 CAULIFLOWER RICE

USES

PIZZA CRUST
STIR FRY
RISOTTO

DIRECTIONS

1. Squeeze excess moisture out of cauliflower
2. Use in place of rice in recipes. If making pizza crust, combine with egg, bread crumbs, and seasonings.



03 SPAGHETTI SQUASH

USES

PASTA
CASSEROLES
MAC N'
CHEESE

DIRECTIONS

1. Cut squash in half lengthwise and remove seeds.
2. Roast face down at 400° for 45 minutes.
3. Use fork to scrape squash into strands and add to recipe.



These are great ways to increase vegetable intake and switch up the usual meals.