

Once you know the right technique,
you'll become a Master Spiralizer.
Experiment with different foods & have fun!



For the best results, select foods that are at least 1" wide and cut them into 2 ½" long pieces with a flat edge on each end. Apply gentle pressure, and you'll be spiralizing like a pro.



**RECIPE ON
BACK**

Garden Pasta

Serves
4-6



Ingredients

2 medium zucchini
2 medium yellow squash
2 tablespoons (30 ml) olive oil
1 clove garlic, minced
2 large tomatoes, diced
2 tablespoons (30 ml) chopped fresh basil
1 tablespoon (15 ml) balsamic vinegar
1 teaspoon (5 ml) salt
½ teaspoon (2.5 ml) coarse ground black pepper
¼ teaspoon (1.3 ml) crushed red pepper, optional

Directions

1. Using the Spiralizer disc, add zucchini to the food chamber. Process until completely spiralized. Repeat with yellow squash.
2. In a large saucepan over high, boil water. Add zucchini and yellow squash. Cook 1 minute; drain and cover to keep warm.
3. In a large skillet over medium-high, saute garlic in olive oil until tender, about 3 minutes.
4. Add tomatoes, basil, vinegar, salt and peppers. Cook just until tomatoes are heated through.
5. Serve over vegetable pasta.