



CHEAT SHEET

Veg “Pasta” Options (All-Veg, Grain-Free, Low-Carb)

Everyone loves pasta, but many people don’t tolerate either the carb-load or the gluten in classic flour-based pastas particularly well. By substituting fresh produce (naturally gluten-free) for flour-based pasta, you are not only dropping a ton of starch and calories, but also adding a variety of important phytonutrients.

Veg “noodles” generally work well raw in warmer weather and cooked in cooler weather, but use your judgment. These “pastas” are wonderful used any way you would use flour pastas: under a bed of warm sauce, folded into lasagna, chilled with an Asian-style peanut sauce, etc. Just be aware that when using high-water-content produce like cucumber and summer squash, the noodles will release a lot of liquids.

Marinating raw “noodles” for 10-20 minutes in a drizzle of olive oil and sprinkle of sea salt will help them drop their liquids more quickly and also remove some of that “raw” flavor, but it’s not necessary. If sautéing your noodles, just drain the liquids from the pan before using.

Summer Squash “Pappardelle Pasta” (raw or sautéed)

Using a vegetable peeler or mandoline, thinly slice a stemmed and unpeeled zucchini or any summer squash into long, wide, flat “noodles”. There is no need to seed the zuch – just slice right through the seeded sections. If you wish to avoid the seeded sections, work around 3 or 4 sides, stopping when you reach the seed core.

You can use these “noodles” raw, as is, under a bed of any sauce, or you can lightly sauté them for 3-4 minutes in a little olive oil, coconut oil or



pastured butter over medium heat. They also make a great lasagna noodle – just add them raw and cook the lasagna as you would with regular wheat noodles.

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Veg “Pasta” Options (cont’d)

Spaghetti Squash

You need to cook spaghetti squash for it to be tender enough to eat. Roasting is the easiest method,

To Roast: Preheat your oven to 375°F. Slice a hefty spaghetti squash in half the long way and scoop out the seeds and threads with a heavy spoon. Lightly olive oil the cut flesh with your fingertips and place the halves cut side down on a baking sheet. Bake for 40-50 minutes or until the flesh gives when you press the skin side gently with a spoon (timing will depend on the size of your squash).

To eat, use a fork to scrape the squash out of the skins, shredding a bit to separate the strands. Divide equally onto your plates and cover liberally with your sauce of choice.

To Boil: Place squash in large soup or pasta pot of boiling water and cook for 20 to 30 minutes. It’s ready when it pierces easily with a fork.

Let the squash cool for twenty minutes to one half hour to avoid burning when you cut and seed it. Using oven mitts, cut the squash open lengthwise and scoop out seeds.

Use a long fork to pull strands free and place in a bowl.

Use it in place of spaghetti in any cooked dish, such as under chicken Parmesan, tossed with pesto or red sauce, etc. To serve as a side, season squash to taste. You can try a little salt, pepper and olive oil, any combination of herbs, or a light vinaigrette.

Veg “Noodles” (raw or sautéed)

For a different noodle shape, quarter a large, unpeeled summer squash lengthwise and slice off the seeded section from each quarter. Then run each quarter through the julienne attachment of a mandoline or food processor. You can also use a box grater.

For longer, spaghetti-style noodles, you can run whole summer squash, cucumber, apple or quartered jicama, sweet potato, etc. through a Spiralizer (see Clean Kitchen Essentials: Making Veggie Noodles for more info about tools for this). You can use these raw, briefly marinate in olive oil like the pappardelle noodles, or sauté them for a few minutes in a little olive oil over medium heat.

