



**KitchenAid**<sup>®</sup>

STAND MIXER ATTACHMENTS  
SHEET CUTTER + NOODLE BLADE  
**RECIPES**



# SHEET CUTTER + NOODLE BLADE

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# SHEET CUTTER + NOODLE BLADE

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# APPLE BLOSSOM TARTS

## PREHEAT OVEN TO 375° F

Butter a 12 cup muffin tin. Combine flour, oats and salt in bowl of food processor. Pulse to combine. Add butter and pulse until crumbly. Add ice water, 1 tablespoon at a time, pulsing until dough begins to hold together. On work surface, gather dough into a ball and divide into two pieces. Flatten into a disc, wrap and refrigerate for 45 minutes. When dough has chilled, roll to about ¼-inch thick. Cut into circles using 3-inch cutter. Fit each round into the prepared muffin tin, pushing dough up the sides.

Combine brown sugar, flour, salt and cinnamon in medium bowl. Toss with melted butter. Set aside.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of apple and secure onto attachment. Insert food skewer through apple, up to first mark. Attach Thin Blade to attachment. Position bowl under blade to catch apples. Turn Stand Mixer to Speed 2 and position blade against apple to process. Repeat with remaining apples.

Drizzle apple sheets with lemon juice to prevent browning. Cut apple sheets horizontally, then into 2-3 inch pieces. Arrange in circular pattern, beginning on the outside of dough and continuing to form flower pattern. Sprinkle with cinnamon sugar topping.

Bake 20-25 minutes until beginning to brown. Let cool slightly before removing from tin.

## INGREDIENTS

1 cup all purpose flour  
 ¼ cup rolled oats  
 ¼ teaspoon salt  
 ½ cup cold unsalted butter, cut into ½-inch pieces  
 3 tablespoons ice water  
 3 Granny Smith apples  
 2 teaspoons fresh lemon juice

## CINNAMON SUGAR TOPPING

½ cup brown sugar  
 ¼ cup all purpose flour  
 ½ teaspoon salt  
 ½ teaspoon cinnamon  
 3 tablespoons unsalted butter, melted

## MAKES 12 SERVINGS

### NUTRITION - 1 SERVING (2.8 OZ)

|              |            |                  |
|--------------|------------|------------------|
| 194 calories | 22g carbs  | 28mg cholesterol |
| 11g fat      | 2g protein | 148mg sodium     |



# APPLE NOODLE CHEESECAKE GALETTE



## PREHEAT OVEN TO 425° F

### Make the pastry dough:

Place the flour, 2 teaspoons of sugar, salt and cold butter cubes into your KitchenAid® Stand Mixer fitted with the flat beater, and turn to speed 4. Mix the ingredients for 2-3 minutes, or until the butter is most broken down to pea-sized bits. With mixer on speed 2, drizzle the ice water in a slow, steady stream (in less than 15 seconds). When water is all added, immediately turn off the mixer, remove the bowl and gather the dough into your hands, gently kneading until the dough is smooth and no longer crumbly, but being careful not to overwork it. (You should see flecks of butter throughout.) Form into a disc, wrap in plastic, and place in the freezer to chill (at least 15 minutes) while you prepare the filling. (Place the baking sheet you'll be baking on into the freezer to chill, as well.)

### Make the apple noodles:

Attach the Vegetable Sheet Cutter Attachment to your KitchenAid® Stand Mixer. Insert food holder into the center of one end of the apple and secure onto attachment. Insert food skewer through the apple, up to the first mark. Attach Noodle Blade and position a medium bowl under the blade to catch apple noodles. Turn Stand Mixer to Speed 2 and slowly position the blade against the apple to process. Once processed, pick out as much of the peel as you can without breaking the noodles. (You can pinch the ends of the noodles to break off the peel pieces, too.) Discard the peels and the cores. Drizzle the juice of 1 lemon over the bowl of apple noodles, and gently toss to evenly coat the apples in the juice. Then, mix the remaining 2 teaspoons of sugar with the cinnamon, and toss the apples in the sugar mixture. Set aside.

### Make the filling:

Remove the Sheet Cutter Attachment from your stand mixer, attach the wire whip, and then whip together the cream cheese, ½ cup of white sugar, sour cream and egg. Set aside. (If not working on assembly immediately, put the filling in the refrigerator until ready to use.)

### Assemble the galette:

Remove the chilled dough from the freezer and roll into a rough circle approximately 12"-14" in diameter, and about ¼" thick. Gently place the disc of dough onto the chilled baking sheet, allowing sides to overhang the sheet. Carefully pour/spread the cream cheese mixture around the center of the disc being sure to leave an edge of approximately 2". Working from center, begin with the longest apple noodles and, starting with a tight spiral at the center, twirl the noodles into a larger and larger spiral as you work towards the edge of the filling. Continue to spiral the noodles around each other, being careful not to press the noodles too deep into the filling; and, extend the spiral pattern as close to the edge of the cheese filling as possible. Once your longest noodles are used, begin incorporating the shorter noodle strands into the spiral design to give depth and texture. Then, for the smallest apple shreds, spread them evenly along the edge of the spiral design/cheese mixture where they'll be covered by the dough when dough is folded up.

Fold the 2" border of the dough over the filling, gently overlapping each fold and pleating/pinching the edges as you move until the entire edge is 'wrapped' in dough. Pinch to seal any cracks at the edges. Brush all exposed dough with egg wash and sprinkle with 1 teaspoon of white sugar; then, sprinkle the apples with a few shakes of cinnamon. Return galette to freezer for at least 15 minutes before baking.

Bake in preheated oven for 30-35 minutes, or until crust is golden brown. Allow to cool for 10 minutes prior to slicing.

## INGREDIENTS

### ALL PURPOSE FLAKY PASTRY DOUGH

- 1¼ cup all purpose flour
- 1 stick (8 tablespoons) cold unsalted butter, cut into small cubes
- 4 teaspoons white sugar, divided
- ¼ teaspoon salt
- ¼ cup ice water
- 4 medium granny smith apples
- 1 lemon's juice
- 1 tablespoon cinnamon

### CHEESECAKE FILLING

- ½ cup cream cheese
- ½ cup white sugar
- 2 tablespoons sour cream
- 1 egg

### EGG WASH

- 1 egg (room temperature), beaten

### GARNISH BEFORE BAKING

- 1 teaspoon white sugar
- sprinkle of cinnamon

## MAKES 8 SERVINGS

### NUTRITION - 1 SERVING

|              |              |                    |
|--------------|--------------|--------------------|
| 335 calories | 43.1g carbs  | 47.6mg cholesterol |
| 17.2g fat    | 3.8g protein | 132mg sodium       |



# APPLE ROLL UPS WITH HAM & CHEDDAR



Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of apple and secure onto attachment. Insert food skewer through apple, up to first mark. Attach Thick Blade to attachment. Position bowl under blade to catch apple. Turn Stand Mixer to Speed 2 and position blade against apple to process.

Cut apple sheet into 8-inch lengths, yields about eight sheets. Place one slice of ham on each apple sheet, folding to fit, if needed. Top with one slice cheddar cheese and ½ teaspoon honey mustard. Roll tightly, securing with pick, if needed.

Serve immediately.

## INGREDIENTS

- 1 large Granny Smith Apple
- 4 ounces deli ham, about 8 slices
- 2 ounces sharp cheddar, sliced thinly into 8 slices
- 4 teaspoons honey mustard

### MAKES 8 ROLL UPS

#### NUTRITION - 1 SERVING (1.7 OZ)

|             |            |                  |
|-------------|------------|------------------|
| 62 calories | 5g carbs   | 13mg cholesterol |
| 2.9g fat    | 4g protein | 252mg sodium     |





# APPLE SPIRAL COFFEE CAKE

## PREHEAT OVEN TO 350° F

Butter 9-inch cake pan. Combine flour, salt and baking soda in a large bowl. Place  $\frac{1}{2}$  cup softened butter and both sugars in bowl of KitchenAid® Stand Mixer with Flat Beater attached. Mix on Speed 4 until combined, 3-4 minutes. Add eggs and vanilla and mix until just combined, about 1 minute. Add flour mixture 1 cup at a time, alternately with sour cream, ending with sour cream. Do not over mix. Spread batter into prepared pan.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of apple and secure onto attachment. Insert food skewer through apple, up to first mark. Attach Thin Blade to attachment. Position bowl under blade to catch apple. Turn Stand Mixer to Speed 2 and position blade against apple to process. Drizzle apple sheet with lemon juice to prevent browning. Transfer to cutting board and cut horizontally then into 4-5-inch lengths.

Push apple sheets vertically into batter making swirling patterns. Sprinkle with crunch topping and bake until pick comes out clean, 35-40 minutes.

Remove from oven and cool completely before serving.

## INGREDIENTS

- 2 cups all purpose flour
- $\frac{1}{2}$  teaspoon sea salt
- 1 teaspoon baking soda
- $\frac{1}{2}$  cup unsalted butter, softened
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup brown sugar
- 1 teaspoon vanilla
- 2 eggs
- 1 cup sour cream
- 1 Granny Smith apple
- 1 teaspoon fresh lemon juice

## CRUNCH TOPPING

- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{2}$  cup pecans, chopped
- 1 teaspoon cinnamon
- 2 tablespoons butter, melted

### MAKES 8 SERVINGS

#### NUTRITION - 1 SERVING (5.3 OZ)

|              |            |                  |
|--------------|------------|------------------|
| 482 calories | 63g carbs  | 89mg cholesterol |
| 23.3g fat    | 6g protein | 218mg sodium     |



# APPLE WRAPS WITH ALMOND BUTTER & GRANOLA



## PREHEAT OVEN TO 300° F

Combine coconut flakes, almonds, pumpkin seeds, pecans, poppy seeds and sesame seeds in large bowl. Sprinkle with sea salt and cinnamon. Drizzle with honey and coconut oil and toss to combine. Spread evenly on large baking sheet and place in oven. Bake 20-25 minutes until golden, stirring halfway through. Cool completely on wire rack. Store in airtight container up to three days. Makes about 4 cups. Save remaining granola for another use.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of apple and secure onto attachment. Insert food skewer through apple, up to first mark. Attach Thin Blade to attachment. Position bowl under blade to catch apple. Turn Stand Mixer to Speed 2 and position blade against apple to process.

Cut apple sheet into 6-inch lengths, yields about twelve sheets. Place two sheets on top of each other and brush with lemon juice. Spread 1 teaspoon almond butter or peanut butter on the top sheet and sprinkle with 1 teaspoon granola. Roll, securing with a pick, if needed.

Serve immediately.

## INGREDIENTS

- 1 large Granny Smith Apple
- ¼ cup teaspoons almond butter or peanut butter, divided
- ¼ teaspoons gluten free granola, divided
- 1-2 teaspoons fresh lemon juice

## GLUTEN FREE GRANOLA

- 2 cups coconut flakes, unsweetened
- 1 cup sliced almonds
- ½ cup unsalted pumpkin seeds
- ½ cup pecans, chopped
- 1 tablespoon poppy seeds
- 2 tablespoons sesame seeds
- ¼ teaspoon cinnamon
- ½ teaspoon sea salt
- 3 tablespoons honey
- 2 tablespoons coconut oil, melted

## MAKES 6 ROLL UPS

### NUTRITION - 1 SERVING (2 OZ)

|              |            |                 |
|--------------|------------|-----------------|
| 148 calories | 10g carbs  | 0mg cholesterol |
| 11.6g fat    | 3g protein | 127mg sodium    |



# AVOCADO CRAB ROLLS



## PREHEAT OVEN TO 350° F

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini section, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thin Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini.

Cut zucchini sheets into 6-inch pieces, yields about six sheets. Spread sheets out evenly on work surface and absorb liquid with paper towel, if needed.

Place nori in oven and heat about 10 minutes to soften. Cut nori to fit zucchini and place on top of each sheet. Drizzle lemon juice over avocado. Working from one end, divide avocado and cucumber slices horizontally across each sheet, about 1 inch from opposite end. Top with crab meat and roll tightly. Wrap in wax paper and refrigerate 10 minutes.

Cut each roll into four pieces and serve immediately with soy sauce and wasabi, if desired.

## INGREDIENTS

- 1 large zucchini, ends trimmed and cut into 4-inch sections
- 8 ounces lump crab meat, broken into smaller pieces
- 1 small cucumber, julienned
- 4 sheets nori (seaweed)
- 1 avocado, peeled, pitted and sliced
- 1 teaspoon lemon juice

## OPTIONAL

- Soy sauce
- Wasabi

**MAKES 24 PIECES**

NUTRITION - 1 SERVING (0.9 OZ)

|             |            |                 |
|-------------|------------|-----------------|
| 23 calories | 1g carbs   | 7mg cholesterol |
| 1.3g fat    | 2g protein | 29mg sodium     |



# BEEF & BEAN BURRITO

## PREHEAT OVEN TO 350° F

Heat 1 tablespoon olive oil in large skillet over medium heat. When oil is hot, add garlic and ground beef. Cook 4-5 minutes, breaking up beef with a spoon. Add taco seasoning and ¼ cup water. Simmer until water has evaporated, 3-4 minutes.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of potato and secure onto attachment. Insert food skewer through potato, up to first mark. Attach Thick Blade to attachment. Position bowl under blade to catch potatoes. Turn Stand Mixer to Speed 2 and position blade against potato to process. Repeat with remaining potatoes.

Cut potato sheets into 9-inch pieces, yields about twelve sheets. Absorb moisture with paper towel, if needed. Sprinkle sheets lightly with sea salt and brush both sides lightly with olive oil.

Heat large skillet over medium-high heat. Add potato sheets, two at a time, to skillet and cook for 1 minute. Turn and cook an additional 30 seconds. Repeat with remaining sheets.

Lay one potato sheet on work surface. Place second sheet over first in cross pattern, making an X. Spoon 1 tablespoon refried beans in center of cross and top with ⅓ cup taco meat. Sprinkle with cilantro. Fold ends over filling making a square packet. Repeat with remaining potato sheets.

Arrange evenly, seam down, on parchment lined baking sheet. Bake 20-25 minutes until beginning to brown. Remove from oven and serve immediately with desired toppings.

## INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 clove garlic, minced
- ¾ pound ground beef
- ½ package taco seasoning, (about 2 tablespoons)
- ¼ cup water
- 6 tablespoons prepared refried beans
- ¼ cup cilantro, chopped
- 3 large Yukon Gold potatoes, ends trimmed
- ½ teaspoon sea salt

## FOR SERVING

- Lettuce, shredded
- Tomatoes, chopped
- Cheddar cheese, shredded
- Onion, chopped
- Sour cream
- Salsa

## MAKES 6 BURRITOS

### NUTRITION - 1 SERVING (9.1 OZ)

|              |             |                  |
|--------------|-------------|------------------|
| 331 calories | 33g carbs   | 50mg cholesterol |
| 13.9g fat    | 18g protein | 101mg sodium     |



# BEEF WELLINGTON WITH POTATO CRUST

## PREHEAT OVEN TO 425° F

Heat olive oil in heavy skillet over medium-high heat. Season tenderloin with salt and pepper. When skillet is hot, sear on all sides until nice crust forms. Once seared on all sides, turn off heat and add 2 teaspoons butter to skillet, turning meat to coat. Let rest while preparing potatoes.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of potato, secure onto attachment. Insert food skewer through potato, up to first mark. Attach Thick Blade to attachment. Position bowl under blade to catch potatoes. Turn Stand Mixer to Speed 2 and position blade against potato to process. Repeat with remaining potatoes.

Transfer potato sheets to cutting board lined with paper towel. Cut sheets into 3-4-inch lengths. Remove excess moisture with paper towel.

Rub all sides of meat with mustard and center on baking pan. Shingle potatoes over meat, making sure to overlap slices. Tuck thyme sprigs between meat and potato slices. Roast 15 minutes.

Remove from oven and brush potatoes with remaining butter that has been melted. Sprinkle with ½ teaspoon sea salt and return to oven. Continue roasting, 20-25 minutes, until internal temperature reaches 120° F, for medium rare.

Remove from oven and let rest 15 minutes before slicing.

## INGREDIENTS

- 1 beef tenderloin (2 lbs), tied
- 2 teaspoons olive oil
- 3 teaspoon butter, divided
- 1½ teaspoons sea salt, divided
- ½ teaspoon black pepper, freshly ground
- 2 tablespoons country mustard
- 6 thyme sprigs
- 2 large potatoes (such as russet, Yukon Gold or red), ends trimmed

## MAKES 8 SERVINGS

### NUTRITION - 1 SERVING (7.5 OZ)

|              |             |                   |
|--------------|-------------|-------------------|
| 336 calories | 16g carbs   | 109mg cholesterol |
| 12.9g fat    | 37g protein | 561mg sodium      |



# BREAKFAST BURRITO



## MAKES 4 BURRITOS

### NUTRITION - 1 SERVING (3.9 OZ)

|              |            |                  |
|--------------|------------|------------------|
| 105 calories | 2g carbs   | 22mg cholesterol |
| 7.5g fat     | 7g protein | 596mg sodium     |

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thick Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini.

Cut zucchini sheets into 8-inch pieces, yields about eight sheets. Absorb moisture with paper towel, if needed.

Heat large skillet over medium-high heat. Spray zucchini sheets lightly with olive oil cooking spray and sprinkle with sea salt. Reduce heat to low and add zucchini sheets, two at a time. Cook until beginning to brown, about 2 minutes per side.

Remove from skillet onto work surface, laying sheets side-by-side, overlaying about 1 inch.

Scramble eggs and cook to desired doneness. Divide scrambled eggs equally between zucchini sheets. Top eggs with one sausage link and cheddar cheese. Roll tightly and serve with salsa, if desired.

## INGREDIENTS

- 2 large zucchini, ends trimmed, cut into 4-inch pieces
- ½ teaspoon sea salt
- Olive oil cooking spray
- 4 large eggs
- 2 teaspoons butter
- ¼ cup cheddar cheese, shredded
- 4 breakfast sausage links, cooked



# CANDIED SWEET POTATO MINI CAKES

## PREHEAT OVEN TO 400° F

Spray muffin pan with cooking spray. Melt butter in medium saucepan along with brown sugar, heavy cream, maple syrup, sea salt, cinnamon, ginger and black pepper. Bring to a low simmer and cook 3-4 minutes until beginning to thicken. Remove from heat.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of sweet potato section, secure onto attachment. Insert food skewer through sweet potato, up to first mark. Attach Thin Blade to attachment. Position bowl under blade to catch sweet potatoes. Turn Stand Mixer to Speed 2 and position blade against sweet potato to process. Repeat with remaining sweet potatoes.

Cut sweet potato sheets into 2-3-inch squares and transfer to a large bowl. Toss with ½ of the butter-sugar mixture. Divide and stack sweet potato squares in prepared muffin pan. Drizzle with remaining butter-sugar mixture and bake 20 minutes until potatoes pierce easily with a fork.

Remove from oven and top with pecans and marshmallows. Return to oven for 5 minutes. Remove and let cool 5 minutes before transferring to a plate.

## INGREDIENTS

- 8 tablespoons butter
- ¼ cup brown sugar
- 2 tablespoons heavy cream
- 2 tablespoons maple syrup
- ½ teaspoon sea salt
- ½ teaspoon cinnamon
- ½ teaspoon fresh ginger, grated
- ½ teaspoon black pepper, freshly ground
- 3 large sweet potatoes, ends trimmed, cut into 4-inch pieces
- ½ cup pecans, chopped
- Olive oil cooking spray
- ½ cup mini marshmallows, optional

## MAKES 12 MINI CAKES

### NUTRITION - 1 SERVING (0.9 OZ)

|              |            |                  |
|--------------|------------|------------------|
| 132 calories | 8g carbs   | 24mg cholesterol |
| 11.6g fat    | 1g protein | 161mg sodium     |





# CARAMELIZED PEAR CRÊPES WITH PISTACHIOS



**MAKES 12 CRÊPES**

NUTRITION - 1 SERVING (5.2 OZ)

|              |            |                  |
|--------------|------------|------------------|
| 256 calories | 26g carbs  | 57mg cholesterol |
| 14.8g fat    | 6g protein | 180mg sodium     |

Place eggs, milk, flour, salt and 2 tablespoons melted butter in blender. Process on low for 30 seconds, increase to high speed for 45 seconds. Refrigerate batter at least one hour, up to four hours.

Combine goat cheese, honey and lemon juice in medium bowl. Set aside until ready to use.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of pear and secure onto attachment. Insert food skewer through pear, up to first mark. Attach Thick Blade to attachment. Position bowl under blade to catch pears. Turn Stand Mixer to Speed 2 and position blade against pear to process. Repeat with remaining pears.

Cut pear sheets into 6-inch pieces. Heat large skillet over medium heat. Working in two batches, melt 3 tablespoons butter and 3 tablespoons sugar in large skillet. Add ½ of the pear slices and cook without stirring, until butter and sugar begin to caramelize, 5-6 minutes. Transfer to plate and repeat with remaining pears. Reserve any pan juices.

Melt remaining 1 tablespoon butter. Heat 8-inch non-stick skillet over medium heat. When pan is hot, brush with melted butter. Pour scant ¼ cup crêpe batter to pan, swirling to coat bottom and slightly up side of pan. Cook 45 seconds to 1 minute, then turn and cook for an additional 30 seconds. Transfer to warm oven and repeat with remaining batter.

To serve, spread 1 teaspoon goat cheese onto crêpe. Top with about three pear slices and fold. Repeat with remaining crêpes. Drizzle with any pan juices and sprinkle with chopped pistachios.

Serve immediately.

## INGREDIENTS

- 2 eggs
- 1¼ cups whole milk
- 1 cup all purpose flour
- ½ teaspoon salt
- 9 tablespoons butter, divided
- 4 ounces goat cheese, softened
- 4 teaspoons honey
- 2 teaspoons fresh lemon juice
- 3 Asian pears, ends trimmed
- 6 tablespoons sugar
- 2 teaspoons fresh lemon juice
- ½ cup pistachios, chopped



# CHOCOLATE APPLE NAPOLEON



Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of apple and secure onto attachment. Insert food skewer through apple, up to first mark. Attach Thick Blade to attachment. Position bowl under blade to catch apple. Turn Stand Mixer to Speed 2 and position blade against apple to process.

Cut apple sheets into 2-inch squares and toss with lemon juice to prevent browning.

To assemble, top one wafer cookie with 1 teaspoon whipped cream and apple slice. Repeat this layering twice, ending with cookie on top. Repeat with remaining cookies and apples. Yields about ten stacks.

Top with warm chocolate sauce, additional whipped cream and chopped nuts, if desired. Serve immediately.

## INGREDIENTS

- 1 large Granny Smith Apple
- Juice from 1 lemon
- 30 chocolate wafer cookies
- 1½ cups whipped cream
- ½ cup dark chocolate ice cream topping
- ½ cup chopped peanuts

### MAKES 4 SERVINGS

#### NUTRITION - 1 SERVING (3.4 OZ)

|              |            |                  |
|--------------|------------|------------------|
| 211 calories | 20g carbs  | 25mg cholesterol |
| 13.3g fat    | 4g protein | 165mg sodium     |



# CREAMY WHITE BEAN & SAUSAGE ZUCCHINI NOODLES



## MAKES 4 SERVINGS

### NUTRITION - 1 SERVING

|              |               |                    |
|--------------|---------------|--------------------|
| 635 calories | 47.3g carbs   | 82.5mg cholesterol |
| 30.8g fat    | 36.6g protein | 1666mg sodium      |

Attach Vegetable Sheet Cutter Attachment to your KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach noodle blade, allowing the plastic guard to rest over the zucchini. Place medium bowl under blade to catch zucchini noodles. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini. Remove excess skins from the bowl (if desired), then trim the zucchini noodles to desired length (we recommend about 8"-12" for this dish), and set aside.

Heat a 12" skillet on medium high heat, and brown the Italian sausage about 4-5 minutes - being sure to break the sausage into small bits while browning. Add in minced garlic, and continue to saute. When almost completely cooked through (and a bit of pink is remaining), add the beans, chopped kale, wine, salt and pepper, and broth, then stir to fully incorporate. Reduce heat to medium and allow to simmer, uncovered, for 3-4 minutes, while stirring.

Add in the zucchini noodles and, using tongs, gently toss to fully incorporate (the same way you would with regular pasta noodles). Add broth, cover and allow noodles to soften for 3-4 minutes, stirring occasionally.

Turn off heat, add in the grated parmesan and gently toss with tongs to fully incorporate and create a creamy sauce. Serve with a sprinkle of additional parmesan cheese, and a bit of red pepper (if desired).

#### NOTE:

*If more creaminess is desired, add a dash of white wine or more broth.*

#### INGREDIENTS

- 4-5 medium-sized zucchini, washed, cut in half, and ends trimmed (about 5 cups)
- 2 cups rough chopped kale
- $\frac{3}{4}$  pound ground Italian sausage (hot or mild, depending on preference)
- 2 cloves of garlic, minced
- 2 cans white navy beans, drained and rinsed
- $\frac{3}{4}$  cup dry white wine
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- $\frac{3}{4}$  cup vegetable broth
- 1 cup finely grated parmesan cheese



# CRISPY ZUCCHINI CHIPS WITH ROASTED TOMATO DIPPING SAUCE

## PREHEAT OVEN TO 400° F

Cut tomatoes in half and arrange in 9-inch baking pan, cut side up. Toss garlic cloves around tomatoes and drizzle with olive oil and dot with butter. Bake 25-30 minutes until edges of tomatoes begin to brown. Remove from oven and mash. Set aside until ready to use. Can be made two days ahead and stored in refrigerator.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thin Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini. Cut zucchini sheets into 5-inch lengths.

Increase oven heat to 425° F. Line baking sheet with parchment. Measure flour into shallow dish. Whisk eggs in separate shallow dish. Combine Panko, Gouda, grated garlic, sea salt, pepper and cayenne in third shallow dish. Dredge zucchini sheet first in flour, then egg and then in panko mixture. Fold in half then in half again to make a square. Repeat with remaining sheets.

Space zucchini evenly on baking sheet. Yields about twelve folded and breaded zucchini chips. Spray lightly with olive oil cooking spray and bake until crisp, 20-25 minutes.

Serve immediately with Roasted Tomato Dipping Sauce.

## INGREDIENTS

2 large zucchini, ends trimmed, cut into 4½-inch sections  
 3 large eggs  
 ½ cup all purpose flour  
 1¼ cup Panko or breadcrumbs  
 ½ cup aged Gouda, grated  
 1 clove garlic, grated  
 ½ teaspoon sea salt  
 ½ teaspoon black pepper, freshly ground  
 ⅛ teaspoon cayenne  
 Olive oil cooking spray

## ROASTED TOMATO DIPPING SAUCE

1 pound fresh Roma tomatoes  
 6 cloves garlic, peeled  
 2 tablespoons olive oil  
 1 tablespoon butter, cut into small cubes  
 ½ teaspoon sea salt

## MAKES 12 APPETIZERS

### NUTRITION - 1 SERVING (2.7 OZ)

|              |            |                   |
|--------------|------------|-------------------|
| 112 calories | 7g carbs   | 163mg cholesterol |
| 7.1g fat     | 5g protein | 293mg sodium      |



# GOLDEN BEET & QUINOA SALAD



**MAKES 4 APPETIZERS**

NUTRITION - 1 SERVING

|              |              |                 |
|--------------|--------------|-----------------|
| 468 calories | 43g carbs    | 0mg cholesterol |
| 30.1g fat    | 8.7g protein | 642mg sodium    |

Add dry quinoa and water (or broth) to a small saucepan. Bring to a boil, then reduce to low and cover. Allow quinoa to cook for 15-17 minutes, or until water (or broth) is fully evaporated and easily fluffs with a fork.

While quinoa is cooking, attach Vegetable Sheet Cutter Attachment to your KitchenAid® Stand Mixer. Insert food holder into center of one end of the beet and secure onto the attachment. Insert food skewer through the beet, up to the first mark. Attach Noodle Blade to the attachment and position a medium bowl under the blade to catch beet noodles. Turn Stand Mixer to Speed 2 and slowly position the blade against the beet to process. Repeat with remaining beet. Remove as many of the skins as possible from the bowl; then rinse beets under cool running water. Lay beets out on a clean kitchen towel (or paper towels) and blot to remove any excess water, then trim beet noodles to 8"-10" lengths. Place in salad bowl and set aside.

*Make the dressing:*

Add olive oil, balsamic vinegar, shallot, salt and pepper to a bowl and whisk for 15-20 seconds to emulsify. *(You can also add all ingredients into a small jar with a tight fitting lid, and shake vigorously for 15-20 seconds.)*

Assemble the salad: Pour the dressing over the beet noodles, add the mint and parsley, then toss the noodles and herbs in the dressing until everything is fully coated. *(Allow to rest in the dressing for a few minutes before adding the rest of the ingredients.)* Add the spinach to the bowl and, before mixing, add the warm quinoa on top of the spinach and allow the warmth of the quinoa to wilt the spinach for about a minute. Then, using tongs or two large salad spoons, toss the salad together to fully dress all the ingredients.

Serve.

## INGREDIENTS

- 1 cup uncooked tricolor quinoa
- 1½ cups of water (or broth)
- 2 large golden beets, washed and edges trimmed
- ½ cup fresh mint, chopped
- ¼ cup curly parsley, chopped
- 2 cups fresh baby spinach
- 1½ cups fresh strawberries, hulled and quartered

## DRESSING

- ½ cup extra virgin olive oil
- ¼ cup balsamic vinegar
- ¼ cup shallot, finely diced
- 1 teaspoon salt
- 1 teaspoon black pepper



# GREEN & WHITE PIZZA WITH POTATO CRUST

## PREHEAT OVEN TO 425° F

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of the end of the potato and secure onto attachment. Insert food skewer through potato, up to first mark. Attach Thick Blade to attachment. Position bowl under blade to catch potato. Turn Stand Mixer to Speed 2 and position blade against potato to process.

Transfer potato sheet to cutting board and cut into 8-inch lengths. Brush sheets with 1 teaspoon olive oil and arrange in a circular pattern on a parchment lined baking sheet. Bake 20-25 minutes until golden.

Remove crust from oven and spread pesto over crust. Arrange asparagus over pesto and top with fontina cheese. Season with sea salt and pepper. Bake 10 minutes, until cheese melts and begins to brown.

Cut into six slices and serve immediately.

## INGREDIENTS

1 large potato, ends trimmed, cut into 4-inch lengths  
 Olive oil cooking spray  
 2 tablespoons prepared pesto  
 ¼ pound asparagus, blanched  
 ¼ cup fontina cheese  
 ½ teaspoon sea salt  
 ¼ teaspoon black pepper, freshly ground

## MAKES 6 SERVINGS

### NUTRITION - 1 SERVING (3.3 OZ)

|             |            |                  |
|-------------|------------|------------------|
| 69 calories | 6g carbs   | 27mg cholesterol |
| 3.7g fat    | 4g protein | 160mg sodium     |



# PEAR UPSIDE DOWN CAKE



## PREHEAT OVEN TO 425° F

Butter 9-inch cake pan and set aside. Combine flour, cornmeal, baking powder, salt and cinnamon in large bowl. Place 4 tablespoons softened butter, along with sugar, in the bowl of the KitchenAid® Stand Mixer with Flat Paddle attached. Mix on Speed 4 until combined and fluffy, 3-4 minutes. Add eggs, vanilla and buttermilk and mix until just combined, about 1 minute. Fold this mixture into the flour mixture. Do not over mix.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of pear and secure onto attachment. Insert food skewer through pear, up to first mark. Attach Thick Blade to attachment. Position bowl under blade to catch pears. Turn Stand Mixer to Speed 2 and position blade against pear to process.

Transfer pear sheet to cutting board and cut into 4-5-inch lengths. Melt remaining 2 tablespoons butter and pour into prepared pan. Add brown sugar and pecans. Make even stacks of pears and place over butter sugar mixture. Spread batter over top and bake 30-35 minutes until pick comes out clean.

Let cool 5 minutes before inverting onto serving plate. Let cool completely before serving.

## INGREDIENTS

- 1½ cups all purpose flour
- ½ cup cornmeal
- 1½ teaspoons baking powder
- ½ teaspoon sea salt
- 1 teaspoon cinnamon
- 6 tablespoons butter, softened, divided
- ¾ cup sugar
- 1 tablespoon vanilla
- ⅔ cup buttermilk
- 1 Asian pear, ends trimmed
- 3 tablespoons brown sugar
- ¼ cup pecans, chopped

### MAKES 8 SERVINGS

#### NUTRITION - 1 SERVING (3.6 OZ)

|              |            |                  |
|--------------|------------|------------------|
| 302 calories | 45g carbs  | 24mg cholesterol |
| 11.5g fat    | 4g protein | 256mg sodium     |



# PICKLED WATERMELON RADISH



**MAKES 1½ CUPS**

NUTRITION - 1 SERVING (2 OZ)

|            |            |                 |
|------------|------------|-----------------|
| 9 calories | 1g carbs   | 0mg cholesterol |
| 0g fat     | 0g protein | 342mg sodium    |

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of radish and secure onto attachment. Insert food skewer through radish, up to first mark. Attach Thin Blade to attachment. Position bowl under blade to catch radish. Turn Stand Mixer to Speed 2 and position blade against radish to process. Repeat with remaining radishes.

Cut sheets into 1-1½-inch pieces, then cut again horizontally. Transfer to glass bowl and pour hot pickling brine over radishes. Let cool completely. Store in airtight containers in refrigerator, up to 1 month.

Serve on tacos, sandwiches or grain bowl.

## INGREDIENTS

2 large watermelon radishes,  
ends trimmed

## BRINE

¾ cup water  
¾ cup distilled white vinegar  
1 teaspoon kosher salt  
1 teaspoon sugar  
8 black peppercorns  
1 clove garlic, crushed  
½ teaspoon dried chili flakes



# RAINBOW SPRING ROLLS

## PREHEAT OVEN TO 350° F

Combine all peanut sauce ingredients except water in medium bowl. Whisk in hot water, 1 tablespoon at a time until you get to a smooth, dipping consistency. Set aside. Can be made three days ahead and stored in refrigerator.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of radish section and secure onto attachment. Insert food skewer through radish, up to first mark. Attach Thick Blade to attachment. Position bowl under blade to catch radish. Turn Stand Mixer to Speed 2 and position blade against radish to process. Repeat with remaining radish sections.

Cut radish sheets into 6-inch pieces, yields about 12-14 sheets. Evenly spread sheets out onto work surface. Absorb moisture with paper towel, if needed. Heat nori in oven until it begins to soften. Remove from oven and cut to fit radish sheets.

Lay a sheet nori on top of each radish sheet. Starting 1 inch from the end, layer cabbage, carrots, mango and red pepper on top of the nori. Distribute mint and cilantro over empty end of nori. Roll tightly, securing with a pick, if needed.

Serve immediately with Peanut Dipping Sauce.

## INGREDIENTS

- 1 large daikon radish, ends trimmed, cut into 4-inch sections
- 3-4 sheets nori (seaweed sheets)
- 1½ cups red cabbage, shredded
- 1½ cups carrots, shredded, about 2
- 1 mango, sliced
- 1 red pepper, cored, seeded and sliced
- ¼ cup fresh mint leaves
- ½ cup cilantro leaves

## PEANUT DIPPING SAUCE

- ½ cup natural peanut butter
- 1 tablespoon lime juice, about 1 lime
- 1 clove garlic, minced
- 1 teaspoon grated ginger
- 2 teaspoons Sriracha
- 1 tablespoon brown sugar
- 2 tablespoons soy sauce
- ½ teaspoon dried chili flakes
- 3-4 tablespoons hot water

## MAKES 12-14 SPRING ROLLS

### NUTRITION - 1 SERVING (2.4 OZ)

|             |            |                 |
|-------------|------------|-----------------|
| 57 calories | 8g carbs   | 0mg cholesterol |
| 2.5g fat    | 2g protein | 267mg sodium    |



# ROOT VEGETABLE CHIPS WITH CHIMICHURRI DIP

## PREHEAT OVEN TO 375° F

Combine parsley, cilantro, garlic, lemon zest, sea salt and chili flakes in medium bowl. Puree sour cream, mayonnaise and avocado in blender. Add just a bit of water, if needed. Combine avocado puree with parsley-cilantro mixture. Store in airtight container until ready to use.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of sweet potato and secure onto attachment. Insert food skewer through sweet potato, up to first mark. Attach Thin Blade to attachment. Position bowl under blade to catch sweet potato. Turn Stand Mixer to Speed 2 and position blade against sweet potato to process. Repeat with remaining sweet potato, parsnip and beet sections.

Transfer vegetable sheets to cutting board and cut into irregular square and triangular pieces, about 2-inches. Toss with olive oil and spread out evenly on 2-3 baking sheets. Sprinkle with sea salt and bake until crisp, 15-20 minutes, turning once halfway through cooking time.

Remove from oven and sprinkle with Parmesan cheese. Let cool completely before serving with Chimichurri Dip.

## INGREDIENTS

- 2 sweet potatoes, ends trimmed, cut into 4-inch sections
- 2 parsnips, ends trimmed, cut into 4-inch sections
- 2 beets, ends trimmed, cut into 4-inch sections
- 3 teaspoons olive oil
- ½ teaspoons sea salt
- 1½ tablespoons olive oil
- ½ teaspoon flaked salt
- 2 tablespoons grated Parmesan cheese

## CHIMICHURRI DIP

- ¼ cup parsley, chopped
- 2 tablespoons cilantro, chopped
- 1 clove garlic, minced
- 1 teaspoon lemon zest
- ½ teaspoon sea salt
- ¼ teaspoon dried chili flakes
- 3 tablespoons sour cream
- 3 tablespoons mayonnaise
- ½ avocado, chopped



**MAKES 12 SERVINGS**

NUTRITION - 1 SERVING (3.7 OZ)

|              |            |                 |
|--------------|------------|-----------------|
| 135 calories | 16g carbs  | 3mg cholesterol |
| 7.4g fat     | 2g protein | 396mg sodium    |



# SALTED LEMON THYME CHIPS WITH FETA DIP

## PREHEAT OVEN TO 450° F

Mash feta with back of a fork slightly then combine with lemon zest, lemon juice, garlic, olive oil, cayenne and black pepper in medium bowl. Refrigerate until ready to use. Can be made three days ahead and store in airtight container in refrigerator.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of potato and secure onto attachment. Insert food skewer through potato, up to first mark. Attach Thin Blade to attachment. Position bowl under blade to catch potato. Turn Stand Mixer to Speed 2 and position blade against potato to process. Repeat with remaining potatoes.

Transfer potato sheets to cutting board and cut into irregular square and triangular pieces, about 2 inches. Spray two baking sheets with olive oil and spread potatoes out evenly on baking pans. Spray tops of potatoes lightly with cooking spray and sprinkle with sea salt. Bake until beginning to brown and crisp, 15-20 minutes, turning once halfway through.

Remove from oven and sprinkle with thyme and lemon zest. Let cool completely before serving with Feta Dip.

## INGREDIENTS

3 large Yukon Gold potatoes,  
ends trimmed  
Olive oil cooking spray  
½ teaspoon sea salt  
1 teaspoon fresh thyme  
1 teaspoon lemon zest

## FETA DIP

½ cup feta cheese, crumbled  
1 teaspoon lemon zest  
1 teaspoon lemon juice  
1 clove garlic, minced  
2 tablespoons olive oil  
Pinch cayenne pepper  
½ teaspoon black pepper,  
freshly ground

## MAKES 12 SERVINGS

### NUTRITION - 1 SERVING (3.6 OZ)

|              |            |                 |
|--------------|------------|-----------------|
| 108 calories | 17g carbs  | 6mg cholesterol |
| 3.7g fat     | 3g protein | 160mg sodium    |



# SPICY SHRIMP HAND ROLL



**MAKES 12-14 HAND ROLLS**

NUTRITION - 1 SERVING (2.6 OZ)

|             |            |                  |
|-------------|------------|------------------|
| 43 calories | 2g carbs   | 40mg cholesterol |
| 1.6g fat    | 5g protein | 241mg sodium     |

Chop shrimp into ½-inch pieces. Combine mayonnaise and Sriracha in medium bowl. Add shrimp and toss to combine. Can be made up to four hours ahead.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini section, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thick Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini and cucumber sections.

Cut zucchini and cucumber sheets into 6-inch pieces. Yields about 12-14 sheets. Evenly spread sheets out onto work surface. Absorb moisture with paper towel, if needed. Stack one cucumber sheet on top of zucchini sheet. Divide shrimp mixture between stacked sheets, and top with one or two asparagus spears. Roll tightly into a cone shape. Secure with a pick, if needed.

Serve immediately with optional soy sauce. Can be made two hours ahead and stored in refrigerator.

## INGREDIENTS

½ pound cooked shrimp, peeled and deveined  
 3 tablespoons mayonnaise  
 1 teaspoon Sriracha, or to taste  
 ¼ pound asparagus, blanched  
 1 zucchini, ends trimmed, cut into 4-inch pieces  
 1 cucumber, ends trimmed, cut into 4-inch pieces  
 Soy sauce, optional



# SPICY ZUCCHINI SALMON ROLL



**MAKES 24 PIECES**

NUTRITION - 1 SERVING (0.9 OZ)

|             |            |                 |
|-------------|------------|-----------------|
| 28 calories | 1g carbs   | 7mg cholesterol |
| 2g fat      | 2g protein | 64mg sodium     |

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini section, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thin Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini sections.

Cut zucchini sheets into 5-inch pieces, yields about six sheets. Spread sheets out evenly on work surface. Combine salmon with lemon juice in small bowl. Spread 1 teaspoon cream cheese over each sheet. Working from one end, place two asparagus spears horizontally across sheet, about 1 inch away from the end. Divide carrots and salmon between sheets, over the top of asparagus. Drizzle with Sriracha mayonnaise and roll tightly.

Cut each roll into four pieces, securing with a pick if needed. Serve immediately with wasabi and pickled ginger.

## INGREDIENTS

- 1 large zucchini, ends trimmed, cut into 4-inch pieces
- 1 can salmon (6 oz), drained
- 1 teaspoon fresh lemon juice
- 6 teaspoons cream cheese, softened
- 12 asparagus spears, blanched, cut into 4-inch sections
- 1 medium carrot, peeled and julienned
- 2 tablespoons mayonnaise
- 1 teaspoon Sriracha

## OPTIONAL

- Wasabi
- Pickled ginger



# SPICY ZUCCHINI TUNA ROLLS

## PREHEAT OVEN TO 350° F

Rinse sushi rice. Bring rice and 1 cup water to a boil in saucepan, then reduce heat, cover and simmer 12-15 minutes until water is absorbed. Do not stir. Remove from heat and let rest 10 minutes. Transfer rice to a large bowl.

Bring rice vinegar, sugar and salt to a simmer in small saucepan. Simmer 1-2 minutes. Let cool while rice is cooling then toss with the rice, breaking up clumps with your hands. Spread rice onto baking pan and let sit 20 minutes. Rice will be very sticky.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini section, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thin Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini sections.

Cut zucchini sheets into 5-inch pieces, yields about six to eight sheets. Spread sheets out evenly on work surface and absorb liquid with paper towel, if needed. Combine mayonnaise and wasabi in medium bowl, then toss with tuna.

Place nori in oven and heat about 10 minutes to soften. Cut nori to fit zucchini and place on top of each zucchini sheet. Drizzle lemon juice over avocado. Divide rice between sheets and with damp fingers, spread rice out to an even layer over nori. Divide tuna between sheets, short ways across the center of each sheet. Top with avocado and roll tightly.

Cut each roll into four pieces and serve immediately with soy sauce, if desired.

## INGREDIENTS

- 1 cup sushi rice
- 1 cup water
- 3 tablespoons rice vinegar
- 2 teaspoons sugar
- ½ teaspoon salt
- 1 large zucchini, ends trimmed, cut into 4-inch pieces
- 2 tablespoons mayonnaise
- ½ teaspoon wasabi, or to taste
- 1 can tuna (5 oz)
- 4 sheets nori (seaweed)
- 1 avocado, sliced into 8 slices
- 2 teaspoons fresh lemon juice
- Soy sauce, optional

**MAKES 24 PIECES**

NUTRITION - 1 SERVING (1.2 OZ)

|             |            |                 |
|-------------|------------|-----------------|
| 46 calories | 6g carbs   | 2mg cholesterol |
| 1.7g fat    | 2g protein | 57mg sodium     |



# SPINACH & MUSHROOM MINI TARTS

## PREHEAT OVEN TO 400° F

Spray muffin pan with cooking spray. Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini section, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thick Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini and parsnip sections. Reserve cores from vegetables.

Cut zucchini and parsnip sheets into 4-inch pieces. Absorb moisture with paper towel, if needed. Press two parsnip pieces in each prepared muffin cavity, crisscrossing each piece. Bake 10 minutes. Remove from oven and press two zucchini slices on top of parsnips, making the crust for the tarts. Return to oven and bake 5 minutes longer.

While crusts are baking, heat olive oil in a large skillet over medium-high heat. Add onion and mushrooms and sauté 3-4 minutes. Chop parsnip and zucchini cores and add to skillet. Continue to sauté 2 minutes longer. Stir in arugula and remove from heat. Season with salt and pepper. Let cool slightly.

Whisk eggs, Parmesan cheese and half and half in a large bowl. Add sautéed vegetables and stir to combine. Divide egg mixture between muffin cups and bake 15 minutes until slightly puffed and eggs are cooked.

Serve immediately.

## INGREDIENTS

2 zucchini, ends trimmed, cut into 4-inch pieces  
 2 parsnips, ends trimmed, cut into 4-inch pieces  
 2 teaspoons olive oil  
 ½ cup onion, chopped  
 1 cup mushrooms, chopped  
 2 cups Baby arugula  
 ½ teaspoon sea salt  
 ½ teaspoon black pepper, freshly ground  
 6 large eggs  
 ¼ cup half and half  
 ½ cup Parmesan cheese, grated  
 Olive oil cooking spray

## MAKES 12 MINI TARTS

### NUTRITION - 1 SERVING (5.6 OZ)

|              |             |                   |
|--------------|-------------|-------------------|
| 336 calories | 8g carbs    | 499mg cholesterol |
| 23.5g fat    | 22g protein | 1007mg sodium     |



# SUMMER SQUASH HASHBROWN NESTS



**MAKES 12 MINI TARTS**

NUTRITION - 1 SERVING (5.6 OZ)

|              |             |                    |
|--------------|-------------|--------------------|
| 350 calories | 36.2g carbs | 45.2mg cholesterol |
| 21g fat      | 9g protein  | 366mg sodium       |

Attach Vegetable Sheet Cutter Attachment to your KitchenAid® Stand Mixer. Insert the food holder into the center of one end of the potato and secure onto attachment. Insert the food skewer through potato, up to the first mark. Attach Noodle Blade to attachment and position a medium bowl under the blade to catch potato noodles. Turn Stand Mixer to Speed 2 and slowly position the blade against the potato to process. Repeat with remaining potatoes. Rinse the potato noodles in cool water to remove starch, then gently lay the potato noodles on a dry kitchen towel (or paper towels) and blot to remove excess water. (If you prefer no skins in your hashbrowns, remove as many of the skins from the noodles as possible.)

Place another large bowl below the blade and process the zucchini and yellow squash in the same way as the potato. Trim the noodles to 10"-12" lengths; then, sprinkle salt and pepper over the squash noodles, add parsley, and drizzle 2 tablespoons of melted butter over the mixture. Using tongs, toss the noodles until all are evenly coated in butter. Set aside.

Heat a 12" high sided saucepan on medium high heat and add 1 tablespoon olive oil to hot pan. Add diced red pepper and garlic to pan and sauté, stirring constantly, 1-2 minutes, just to soften. Pour squash noodle mixture into hot pan, and sauté noodles until they begin to soften, about 4 minutes, while stirring. Remove noodle sauté from pan and set aside.

With pan still on medium high heat, add 3 tablespoons of butter and toss in the potato noodles. Stir the potato noodles around in the pan to evenly coat them in butter, then allow them to sit undisturbed and fry for 4-5 minutes, occasionally pressing down on the potatoes with a spatula. Gently flip the potatoes, and remaining 3 tablespoons of butter (spread little pats around the pan and under the potatoes). Then, with two forks, evenly separate the potatoes and gather them into four 'nest' layers, one nest in each quadrant of the pan.

On top of each potato 'nest', layer ¼ of the squash sauté, twirling the noodles as you layer to create a real 'nest' look. (Add any remaining red peppers and parsley around the nests.) Then, create a wide well (almost the complete width of the nest, but no deeper than the top of the potato layer) at the center of each squash layer, and crack an egg into the well. Gently 'nest' the eggs with a fork to slightly thin the whites (for ease of cooking), but without cracking the yolk. Reduce heat of the pan to medium, cover the pan, and allow the eggs to steam and potato base to fry for for 4-5 minutes (or until egg is cooked to desired doneness). Using a spatula, gently release each nest from the bottom of the pan and serve immediately.

## INGREDIENTS

- 2 zucchini, washed cut in half and ends trimmed (*about 2 cups*)
- 1 large yellow squash, washed, end and narrow neck trimmed off (*about 2 cups*)
- 3 medium russet potatoes, washed (*about 3 cups*)
- 2 cloves of garlic, minced
- ½ cup diced red bell pepper
- ½ cup finely diced fresh curly parsley
- ½ teaspoon salt
- 1 tablespoon pepper
- 1 tablespoon olive oil
- 3 tablespoons butter, divided
- 4 eggs, room temperature



# SUMMER VEGETABLE TART WITH SWEET POTATO CRUST



**MAKES 8 APPETIZER SERVINGS**

NUTRITION - 1 SERVING (3.3 OZ)

|             |            |                  |
|-------------|------------|------------------|
| 69 calories | 6g carbs   | 27mg cholesterol |
| 3.7g fat    | 4g protein | 160mg sodium     |

## PREHEAT OVEN TO 400° F

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of sweet potato section, secure onto attachment. Insert food skewer through sweet potato, up to first mark. Attach Thick Blade to attachment. Position bowl under blade to catch sweet potatoes. Turn Stand Mixer to Speed 2 and position blade against sweet potato to process. Repeat with remaining sweet potato.

Begin sheet cutting zucchini. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini section, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thick Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini and yellow squash sections.

Set zucchini and yellow squash sheets aside. Line baking sheet with parchment. Transfer sweet potato sheets to cutting board and cut into 12-inch lengths. Brush sheets with 1 teaspoon olive oil and lay on parchment, overlapping sheets by 1 inch, creating a 8x12 rectangle. Bake 20 minutes.

Cut zucchini and yellow squash sheets into 6-inch pieces and then three strips longways, set aside. Scramble egg in small bowl with 1 teaspoon water. Brush baked sweet potato crust with egg wash and sprinkle with Parmesan cheese. Top with zucchini and yellow squash, twisting decoratively. Arrange tomatoes and mozzarella balls over tart. Drizzle with remaining olive oil. Bake until cheese melts and vegetables begin to crisp, 10-12 minutes.

Top with fresh basil and cut into squares. Serve immediately.

## INGREDIENTS

- 1 sweet potato, ends trimmed, cut into 4-inch lengths
- 1 zucchini, ends trimmed, cut into 4-inch pieces
- 1 yellow squash, cut into 4-inch pieces
- 2 teaspoons olive oil, divided
- 1 large egg, scrambled
- 2 tablespoons Parmesan cheese, shredded
- 6 cherry tomatoes, cut in half
- ¼ cup small fresh mozzarella balls, cut in half
- ¼ teaspoon salt
- ¼ teaspoon black pepper, freshly ground
- 2 tablespoons fresh basil, chopped



# SWEET POTATO & SAUSAGE PIE



**MAKES 1 PIE**

NUTRITION - 1 SERVING (5.6 OZ)

|              |             |                   |
|--------------|-------------|-------------------|
| 336 calories | 8g carbs    | 499mg cholesterol |
| 23.5g fat    | 22g protein | 1007mg sodium     |

## PREHEAT OVEN TO 350° F

Spray 9-inch pie pan with cooking spray. Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert food holder into center of one end of sweet potato section, secure onto attachment. Insert food skewer through sweet potato, up to first mark. Attach Thick Blade to attachment. Position bowl under blade to catch sweet potatoes. Turn Stand Mixer to Speed 2 and position blade against sweet potato to process. Repeat with remaining sweet potato sections.

Transfer sheets to cutting board and cut into 12-inch lengths. Brush sheets with olive oil and drape into pie pan, crisscrossing to form crust. Press foil onto sweet potato and bake 15 minutes. Remove foil, adjust sheets if needed and continue baking 10 minutes. Remove from oven.

Heat large skillet over medium-high heat. Crumble Italian sausage into pan and cook 5-6 minutes. Let cool slightly. Whisk eggs, half and half, mozzarella, parsley, sea salt, chili flakes and black pepper in large bowl. Stir in sausage and pour into sweet potato crust. Top with sliced tomatoes. Bake 30-35 minutes until pick comes out clean.

## INGREDIENTS

- 1 large sweet potato, ends trimmed, cut into 4-inch sections
- 1 teaspoon olive oil
- 1 pound sweet Italian sausage
- 6 large eggs
- ½ cup half and half
- ¾ cup mozzarella
- 2 tablespoons parsley
- ½ teaspoon sea salt
- ⅛ teaspoon dried chili flakes
- ½ teaspoon black pepper, freshly ground
- 2 Roma tomatoes, sliced



# SWEET POTATO NOODLE ALFREDO WITH PANCETTA & PEAS

## PREHEAT OVEN TO 400° F

Spray muffin pan with cooking spray. Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini section, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thick Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini and parsnip sections. Reserve cores from vegetables.

Cut zucchini and parsnip sheets into 4-inch pieces. Absorb moisture with paper towel, if needed. Press two parsnip pieces in each prepared muffin cavity, crisscrossing each piece. Bake 10 minutes. Remove from oven and press two zucchini slices on top of parsnips, making the crust for the tarts. Return to oven and bake 5 minutes longer.

While crusts are baking, heat olive oil in a large skillet over medium-high heat. Add onion and mushrooms and sauté 3-4 minutes. Chop parsnip and zucchini cores and add to skillet. Continue to sauté 2 minutes longer. Stir in arugula and remove from heat. Season with salt and pepper. Let cool slightly.

Whisk eggs, Parmesan cheese and half and half in a large bowl. Add sautéed vegetables and stir to combine. Divide egg mixture between muffin cups and bake 15 minutes until slightly puffed and eggs are cooked.

Serve immediately.

## INGREDIENTS

- 2-3 medium sweet potatoes, washed and ends trimmed
- 6 ounces of thinly sliced prosciutto, sliced into ½-inch wide strips  
*(Optional: substitute with cubed ham)*
- 6 tablespoons butter
- 2 garlic cloves, minced
- 1 pint heavy cream
- 1 tablespoon black pepper
- 1 cup fresh (or frozen) peas
- 1 cup finely grated parmesan

## MAKES 4 SERVINGS

### NUTRITION - 1 SERVING

|              |               |                   |
|--------------|---------------|-------------------|
| 846 calories | 30.7g carbs   | 252mg cholesterol |
| 70.8g fat    | 24.6g protein | 1026mg sodium     |



# TWO POTATO & BEET HASH



## PREHEAT OVEN TO 400° F

Coarsely chop potatoes, beets and onion. Toss chopped vegetables in large bowl with olive oil and season with salt and pepper. Spread onto baking sheet in an uneven layer. Bake 20 minutes, toss and bake another 10-15 minutes until beginning to crisp. Remove from oven and toss hash with thyme and baby kale. Return to oven for 2-3 minutes, until kale begins to wilt. Remove from oven and serve immediately.

### CHEF'S TIPS

Top with a fried or poached egg, if desired.

## INGREDIENTS

- 6 sweet potato cores, reserved from previous sheet cutting
- 6 red skin, Yukon Gold or russet potato cores, reserved from previous sheet cutting
- 6 beet cores, reserved from previous sheet cutting
- 1 medium onion, chopped
- 3 teaspoons olive oil
- ½ teaspoon sea salt
- ½ teaspoon black pepper, freshly ground
- 2 teaspoons fresh thyme, chopped
- 3 cups baby kale

**MAKES 8 SERVINGS**

NUTRITION - 1 SERVING (6.3 OZ)

|              |            |                 |
|--------------|------------|-----------------|
| 130 calories | 26g carbs  | 0mg cholesterol |
| 2g fat       | 3g protein | 207mg sodium    |



# ZUCCHINI CAKE WITH CRISPY PROSCIUTTO

## PREHEAT OVEN TO 400° F

Place prosciutto on baking sheet lined with parchment. Bake until crisp, 10-15 minutes. Remove from oven and let cool.

Reduce heat to 350° F. Place flour, baking powder, salt and pepper into bowl of food processor. Pulse 3-4 times to combine. Add butter and pulse until sandy in texture. In a separate bowl, combine yogurt, eggs, green onion, feta cheese and parsley.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter into the center of both ends of zucchini section, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thin Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini sections.

Cut zucchini sheets into 5-inch lengths and then vertically into four slices. Chop left-over zucchini cores into ¼-inch pieces.

Gently fold yogurt egg mixture and chopped zucchini core into flour mixture. Spread into 9x5 loaf pan coated with cooking spray. Push zucchini sheets vertically and randomly into batter, letting some of the edges peek from the top. Crumble prosciutto and sprinkle over the top. Bake until pick comes out clean, about 1 hour and 15 minutes. Let cool in pan for 15 minutes, then transfer to cooling rack.

Cool completely before serving.

## INGREDIENTS

- 1 package prosciutto (3 oz)
- 2 cups unbleached flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ teaspoon black pepper, freshly ground
- ½ cup cold unsalted butter, cut into pieces
- ½ cup plain Greek yogurt
- 2 large eggs
- ¼ cup green onion, sliced
- 4 ounces feta cheese, crumbled
- ½ cup parsley
- 1 large zucchini, ends trimmed, cut into 4-inch pieces

## MAKES 8 SERVINGS

### NUTRITION - 1 SERVING (4.8 OZ)

|              |             |                  |
|--------------|-------------|------------------|
| 296 calories | 26g carbs   | 90mg cholesterol |
| 17.4g fat    | 12g protein | 466mg sodium     |



# ZUCCHINI CAPRESE ROLLS



**MAKES 24 PIECES**

NUTRITION - 1 SERVING (.04 OZ)

|             |            |                 |
|-------------|------------|-----------------|
| 10 calories | 0g carbs   | 1mg cholesterol |
| 0.2g fat    | 2g protein | 84mg sodium     |

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini section, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thick Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini sections.

Cut zucchini sheets into 4-inch pieces. Heat grill pan (or gas grill) over medium heat. Working in batches, brush one side of zucchini lightly with olive oil and grill one minute. Transfer grilled zucchini sheets to cutting board, grilled side down, and let cool slightly. Place two basil leaves on one end of each zucchini sheet section. Top with one cherry tomato and three fresh mozzarella pieces. Drizzle entire sheet with balsamic glaze and sprinkle lightly with salt and pepper. Starting with the filled end, roll tightly, securing with a pick. Cut each roll into three sections.

Serve immediately.

## INGREDIENTS

- 1 large zucchini, ends trimmed, cut into 4-inch sections
- 1 teaspoon olive oil
- 8 small fresh mozzarella balls, cut into thirds
- 16 basil leaves
- 8 cherry tomatoes, cut into thirds
- 2 teaspoons balsamic glaze
- ½ teaspoon sea salt
- ½ teaspoon black pepper, freshly ground



# ZUCCHINI CLUB WRAP



## MAKES 8 WRAPS

### NUTRITION - 1 SERVING (4.2 OZ)

|              |             |                   |
|--------------|-------------|-------------------|
| 180 calories | 6g carbs    | 117mg cholesterol |
| 12.2g fat    | 13g protein | 673mg sodium      |

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini section, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thick Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini sections.

Cut each zucchini sheet into 9-inch lengths. Place zucchini sheets onto work surface. Spread 1 teaspoon honey mustard over each sheet. Working from one end, divide lettuce between each sheet, leaving a 1-inch strip empty on the end of the sheets. Top lettuce with ham or turkey, bacon, avocado, tomato, blue cheese and hard boiled egg. Starting with the filled end, roll tightly. Secure with pick, if needed.

Serve immediately.

## INGREDIENTS

- 1 large zucchini, ends trimmed, cut into 4-inch sections
- 8 teaspoons honey mustard
- 4 romaine lettuce leaves, chopped
- 8 slices ham or turkey, about 1 oz
- 8 slices bacon, cooked, broken into 4-inch lengths
- 1 avocado, cut into 8 slices
- 4 Campari tomatoes, cut into 4 slices
- ¼ cup blue cheese, crumbled
- 4 large eggs, hard boiled, peeled and cut into 4 slices



# ZUCCHINI ENCHILADAS WITH CHICKEN

## PREHEAT OVEN TO 350° F

Heat olive oil in large skillet over medium heat. Add onion, garlic and jalapeño and sauté 3-4 minutes. Stir in cumin and sauté 1 minute longer. Add black beans, chicken and cream cheese to skillet and cook until melted and heated through. Remove from heat.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini section, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thin Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini sections.

Cut zucchini sheets into 6-inch pieces, yields about 10-12 sheets. Spread sheets out evenly on work surface. Divide chicken mixture between sheets and spread out evenly, leaving a 1-inch strip empty on the end of the sheets. Starting with the filled end, roll tightly and transfer to 9x13 pan. Top with both salsas and cheese. Cover with foil and bake 20 minutes. Remove foil and continue baking 10 minutes until bubbly and beginning to brown.

## INGREDIENTS

- 2 large zucchini, ends trimmed, cut into 4-inch pieces
- 1 tablespoon olive oil
- ½ cup yellow onion, diced
- 1 clove garlic, minced
- 1 jalapeño, minced
- 1 teaspoon cumin
- ½ teaspoon sea salt
- 1 cup black beans, rinsed
- 8 ounces cooked chicken breast, pulled
- 4 ounces cream cheese, cut into cubes
- 1 cup tomatillo (green) salsa
- ½ cup tomato salsa
- 1 cup cheddar cheese, shredded

**MAKES 10-12 ENCHILADAS**

NUTRITION - 1 SERVING (4.8 OZ)

|              |             |                  |
|--------------|-------------|------------------|
| 171 calories | 7g carbs    | 36mg cholesterol |
| 11.4g fat    | 10g protein | 350mg sodium     |



# ZUCCHINI MANICOTTI



## MAKES 10-12 MANICOTTI

### NUTRITION - 1 SERVING (5.3 OZ)

|              |            |                  |
|--------------|------------|------------------|
| 482 calories | 63g carbs  | 89mg cholesterol |
| 23.3g fat    | 6g protein | 218mg sodium     |

### PREHEAT OVEN TO 375° F

Heat 2 teaspoons olive oil in large skillet over medium heat. Add garlic and chili flakes; sauté 1-2 minutes. Stir in whole tomatoes, tomato paste and salt. Simmer 10-15 minutes. Break up whole tomatoes with back of spoon. Stir in basil and remove from heat. Heat 1 tablespoon olive oil in large skillet over medium heat. Add mushrooms and garlic; sauté 3-4 minutes. Stir in salt, pepper and spinach. Cook 2-3 minutes until spinach is wilted. Remove from heat and transfer to medium bowl. Let cool slightly, then stir in ricotta, mozzarella, ¼ cup Parmesan and eggs. Combine thoroughly.

Attach Vegetable Sheet Cutter Attachment to KitchenAid® Stand Mixer. Insert the food holder and zucchini/cucumber adapter in the center of both ends of zucchini section, aligning the red marks. Secure zucchini and food holder onto attachment. Insert food skewer through zucchini/cucumber adapter and all the way through zucchini. Attach Thin Blade to attachment. Position bowl under blade to catch zucchini. Turn Stand Mixer to Speed 2 and position blade against zucchini to process. Repeat with remaining zucchini sections. Cut zucchini sheets into 6-inch pieces, yields about 10-12 sheets.

Spread ¾ of the tomato sauce in bottom of 9x13 pan. Spread sheets out evenly on work surface. Divide ricotta mixture between sheets and spread out evenly, leaving a 1-inch strip empty on the end of each sheet. Starting with the filled end, roll tightly and arrange manicotti in prepared pan, seam side down. Spoon remaining sauce over rolls. Sprinkle with remaining ¼ cup Parmesan and bake 30-35 minutes.

### INGREDIENTS

#### TOMATO SAUCE

- 2 teaspoons olive oil
- 2 cloves garlic, minced
- ½ teaspoon dried chili flakes
- 1 can whole tomatoes (28 oz)
- 1 tablespoon tomato paste
- ½ teaspoon salt
- 2 teaspoons fresh basil, chopped

#### FILLING

- 1 tablespoon olive oil
- 2 cups Baby Bella mushrooms, sliced
- 1 clove garlic, minced
- ½ teaspoon salt
- ½ teaspoon black pepper, freshly ground
- 4 cups baby spinach
- 1½ pounds ricotta
- 1 cup mozzarella, shredded
- ½ cup Parmesan, divided, shredded
- 2 large eggs
- 2 large zucchini, ends trimmed, cut into 4-inch sections





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