

# Spiralized Veggies

Lili Hanft, FNTF

## Shopping List:

### Pesto Zoodles:

- 2 medium zucchini
- Bunch of basil
- 1 clove garlic
- Olive oil
- Walnuts
- Parmesan
- Salt
- 1 small tomato

### Creamy Mushroom Pasta:

- 1 large daikon radish
- 1 tsp ghee, coconut oil, or butter
- 1 small onion
- 2 cloves garlic
- 8oz white button mushrooms
- $\frac{3}{4}$  c. full fat canned coconut milk or organic cream
- 1  $\frac{1}{2}$  tsp arrowroot powder
- Salt and pepper

### Spiralized Beet Salad:

- 3 medium beets (red or golden)
- Juice of half a lemon
- 1 Tbsp olive oil
- Salt
- 1 small block feta
- Fresh mint or dill (optional)

## Substitute Options:

### Pesto Zoodles:

- Use yellow squash instead of zucchini
- Replace the parmesan with nutritional yeast for a dairy-free version

### Creamy Mushroom Pasta:

- Use coconut milk for a dairy-free version
- This can also be made with zucchini or summer squash noodles

### Spiralized Beet Noodles:

- Omit the feta or replace with kalamata olives
- Replace the lemon juice with balsamic vinegar

## Kitchen Equipment:

Cutting board

Knife

Spiralizer (a vegetable peeler also works for the zucchini and daikon)

Food processor

Measuring cups and spoons

Saucepan with lid

2 large frying pans with lids

Can opener

# Pesto Zoodles



2 medium zucchini  
Bunch of basil  
1 clove garlic  
1 Tbsp olive oil  
1 Tbsp walnuts  
3 Tbsp parmesan  
Salt  
1 small tomato

Spiralize the zucchini. Add to a large frying pan over medium heat with a splash of water, cover, and cook stirring occasionally until just tender. Meanwhile, blend the basil leaves, garlic, parmesan, walnuts, and salt to taste in a food processor, adding more oil as needed. Dice the tomato. Remove the zoodles from the heat and drain off any excess water. Toss with the pesto to coat, and add the tomatoes.

# Creamy Mushroom Pasta



1 large daikon radish, peeled  
1 tsp ghee, coconut oil, or butter  
1 small onion, chopped  
2 cloves garlic, minced  
8oz white button mushrooms, sliced  
¾ c. full fat canned coconut milk or organic cream  
1 ½ tsp arrowroot powder  
Salt and pepper

Spiralize the daikon radish. Melt the butter or oil in a large frying pan. Add the onions and garlic and saute. Add the mushrooms and a pinch of salt and cook until tender. Add the coconut milk or cream and arrowroot and increase the heat, stirring frequently as the sauce thickens. Add the daikon noodles and cover the pan. Cook, stirring occasionally, until the noodles are tender. Season to taste with salt and pepper.

# Spiralized Beet Salad



3 medium beets (red or golden), peeled

Juice of half a lemon

1 Tbsp olive oil

Salt

1 small block feta, cubed (omit or replace with kalamata olives for dairy free)

Fresh mint or dill, finely chopped (optional)

Spiralized the beets. Place in a saucepan with  $\frac{1}{2}$  inch of water, cover, bring to a boil, then reduce and simmer until tender. Toss the noodles with the olive oil, lemon juice, fresh herbs, and salt, and sprinkle the feta or olives on top.



# Lili Hanft

## Functional Nutritional Therapy Practitioner

I am available to work with one-on-one clients virtually.

Learn more about consultations here:

<https://nutrientdensenourishment.wordpress.com/nutritional-therapy-consultations/>

I offer a free 20 minute phone call to see if nutritional therapy would be a good fit.

To schedule, please email [lilihanft@gmail.com](mailto:lilihanft@gmail.com)



On Instagram [@nutrientdensenourishment](https://www.instagram.com/nutrientdensenourishment)