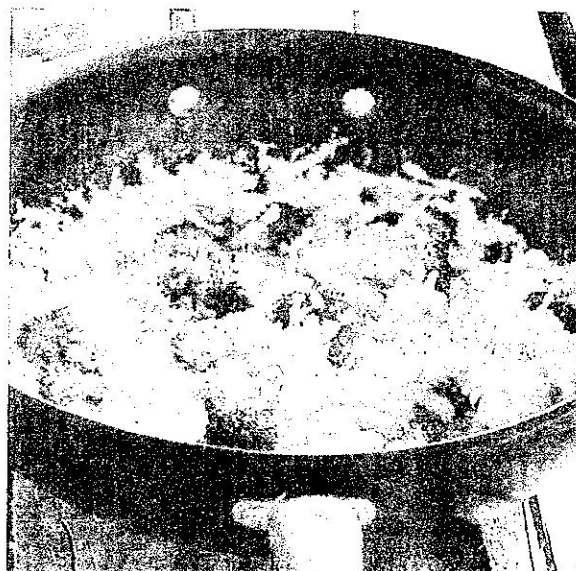


CAULIFLOWER RICE



INGREDIENTS

- 1 tbsp (15 mL) canola oil
 - 2 cups (500 mL) fresh broccoli florets
 - 1 bell pepper, finely sliced
 - 1 carrot, grated
 - 1 head fresh cauliflower, cut into quarters
 - Teriyaki Sauce with Honey
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DIRECTIONS

1. Heat oil in large skillet over medium heat 1-3 minutes or until shimmering. Add broccoli, red pepper and carrot; cook until softened.
2. Using *Veggie Strip Maker*, grate cauliflower florets into large bowl. Add grated cauliflower to skillet; cook, covered, until tender.
3. Stir in sauce and mix until combined.

Cook's Tips:

For a burrito bowl, grate cauliflower and cook until tender. Mix in cilantro and fresh lime juice. Top with your favorite burrito toppers such as: drained black beans, corn and grated cheese.

Spaghetti Zucchini with Marinara Sauce

Ingredients:

3 large Zucchini (green or yellow)
2 cloves garlic, chopped
1 small onion chopped
1/4 C. vegetable broth
1/4 C. Chopped Basil
1/2 lb whole wheat spaghetti
1 Jar Favorite Marinara pasta Sauce
Salt and Pepper to taste

Directions:

Cut zucchini in long strips using a veggie strip maker (from Pampered Chef). Heat broth in a large fry pan. Add onion and garlic and saute until soft, add the zucchini and cook until tender crisp. Combine the spaghetti with the squash and add the marinara sauce, basil and salt and pepper. Cook until heated through. Serve with Parmesan cheese.

Tomato-Basil Bisque

1/2 C. raw cashews
1/2 C. water
1 (24-oz.) jar fat-free pasta or marinara sauce
1/4 C. chopped fresh basil

In a blender or food processor, puree cashews and water until smooth.
Stir cashew cream into pasta sauce over medium heat.
Add basil and distribute evenly into bowls and serve.

Makes 4 cups or 2 bowls.