

Zoodles

- USE A SPIRALIZER (\$7) OR A VEGETABLE PEELER (\$1) TO CUT ZUCCHINI INTO THIN STRIPS OR NOODLES

HOW TO PREPARE:

- LEAVE THEM RAW FOR A GOOD CRUNCH!

- MICROWAVE FOR 1 MINUTE. --> MICROWAVE IN 30 SECOND

- INTERVALS UNTIL DESIRED TEXTURE

- STOVETOP- TOSS IN 1 TB VEGETABLE OIL AND SAUTE 1-2 MINUTES

- BOIL FOR 1 MIN IN WATER, DRAIN

TRY IT WITH SPAGHETTI, STIR FRY, SOUPS, CHICKEN PESTO, GARLIC PARMESAN AND MORE!

Cabbage Noodles

- THINLY SLICE CABBAGE

HOW TO PREPARE:

- QUICKLY SAUTE (A COUPLE OF MINUTES)

- ADD LIQUID (VINEGAR, BROTH, WATER)

- COOK UNTIL LIQUID EVAPORATES AND CABBAGE IS TENDER

TRY IT AS AN EGG ROLL IN A BOWL (ALL THE GOODIES ON THE INSIDE), TACO BOWLS, SOUPS AND MORE!

OODLES OF NOODLES!

VEGGIE SWAPS FOR YOUR FAVORITE PASTA DISHES!



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Riced Cauliflower

- GRATE CAULIFLOWER WITH CHEESE GRATER

HOW TO PREPARE

- SAUTE IN A LARGE SKILLET WITH 1-2 TB VEGETABLE OIL
- COVER WITH A LID AND COOK 5-8 MINUTES
- SEASON AS DESIRED

TRY IT AS "FRIED" RICE, MEXICAN RICE, TACO BOWLS, CHICKEN ENCHILADA BOWLS, CHEESY BROCCOLI & RICE

Eggplant Lasagna Noodles

- THINLY SLICE EGGPLANT

HOW TO PREPARE

- PRE-HEAT OVEN TO 400 DEGREES F
- SPRAY 2 SHEET PANS WITH NONSTICK SPRAY
- ARRANGE EGGPLANT IN A SINGLE LAYER ON SHEET PANS
- BRUSH OLIVE OIL ON BOTH SIDES OF EGGPLANT SLICES AND SPRINKLES WITH SALT & PEPPER
- ROAST FOR 25 MINUTES, FLIPPING HALFWAY THROUGH
- REMOVE FROM OVEN, TURN TEMP TO 350 DEGREES F
- PREPARE LASAGNA AS USUAL

FOR MORE INFORMATION, E-MAIL

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