Bread Not Butter Roasted Garlic Short Pickles

3 cups cucumber, using Nutrislicer™ slicing blade
1 cup yellow onion, peeled then cut using Nutrislicer™ slicing blade
2 cups filtered water
2 cups cider vinegar
½ cup granulated cane juice or raw sugar
4 whole garlic cloves crushed
2 tbsp. olive oil

glass or stainless steel bowl

- Heat oven to 375°F.
- Place garlic in small, oven proof sauté pan, place in oven for 8-12 minutes or until garlic starts to brown.
- Using oven mitt carefully remove pan, remove garlic place on plate.
- Let oil cool and discard or save for salad dressing or condiment.
- Combine vinegar, water, sugar and salt in small sauce pan.
- Place on medium heat and cook only until sugar has dissolved.
- Place vegetables in glass or stainless steel bowl, add garlic.
- Pour mixture over vegetables, let cool to room temperature.
- Cover and place in refrigerator overnight.
- Drain off liquid, place in glass containers, cover and refrigerate.
- Serve with sandwiches, grilled meats, grilled or baked fish etc. and ENJOY!

Pickled Cucumber Dip

½ cup Bread Not Butter Roasted Garlic Short Pickles, roughly chopped
1 cup low fat sour cream
½ tsp. raw unfiltered honey
½ tsp. sea salt
1 tsp. fresh cilantro chopped
dash of hot sauce (optional)

- In medium bowl mix Bread Not Butter Roasted Garlic Short Pickles, sour cream, honey, salt, cilantro and hot sauce.
- Transfer to serving bolw or covered container.
- Serve with oven baked chips, whole grain corn chips, toasted pita, cut fresh vegetables, condiment for sandwiches, wraps, etc. and ENJOY!
Diablo Garden Pizza

1 cup zucchini, using Nutrislicer™ grating blade
1 cup yellow squash, using Nutrislicer™ grating blade
½ cup peeled yellow onion then cut with Nutrislicer™ grating blade
½ each of red and green bell pepper, cored, seeded and sliced thin
½ cup shredded low fat mozzarella
¼ cup grated Parmesan cheese
½ tsp. hot pepper flakes (optional)
8 or 10 inch ready-made whole grain pizza shell
1/3 cup prepared tomato sauce
2 tbsp. olive oil
1 tsp. salt
pan spray
half sheet pan or cookie sheet, pastry brush

• Preheat oven to 450°F.
• Place zucchini, squash, peppers, onions, in large bowl, sprinkle sea salt, in medium bowl, spray lightly with pan spray and toss gently.
• Spray sheet pan or cookie sheet with pan spray, spread vegetables out on pan.
• Place in oven for 4 - 6 minutes, using oven mitt carefully remove tray from oven. Transfer vegetables onto a plate and let cool slightly.
• Turn pan upside down, spray lightly with pan spray, place pizza shell on sheet pan. Using a pastry brush, lightly brush pizza shell with olive oil.
• Using the back of a tablespoon spread tomato sauce over the shell.
• Distribute vegetables evenly onto pizza shell.
• Top with mozzarella, Parmesan cheese then hot pepper flakes.
• Place in oven for 8-10 min.
• Remove carefully using oven mitt, place pizza on a cutting board.
• Let rest for 5 min. Cut into slices, serve and enjoy!

Dancing Cajun Wrap

1 recipe Shrimp Creole Nutrislicer™ Slaw
2 cups pre-washed mixed greens
½ cup diced vine ripe tomatoes
1 tsp. cocktail sauce
2 tbsp. low fat mayonnaise
2-3 each 8 inch whole grain or vegetable tortilla

• Mix cocktail sauce and mayonnaise in small bowl.
• Spread 1 tsp. mixture on tortilla.
• Place some lettuce and tomato in center of tortilla.
• Spread ¾ - 1 cup Shrimp Creole Slaw on top of lettuce and tomato.
• Fold in sides of tortilla then roll to incorporate ingredients.
• Place on cutting board, slice in half using a serrated knife.
• Place on serving plate and ENJOY!

Shrimp Creole Slaw

3 cups green cabbage, using Nutrislicer™ slicing blade
½ cup pears, using Nutrislicer™ shredding blade
½ cup carrot, using Nutrislicer™ shredding blade
¾ cup tiny shrimp, cooked, cooled and peeled (if using frozen, let thaw first)
½ cup sliced green onion
¼ cup cider vinegar
1 tbsp. granulated cane juice or raw sugar
¾ cup mayonnaise
1 tsp. lemon juice
1 tbsp. filtered water
½ tsp. sea salt
½ tsp. Creole spice

• Combine vinegar, mayonnaise, water, lemon juice, Creole spice, salt and sugar in medium bowl. Whisk until combined (dressing).
• In medium bowl combine cabbage, green onion, carrots and pears.
• Pour dressing over mixture, add shrimp and gently stir until well coated.
• Place in refrigerator for 15-20 minutes.
• Stir gently before serving and ENJOY!
Spicy Chicken Salad Pita

1 recipe Buffalo Chicken Ranch Nutrislicer™ Salad
2 cups pre-washed and cut Romaine lettuce
1 tsp. lemon juice
1 tbsp. low fat sour cream
2 tbsp. low fat mayonnaise
2-3 each whole grain pita bread cut in half

- Mix mayonnaise, sour cream and lemon juice in small bowl.
- Heat sauté pan over low heat.
- Warm up pita, 1 minute per side in the pan.
- Remove and place on serving plate.
- Spread 1 tsp. mayonnaise mixture inside pita.
- Place some lettuce inside pita bread.
- Place ½ cup - ¾ cup Buffalo Chicken Ranch Nutrislicer™ Salad into pita.
- Serve and ENJOY!

Buffalo Chicken Ranch Salad

3 cups green cabbage, using Nutrislicer™ slicing blade
½ cup carrots, using Nutrislicer™ slicing blade
½ cup diced tomatoes
½ cup diced green onions
¼ cup sliced yellow onions
1 cup cooked and cooled chicken breast, shredded or diced
2 tbsp. Buffalo wing sauce
2 tbsp. rice vinegar
1 tsp. low fat sour cream
1 tbsp. granulated cane juice or raw sugar
1¼ cup low fat Ranch dressing
1 tsp. lemon juice
½ tsp. sea salt
½ tsp. fresh chopped dill

- Combine vinegar, ranch dressing, sour cream, lemon juice, dill, salt and sugar in small bowl. Whisk until combined (dressing).
- In medium bowl combine cabbage, carrots, tomatoes and green onion.
- Pour dressing over mixture and gently stir until well coated.
- In small bowl stir wing sauce into chicken until coated.
- Fold chicken into salad mixture.
- Place in refrigerator for 15-20 minutes.
- Stir gently before serving and ENJOY!

Chicken Noodley Soup

1 ½ cups chicken cooked, cooked and cut medium dice (combination of chicken boneless breast and thighs work best)
1 ½ cups carrots, using Nutrislicer™ grating blade
½ cup yellow squash, using Nutrislicer™ grating blade
¼ cup cooked and cooled chicken breast, shredded or diced
2 tbsp. Buffalo wing sauce
2 tbsp. rice vinegar
1 tsp. low fat sour cream
1 ½ tbsp. corn starch dissolved in ¼ cup filtered water
1 tsp. sea salt and fresh ground black pepper to taste

- Place 2 tbsp. olive oil in stock pot or large sauce pan over medium heat.
- Add zucchini, squash, onions, carrots, beet, and sauté until vegetables are tender, about 10 minutes.
- Stir in chicken, heat 2 minutes, then stir in corn starch mixture, cook 1 additional minute.
- Remove from heat.
- Season with salt and pepper.
- Transfer to soup bowls. Serve and ENJOY!
Grilled Chicken Parmesan with Spaghetti

2-3 grilled chicken breasts, cooked and kept warm (do this after all other ingredients are prepped and ready)
¾ cup prepared tomato sauce
2-3 slices Provolone cheese
¼ cup fresh grated Parmesan cheese
2 cups zucchini, using Nutrislicer™ grating blade
2 cups yellow squash, using Nutrislicer™ grating blade
1 cup peeled yellow onion, then cut using Nutrislicer™ grating blade
½ cup carrots, then cut using Nutrislicer™ grating blade
¼ cup olive oil
½ tsp. minced garlic
¼ tsp. hot pepper flakes (optional)
½ tsp. sea salt and fresh ground black pepper to taste

• Turn on broiler in oven.
• Place grilled chicken breasts on a rack, on an aluminum covered baking pan.
• Top each chicken breast with some tomato sauce, some Parmesan cheese and 1 slice of Provolone cheese.
• Heat large sauté pan over medium high heat.
• Add olive oil, zucchini, hot pepper flakes, squash, carrots, onion, garlic to pan and sauté for 2-3 minutes.
• Add stock to pan and cover, turn heat down to medium and cook covered for 2-3 minutes.
• Remove cover, reduce all liquid, remove from heat.
• Place chicken breasts under broiler until cheese is melted and slightly browned.
• Using oven mitt carefully remove chicken breasts.
• When ready to serve, place some spaghetti in center of plate then top with chicken Parmesan. Serve and ENJOY!

Roasted Vegetable Lasagna

2 cups zucchini, using Nutrislicer™ grating blade
2 cups yellow squash, using Nutrislicer™ grating blade
1 cup peeled yellow onion, then cut using Nutrislicer™ grating blade
¼ cup olive oil
¼ tsp. minced garlic
1 package lasagna noodles, cooked and cooled
16 oz. jar prepared tomato sauce
2 cups low fat Ricotta cheese
2 cups low fat Mozzarella cheese
1/3 cup shredded Parmesan cheese
1 large rectangular non-stick baking pan
pan spray

• Preheat oven to 375°F.
• Heat large oven proof sauté pan over medium high heat.
• Add olive oil, zucchini, hot pepper flakes, squash, carrots, onion, garlic to pan and sauté for 2-3 minutes.
• Place skillet in oven for 6-8 minutes.
• Using oven mitt, carefully remove skillet from oven, transfer to plate and let cool.
• Place layer of tomato sauce on bottom of baking pan.
• Top with noodles, then sauce, then Ricotta, then some roasted vegetables, then Parmesan cheese. Repeat procedure with 1 or two layers depending on how deep pan is.
• Last layer is topped with just sauce and cheese.
• Place in oven and bake 25- 40 minutes.
• Remove from oven and let rest for 10-15 minutes.
• Cut into squares using serrated knife, serve and ENJOY!