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Low-Carb Hacks





Zucchini Noodle Carbonara

Yield:

4 servings

Prep 10 min | Cook 15 min | **Ready in 25 min**

INGREDIENTS

4 medium zucchini, ends trimmed

2 slices bacon

2 garlic cloves, pressed

¼–½ tsp (1–2 mL) red pepper flakes

⅔ cup (150 mL) half-and-half

1 tbsp (15 mL) cornstarch

1 cup (250 mL) frozen peas

1 oz (30 mL) fresh Parmesan cheese

¼ tsp (1 mL) salt

⅛ tsp (0.5 mL) black pepper

Cook's Tips:

Freeze the leftover zucchini disks in a resealable plastic bag. You can grill them, add them to a soup, or make breaded baked zucchini. To make your own breaded baked zucchini, dip the disks in a whisked egg white, then coat them with panko bread crumbs and grated Parmesan cheese. Bake at 400°F (200°C) for 20–25 minutes, or until lightly browned.

DIRECTIONS

1. Spiralize the zucchini using the fettuccine blade on the Veggie Spiralizer, trimming the noodles with the Kitchen Shears. Place the zucchini in a large bowl and squeeze out any excess liquid with paper towels.
2. Dice the bacon. Cook the bacon in the 12" Nonstick Skillet over medium heat for 4–5 minutes, or until it's slightly crispy, stirring occasionally. Add the garlic and red pepper flakes and cook for 30 seconds.
3. Add the zucchini noodles and cook for 3–4 minutes to soften, stirring occasionally.
4. Whisk the half-and-half and cornstarch in a small bowl. Pour the mixture into the skillet and mix well with the Large Chef's Tongs. Add the peas and cook for 3–4 minutes, or until the sauce starts to thicken slightly.
5. Grate the Parmesan and add it with salt and pepper to the skillet and mix well.
6. Remove the skillet from the heat and let it stand for 3–5 minutes to thicken.

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Egg Roll in a Bowl

Yield:

6 servings

Prep 5 min | Cook 15 min | **Ready in 20 min**

INGREDIENTS

Egg Roll

1 tbsp (15 mL) canola oil

½ onion

1 lb. (450 g) ground turkey sausage or pork sausage

1 red bell pepper

2 pkg (14 oz./397 g each) coleslaw mix

Optional: cooked white or brown rice

Optional: chow mein noodles or sesame sticks

Sauce

2 green onions

3 tbsp (45 mL) reduced-sodium & gluten-free soy sauce

1 tbsp (15 mL) honey

1–2 tsp (5–10 mL) Sriracha or other hot sauce

Cook's Tips:

Instead of the coleslaw mix, you can use 1 small head of cabbage and 2 medium grated carrots. Cut the cabbage with the Simple Slicer on the No. 2 setting. In step 3, cook for an additional 3–5 minutes.

DIRECTIONS

1. Heat the oil in the 12" (30-cm) Nonstick Skillet over medium heat for 3–5 minutes. Cut the onion into chunks and chop in the Manual Food Processor.
2. Add the onion and sausage to the skillet. Cook for 5–7 minutes, using the Mix 'N Chop to break the sausage into pieces.
3. Cut the top off of the bell pepper, then remove the seeds and veins with the Scoop Loop®. Finely chop the bell pepper in the processor. Add the bell pepper and coleslaw to the skillet and stir well. Cover and cook for 5–6 minutes. (The mixture will cook down.)
4. For the sauce, add the green onion to the processor; finely chop. Add the soy sauce, honey, and Sriracha; process until combined.
5. Pour the sauce into the skillet. Cook, uncovered, for 1–2 minutes, or until evenly combined and heated through.
6. Place rice into bowls and top with the mixture. Top with chow mein noodles or sesame sticks, if desired.

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Homemade Hummus

Yield:

12 servings

Prep 5 min | Cook 5 min | **Ready in 10 min**

INGREDIENTS

1 can (15.5 oz./440 g) chickpeas, drained (reserve ¼ cup (60 mL) liquid from the can)

1 can (15 oz./425 g) Great Northern beans, drained

Liquid reserved from chickpeas

2 tbsp (30 mL) lemon juice

2 tbsp (30 mL) olive oil

1 garlic clove, peeled

1 tbsp (15 mL) sesame seeds

1 tsp (5 mL) salt

Optional: grilled or raw vegetables, naan or pita bread, or crackers

DIRECTIONS

1. Add the ingredients, in the order listed, to the Deluxe Cooking Blender. Replace and lock the lid. Turn the wheel to select the GRIND setting; press the wheel to start.
2. If the blades are still moving but not blending food, use the tamper to push the ingredients back into the blades.* Tip: Use the tamper in a circular motion to keep the hummus moving into the blades. Do not tamper for more than 30 seconds at a time.
3. Serve with grilled or raw vegetables, naan, pita bread, or crackers.

Cook's Tips:

You can also use the hummus in place of pizza sauce for flatbreads.

Safety Tip:
* Only use the tamper provided with the Deluxe Cooking Blender. Do not force the tamper deeper into the pitcher. Only use the tamper when blending cold and liquid ingredients.

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Roasted Red Pepper & Walnut Dip

Yield:

12 servings

Prep 5 min | Cook 5 min | **Ready in 10 min**

INGREDIENTS

1 jar (16 oz./450 g) roasted red bell peppers, drained (1¼ cups/310 mL)

1½ cups (375 mL) cups (375 mL) shelled walnuts, roasted (see cook's tip)

2 garlic cloves, peeled

1 tbsp (30 mL) olive oil

1 tbsp (15 mL) lemon juice

1 tbsp (15 mL) honey

1 tsp (5 mL) paprika

½ tsp (2 mL) salt

¼ tsp (1 mL) red pepper flakes

Optional: grilled or raw vegetables, naan, pita bread, or crackers

DIRECTIONS

1. Add the ingredients, in the order listed, to the Deluxe Cooking Blender. Replace and lock the lid. Turn the wheel to select the GRIND setting; press the wheel to start.
2. If the blades are still moving but not blending food, use the tamper to push the ingredients back into the blades.*
3. Serve with grilled or raw vegetables, naan, pita bread, or crackers.

Cook's Tips:

Roast the walnuts on a sheet pan for 10–12 minutes at 350°F (180°C).

You can also use the dip in place of pizza sauce for flatbreads.

Safety Tip:

* Only use the tamper provided with the Deluxe Cooking Blender. Do not force the tamper deeper into the pitcher. Only use the tamper when blending cold and liquid ingredients.

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Broccoli-Cheddar Chicken Nuggets

Yield:
6 servings

Prep 15 min | Cook 5 min | **Ready in 30 min**

INGREDIENTS

Chicken

3 oz (90 g) broccoli florets (about 1 1/2 cups/375 mL)

3 oz (90 g) cheddar cheese (3/4 cup/175 mL grated)

1/2 cup (125 mL) dry garlic and herb bread crumbs

1 1/2 lbs (700 g) boneless, skinless chicken breasts

1 tbsp (15 mL) flour

1/4 tsp (1 mL) salt

1 egg white

Canola oil for brushing pan

Honey Mustard Dipping Sauce

1/2 cup (125 mL) 2% plain low-fat Greek yogurt

2 tbsp (30 mL) Dijon mustard

1 1/2 tbsp (22 mL) honey

Cook's Tips:

Save the broccoli stalks and slice in Simple Slicer on #1 setting. Use as dippers or add to salads, soups or stir-fries!

DIRECTIONS

1. Preheat oven to 450°F (230°C). Place broccoli in Manual Food Processor and process until finely chopped.
2. Grate the cheese. Add ½ cup (125 mL) of the cheese and bread crumbs to processor; process until cheese is finely chopped and mixture is combined.
3. Cut chicken into bite size pieces and place into Classic Batter Bowl. Add flour and salt; mix to coat chicken.
4. In a small bowl, whisk egg white and add to batter bowl. Mix until chicken is coated.
5. Pour broccoli mixture into large resealable plastic bag. Add chicken. Squeeze out as much air as possible; knead and shake to mix.
6. Brush bottom of Large Bar Pan with oil using Chef's Silicone Basting Brush. Place chicken onto pan. Separate pieces into an even layer.
7. Bake 11-13 minutes or until internal temperature reaches 165°F (74°C). Sprinkle with remaining cheese; cook 1 more minute or until melted.
8. Combine dipping sauce ingredients in a small bowl. Serve with chicken.



Broccoli Crust Pizza

Yield:

6 servings

Prep 10 min | Cook 20 min | **Ready in 30 min**

INGREDIENTS

Crust

12 oz. (350 g) broccoli florets

2½ oz. (75 g) fresh Parmesan cheese (about 1¼ cups/300 mL grated)

3 oz. (90 g) oz. (90 g) mozzarella cheese (about ¾ cup/175 mL grated)

3 garlic cloves

1 egg

½ cup (125 mL) almond flour

¼ tsp (1 mL) salt

¼ tsp (1 mL) black pepper

Toppings

8 oz. (250 g) fresh mozzarella cheese

1 avocado, pitted

¼ medium red onion

¼ cup (50 mL) prepared pesto (see cook's tip)

1 cup (250 mL) arugula

½ lemon

Cook's Tips:

To make your own pesto, place 2 cups (500 mL) of basil, ¼ cup (50 mL) of pine nuts, and 1 peeled garlic clove in the Manual Food Processor and process until finely chopped. Add ⅓ cup (75 mL) of olive oil, 1 oz. (30 g) of grated Parmesan cheese, ⅛ tsp (0.5 mL) of salt, and ⅛ tsp (0.5 mL) of black pepper. Process to the desired consistency, removing the lid and scraping down the sides of bowl as needed.

DIRECTIONS

1. Preheat the oven to 425°F (220°C). Place parchment paper onto the Rockcrok® Grill Stone or White Large Round Stone.
2. Place the broccoli florets into the Manual Food Processor and process until very finely chopped.
3. Add the broccoli to a medium mixing bowl and microwave, covered, on HIGH, for 2 minutes. Remove the bowl from the microwave.
4. Grate the Parmesan and mozzarella. Press garlic with the Garlic Press. Add the cheeses and remaining crust ingredients to the bowl and stir until combined.
5. Place the broccoli mixture onto the stone and spread it evenly, leaving a ½" (1.25-cm) border (see photo in cook's tip). Bake for 20–22 minutes, or until the crust is lightly browned.
6. Slice the mozzarella and avocado with the Quick Slice. Slice the onion with the Simple Slicer on the No. 1 setting. Top the broccoli crust with pesto, cheese, arugula, avocado, and onion. Use the Citrus Press to juice the lemon over the pizza.

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