





### 01. Breakfast Beet Wrap

Who doesn't love a good breakfast burrito? This variety is definitely the "adult" version of the burritos you may be used to. Filled with eggs, guacamole, salsa and beet veggie spaghetti, you'll be impressing everyone at your next brunch!



Serves - 4



2 - Minutes Prep

5 - Minutes Cook

# Ingredients

- 4 flour burrito tortillas
- 8 eggs
- 1 container Crazy Fresh Salsa of your choice
- 1 container Crazy Fresh Guacamole of your choice
- 1 package shredded cheddar cheese
- 1 package Crazy Fresh Beet
   Veggie Spaghetti
- 1 package breakfast sausage

- 1. Heat up a pan on medium-high heat, and scramble the eggs.
- 2. Add in the salsa and breakfast sausage.
- 3. Microwave the Beet Veggie Spaghetti for 90 seconds to soften.
- 4. Assemble the burritos on the tortillas, filling with egg mixture and beet spaghetti, and topping with guacamole and cheese.





#### 02. Sweet Potato Latkes

Latkes, traditionally made out of potatoes, are a classic Hanukkah treat. Because they're so delicious, eating them any time of the year is definitely worth it, especially with this twist on them!



Serves - 12



10 - Minutes Prep

10 - Minutes Cook

# Ingredients

- 1 package Crazy Fresh Sweet
   Potato Veggie Spaghetti
- 1 onion, peeled and halved
- 2 large eggs
- 1/2 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon freshly ground black pepper
- Avocado oil, for frying

- Grate the onion, and transfer to a clean dishtowel. Squeeze and wring out as much of the liquid as possible.
- In a large bowl, add the eggs, flour, salt, baking powder and pepper.
   Mix until the flour is absorbed. Mix in the onion and veggie spaghetti.
- 3. In a medium pan over medium-high heat, pour in about 1/4 inch of oil. Once the oil is hot, use a heaping tablespoon to drop the batter into the hot pan. Use a spatula to flatten.
- 4. When the edges of the latkes are brown and crispy, about 5 minutes, flip. Cook until the second side is deeply browned.
- 5. Drain on a paper towel and salt.





# 03. Butternut Squash Spaghetti Hash

Does it get any cozier than butternut squash? It's the perfect veggie during the cold, winter months. This hash is a hearty and satisfying way to start your day, whether you're lounging at home all day or enjoying the snow outside!



Serves - 4



5 - Minutes Prep

10 - Minutes Cook

### Ingredients

- 2 tablespoons avocado oil
- 1 package Crazy Fresh ButternutSquash Veggie Spaghetti
- 4 ounces Crazy Fresh Diced Onion
- 6 pre-cooked sausage links, sliced
- 1/2 tablespoon minced garlic
- 1 tablespoon fresh thyme, minced
- 2 cups fresh spinach, chopped
- 4 large eggs
- Salt and pepper to taste

- Heat a cast iron pan over medium-high heat. Add avocado oil.
- 2. When the avocado oil is fragrant, add squash noodles. Sauté for 5 minutes, stirring frequently. Add onion, and cook for an additional 5 minutes.
- 3. Add in sausage, garlic and thyme and let cook for 1-2 minutes.
- 4. Finally, add spinach and let it cook down for 3-5 minutes.
- 5. Create 4 divots in your squash hash with a spoon, and crack an egg in each one. Turn heat down to low, cover pan, and let cook for 7-10 minutes.
- 6. Remove from heat and season.





# 04. Zucchini Veggie Potato Pancakes

Everyone knows the classic potato pancake, but we've put a healthy twist on an old favorite by adding our Zucchini Veggie Spaghetti. The zucchini keeps these pancakes extra moist, making them a great breakfast addition!



Serves - 4



15 - Minutes Prep

10 - Minutes Cook

### Ingredients

- 1/2 package Crazy Fresh Zucchini
   Veggie Spaghetti
- 1 cup Crazy Fresh B-Red Potatoes, peeled and shredded
- 1/2 cup bread crumbs
- 3 tablespoons all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 eggs, lightly beaten
- 6 ounces Crazy Fresh Diced Onion
- 2 cloves garlic, minced
- 4 tablespoons canola oil, divided

- In a sieve or colander, drain the zucchini and potato, squeezing to remove excess liquid. Pat dry, and set aside.
- 2. In a large bowl, combine the bread crumbs, flour, baking soda, salt and pepper.
- 3. Stir in eggs until blended. Add the onion, garlic and zucchini mixture. Toss to coat.
- 4. Heat 2 tablespoons oil in a large nonstick skillet over medium heat.
- 5. Drop batter by 1/4 cup into oil. Fry in batches until golden brown on both sides, using remaining oil as needed.







# 05. Creamy Kale w/ Butternut Squash

If you're looking for a delicious vegetarian meal, look no further! This is one meatless dish that definitely delivers. And with only 4 ingredients, this spaghetti dish is perfect to throw together in minutes!



Serves - 4



5 - Minutes Prep

10 - Minutes Cook

# **Ingredients**

- 1 package Crazy Fresh ButternutSquash Veggie Spaghetti
- 2 cups Alfredo sauce
- 4 cups kale, torn
- 1/2 cup Gruyère cheese, grated

- 1. In a medium pot, bring the Alfredo sauce to a gentle simmer.
- 2. Stir in the kale until tender.
- 3. Microwave an individual portion of spaghetti, and ladle Alfredo sauce over the noodles.
- 4. Top with cheese, and enjoy warm.





# 06. Zucchini Caprese Pasta

Lunches are meant to be three things: fast, healthy and full of flavor. This Zucchini Caprese
Pasta checks all those boxes and then some! Ready in five minutes with minimal
preparation means it's perfect for any busy person!



Serves - 2



2 - Minutes Prep

2 - Minutes Cook

### Ingredients

- 1 package Crazy Fresh Zucchini
   Veggie Spaghetti
- 1/2 cup pesto
- 1 cup grape tomatoes, halved
- 1/4 cup mozzarella

- 1. On a microwave safe plate, put half of the veggie spaghetti, and spread pesto over the top.
- 2. Sprinkle with tomatoes and mozzarella.
- 3. Microwave for 1 1/2 minutes until the noodles are al dente, and enjoy warm.





#### 07. Thai Peanut Sweet Potato Noodles

This Thai Peanut Sweet Potato Noodles dish is a healthy, low-carb twist on your favorite Thai takeout order. It's both irresistible and healthy, and the creamy, savory sauce is so simple to make!



Serves - 4



5 - Minutes Prep

2 - Minutes Cook

# **Ingredients**

- 1 package Crazy Fresh Sweet
   Potato Veggie Spaghetti
- 1/3 cup peanut butter
- 1/4 cup honey
- 2 tablespoons tamari (gluten-free soy sauce)
- 1 tablespoon rice vinegar
- 1/2 teaspoon Sriracha

- 1. Combine all ingredients except spaghetti in a bowl.
- 2. Combine well.
- 3. Microwave the Veggie Spaghetti for 90 seconds.
- 4. Toss the spaghetti in the sauce.
- You can also use raw noodles.This pairs well with grilled pork.





#### 08. Warm Beet and Blue Salad

This salad is sweet, savory, tangy, creamy and crunchy all at once - exactly what a good salad should be! It is a great accompaniment to roasted chicken or any grilled meat, but is also great just on its own!



Serves - 4



5 - Minutes Prep

5 - Minutes Cook

# Ingredients

- 10 ounces spring mix
- 1 package Crazy Fresh BeetVeggie Spaghetti
- 1/4 cup blue cheese dressing
- 1/3 cup walnuts
- 4 sunny side up eggs
- 1/4 cup balsamic vinaigrette
- 2 Sky Valley Navel Oranges, segmented

- 1. Microwave Beet Spaghetti for 90 seconds. Let it cool until it is warm to the touch.
- 2. Toss the spaghetti with the blue cheese dressing.
- 3. Lay out spring mix, and top with cooked spaghetti.
- 4. Top with a sunny side up egg, and garnish with walnuts, balsamic and Sky Valley Navel Orange segments.







# 09. Butternut Squash Beef Stroganoff

Beef stroganoff was always a favorite for many people growing up. We've lightened it up by using our Butternut Squash Veggie Spaghetti, giving it more nutrition, and in our opinion, a better flavor!



Serves - 8



10 - Minutes Prep

20 - Minutes Cook

### Ingredients

- 1 pound meatballs
- 1 package Crazy Fresh Steak
   Topper Short Cuts
- 2 packages Crazy Fresh ButternutSquash Veggie Spaghetti
- 1 heaping tablespoon Dijon m ustard
- 1/2 cup sour cream
- 2 cups beef stock
- 1 tablespoon garlic
- 4 tablespoons butter
- 1/4 cup cornstarch
- Green onions, sliced for garnish

- 1. Heat 1 tablespoon of butter in a heavy skillet over medium-high heat.
- Add the garlic and Steak Topper, and cook until the mixture is a deep golden-brown, about 5-7 minutes.
- 3. Add the stock, and scrap the bottom of the pan. Cook to reduce the liquid by about a third, around 3-4 minutes.
- 4. Make a cornstarch slurry by mixing stock and cornstarch with a fork. Pour the slutty into the skillet, and cook until the sauce thickens, about 1-2 minutes. Turn off the heat.
- 5. Stir in sour cream and Dijon. Add the meatballs, and season.
- 6. Serve over cooked spaghetti.





#### 10. Zucchini Chicken Marsala

When you're having guests over and want to impress, give this chicken marsala recipe a go! It is bursting with flavor, is lower in calories than the traditional dish, and is guaranteed to have your guests asking for seconds!



Serves - 4



15 - Minutes Prep

20 - Minutes Cook

### Ingredients

- 4 chicken breasts
- All-purpose flour, for dredging
- Salt and pepper to taste
- 1/4 cup olive oil
- 4 ounces bacon, thinly sliced
- 8 ounces cremini mushrooms, halved
- 1/2 cup Pinot Noir
- 1/2 cup brandy
- 1 cup chicken stock
- 2 tablespoons unsalted butter
- 1/4 cup parsley, chopped
- 1/2 cup shallots, chopped
- 1 tablespoon garlic, chopped
- 1 package Crazy Fresh Zucchini Veggie Spaghetti

- 1. Butterfly chicken breasts, and season with salt and pepper.
- 2. Heat oil over medium-high heat in a large skillet. When the oil is hot, dredge chicken in flour. Carefully place in the pan, and fry for 5 minutes per side. Set aside, but keep it warm.
- Lower the heat to medium, and add the bacon, cooking to render out the fat. Add the mushrooms, garlic and shallots. Cook until browned, about 5 minutes.
- 4. Pour the wine, brandy and stock into the pan, and simmer for 5 minutes.
- 5. Stir in the butter, and return the chicken to the pan. Simmer.
- Sauté Veggie Spaghetti for 5 minutes, and plate with chicken.





#### 11. Beet Panzanella w/ Pan Fried Chicken

Panzanella, a traditional Italian bread salad, is made even better with the addition of our Crazy Fresh Beet Veggie Spaghetti! This hearty, main-dish salad is loaded with color, texture and flavor that comes together in a flash!



Serves - 2



5 - Minutes Prep

20 - Minutes Cook

### Ingredients

- 1 container Crazy Fresh Beet Veggie Spaghetti
- 8 ounce loaf Italian Bread
- 2 cups tomatoes, cut into wedges
- 1/2 cup red onion, sliced
- 2 chicken breasts
- 1/4 cup olive oil
- 1 tablespoon red wine vinegar
- 1/4 cup basil leaves, chopped
- Salt and pepper to taste

- 1. Sauté chicken in large pan over medium heat until cooked through, about 10 minutes.
- 2. Cut the bread into 1-inch cubes, and drizzle lightly with olive oil. Sauté bread in the same large pan over medium heat until toasted.
- 3. Add beet noodles, tomatoes and onions until browned. Do not overcook!
- 4. Plate the bread and vegetables.
- 5. Mix together olive oil, vinegar, salt and pepper. Pour over the salad, tossing gently.
- 6. Garnish with basil, salt and pepper.





# 12. Sweet Potato Spaghetti Taco Casserole

Who doesn't love a fun Taco Tuesday? Now you can make it low-carb with our Sweet Potato Veggie Spaghetti. This casserole is so good, your kids will keep coming back for more. You won't even miss the hard shells!



Serves - 6



### Ingredients

- 2 pounds seasoned ground beef or shredded chicken
- 2 packages Crazy Fresh Sweet
   Potato Veggie Spaghetti
- 1 cup corn
- 1 can enchilada sauce
- 15 ounces black beans
- 1 cup pepper jack cheese, shredded
- 1 container Crazy Fresh Pico de Gallo
- 1 container Crazy Fresh Authentic Guacamole
- Green onion, for garnish

- 1. Preheat oven to 400°F.
- 2. Place the spaghetti in a 9 x 13 oval casserole dish.
- 3. Mix together enchilada sauce, Pico de Gallo, meat, corn and beans.
- 4. Pour mixture over the noodles.
- 5. Top with cheese, and cover with aluminum foil.
- 6. Bake for 1 hour or until sweet potato noodles are tender.
- 7. Top with guacamole and green onion before serving.







### 13. Beet Bonanza Smoothie

Looking for more ways to get beets in into your diet? Their impressive nutritional benefits and earthy taste make them a great addition to smoothies. Combined with protein powder, this combo packs a punch of vitamins and minerals!



Serves - 4



0 - Minutes Prep

0 - Minutes Cook

### Ingredients

- 1/4 package Crazy Fresh Beet
   Veggie Spaghetti
- 1 cup plain, nonfat Greek yogurt
- 1 1/2 cups milk
- 2 1/2 teaspoons vanilla extract
- 1/3 cup chocolate whey protein powder
- 1/4 cup oat flour
- 1/4 cup cocoa powder
- 2 tablespoons sugar
- Pinch of salt
- 6 cups ice cubes

- 1. Blend all ingredients together until smooth.
- 2. Add water to thin and more yogurt to thicken.





# 14. Butternut and Apple Crisp

This dessert showcases the versatility of butternut squash - roasted and gooey in the company of sweet apples in a dessert that can also double as tomorrow's breakfast. Serve it with vanilla ice cream or whipped cream - you won't regret it!



Serves - 6



5 - Minutes Prep

45 - Minutes Cook

# Ingredients

#### Filling:

- 2 containers Crazy FreshButternut Squash Veggie Spaghetti
- 3 Granny Smith apples, peeled, cored and chopped
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon pure vanilla extract
- 1/3 cup sugar
- 1 tablespoon cornstarch
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon salt Topping:
- 1/3 cup sugar
- 1/4 cup almond flour
- 1 cup oats
- 1/4 teaspoon ground cinnamon
- 6 tablespoons butter, melted
- Pinch of salt

- 1. Preheat oven to 350°F. Spray a 9 x 9 baking dish with pan release.
- 2. In a large bowl, combine butternut squash noodles, apples, apple cider vinegar, vanilla extract, sugar, cornstarch, cinnamon and salt. Stir to combine.
- 3. Transfer mixture to prepared dish.
- 4. Mi together all the topping ingredients. Stir well. Scatter topping over top of squash and fruit mixture.
- 5. Cover with foil, and bake for 30 minutes. Uncover and cook for additional 15 minutes.
- 6. Let crisp rest for 10 minutes before serving. Serve with ice cream or whipped cream.





# 15. Sweet Potato Spaghetti Cookie Cake

Everything you've known about cookies and cakes have now been flipped upside down!

This cookie cake is full of sweet potato, giving it a hearty and sweet flavor. Covered in fruit dip, this is one dessert your colleagues will be glad you brought to work!



Serves - 6



10 - Minutes Prep

20 - Minutes Cook

### Ingredients

- 1 cup instant oats
- 3/4 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons ground cinnamon
- 1/8 teaspoon salt
- 2 tablespoons butter, melted and cooled slightly
- 1 large egg, room temperature
- 1 teaspoon vanilla extract
- 1/2 cup maple syrup
- 1 cup Crazy Fresh Sweet PotatoVeggie Spaghetti
- 1 container Crazy Fresh Fruit Dip

- 1. Preheat the oven to 325°F. Lightly coat a cake pan with nonstick cooking spray.
- 2. In a medium bowl, whisk together oats, flour, baking powder, cinnamon and salt.
- 3. In a separate bowl, whisk together the butter, egg and vanilla. Stir in the maple syrup until thoroughly incorporated.
- 4. Add in the flour mixture, stirring until just incorporated. Fold in the spaghetti.
- 5. Spread the dough evenly across the prepared pan.
- 6. Bake for 17-20 minutes. Cool completely, then frost with Crazy Fresh Fruit Dip.





# 16. Zucchini Veggie Spaghetti Muffins

Zucchini is known to make cupcakes and muffins extra moist, which is why we've added them to your favorite muffin recipe! These are good enough to eat for breakfast or as a nice dessert after dinner. They'll be gone before you know it!



Serves - 24



5 - Minutes Prep

20 - Minutes Cook

# Ingredients

- 1 package Crazy Fresh Zucchini
   Veggie Spaghetti
- 1 package muffin mix of your choice, with required ingredients
- 1 container Crazy Fresh Fruit Dip
- Muffin cups

- 1. Preheat oven to 350°F.
- 2. Mix muffin batter as directed.
- 3. Fill 1/3 of muffin cups with zucchini noodles. You can trim the length of the noodles if need be.
- 4. Fill muffin cups 2/3 full with batter.
- 5. Bake for 10 minutes, turn pan, and bake for another 10 minutes.
- 6. Ensure muffins are cooked with a toothpick in the center of the muffins.
- 7. Let muffins cool, then frost with fruit dip if desired.

