Spiralized Zucchini Pasta (Serves 4)

4 medium zucchini
3 tablespoons extra virgin olive oil
1 tablespoon minced garlic (3 to 4 cloves)
½ teaspoon crushed red pepper flakes
2 Roma tomatoes, chopped
½ cup shredded parmesan cheese, plus more for serving
½ cup basil leaves, torn into pieces
½ cup baby spinach leaves
2 teaspoon cornstarch
2 tablespoon cold water
Salt, to taste

1. Trim and spiralize zucchini, cutting strands into spaghetti length.
2. Heat a large pan over medium-high heat, add oil and heat oil until how. Add garlic and red pepper into the pan and cook until the garlic begins to brown, quickly add zucchini and toss with tongs.
3. Cook zucchini, constantly tossing for 2-3 minutes or until “al dente.” Remove zucchini from pan.
4. Add a little more oil to the pan if needed and add tomatoes, basil, spinach, and cheese, cook for 30-45 seconds, return zucchini and accumulated liquid into the pan, mix cornstarch and water, add to the pan and cook for 30 seconds, season with salt and pepper and serve.

Pesto Chicken Meatball (Serves 4)

1 lb ground chicken
½ grated onion, about ¾ cup
½ cup oatmeal, regular or quick
¼ cup grated parmesan
¼ c pesto
1 egg
½ teaspoon kosher salt
¼ teaspoon black pepper

1. Preheat your oven to 400 degrees and line a baking sheet with parchment paper, foil or coat well with oil.
2. In a mixing bowl, combine chicken with onion, oatmeal, parmesan, pesto, egg, salt, and pepper, mix just until combined. Form into 18-20 meatballs and place them on the baking sheet.
3. Bake for 20-25 minutes, rotating pan halfway through the cooking process. Serve meatballs with zucchini pasta.

Pesto (Makes a little over 1 cup)
16 ounces fresh spinach leaves
2 cup firmly packed basil leaves
2 cup firmly packed fresh parsley
½ cup pine nuts, or walnut toasted
1 cup grated or shredded good parmesan or nutritional yeast
8 cloves garlic, smashed
Salt and pepper to taste
8 tablespoon extra virgin olive oil
Water or more olive oil as needed

1. Combine all ingredients in a food processor or blender, mix until the desired consistency, adding more oil or water as needed. Freeze flat in a freezer bag or freeze in an ice cube tray and pop out once frozen and store in a freezer bag. *Store refrigerated for 1 week at most

The BEST Cauliflower Crust Pizza (Makes about 10”-12” pizza)

½ medium head cauliflower, about 2 ½ cups frozen “riced” cauliflower, or about 4 cups of florets
2 ½ tablespoons ground flax or chia mixed with 1/4 cup water set aside for at least 30 minutes
1/3 cup whole wheat or gluten-free flour like almond, quinoa, or GF blends
1 teaspoon Italian seasoning
½ teaspoon garlic powder
½ teaspoon kosher salt
Pizza sauce, cheese, pepperoni, and other desired toppings

1. If you are using whole cauliflower, steam the florets until tender, or steam in your microwave until tender. To microwave steam, place florets in a bowl with a little water, cover bowl and microwave for 2 minutes, stir and cook for another 1-2 minutes or until tender. The florets should easily fall apart when you pierce them with a fork or knife.

2. Allow cauliflower to cool until you can handle it, then drain excess water and place in a food processor. Mix, pulse, cauliflower in the food processor until you get a mixture that resembles fine couscous. Place riced cauliflower in a towel or cheesecloth and squeeze out all the excess water.

3. Combine all the ingredients except the pizza toppings and form into a round ball. Press or roll the pizza crust to about ¼” thick and bake in a 400-degree oven for about 20-25 minutes, or until firm. If you want a crispier crust, you can flip the crust in the last 5 minutes to “dry” out the other side and give you a crispier crust.

4. Remove crust from oven and top with your desired toppings. Once toppings are on, you can place the pizza under a broiler or back in a 400-degree oven to melt the cheese.