

COLLECTION OF RECIPES

BE INSPIRALIZED

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e vegetables

... will never taste so good.

Be Inspiralized

*ve*getables

... will never taste so good.

I am excited to be able to inspiralize you with new ways to enjoy vegetables!

It is my passion to educate, encourage and equip busy families with the food preparation skills to make healthy eating the easier choice. Simple as that, because when you eat great food, you feel great and can accomplish great things!

Enjoy the recipes & remember to relish each and every bite.

-Amanda Li

RECIPE COLLECTION

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MAPLE WALNUT BUTTERNUT SQUASH SALAD

~ 4 ~



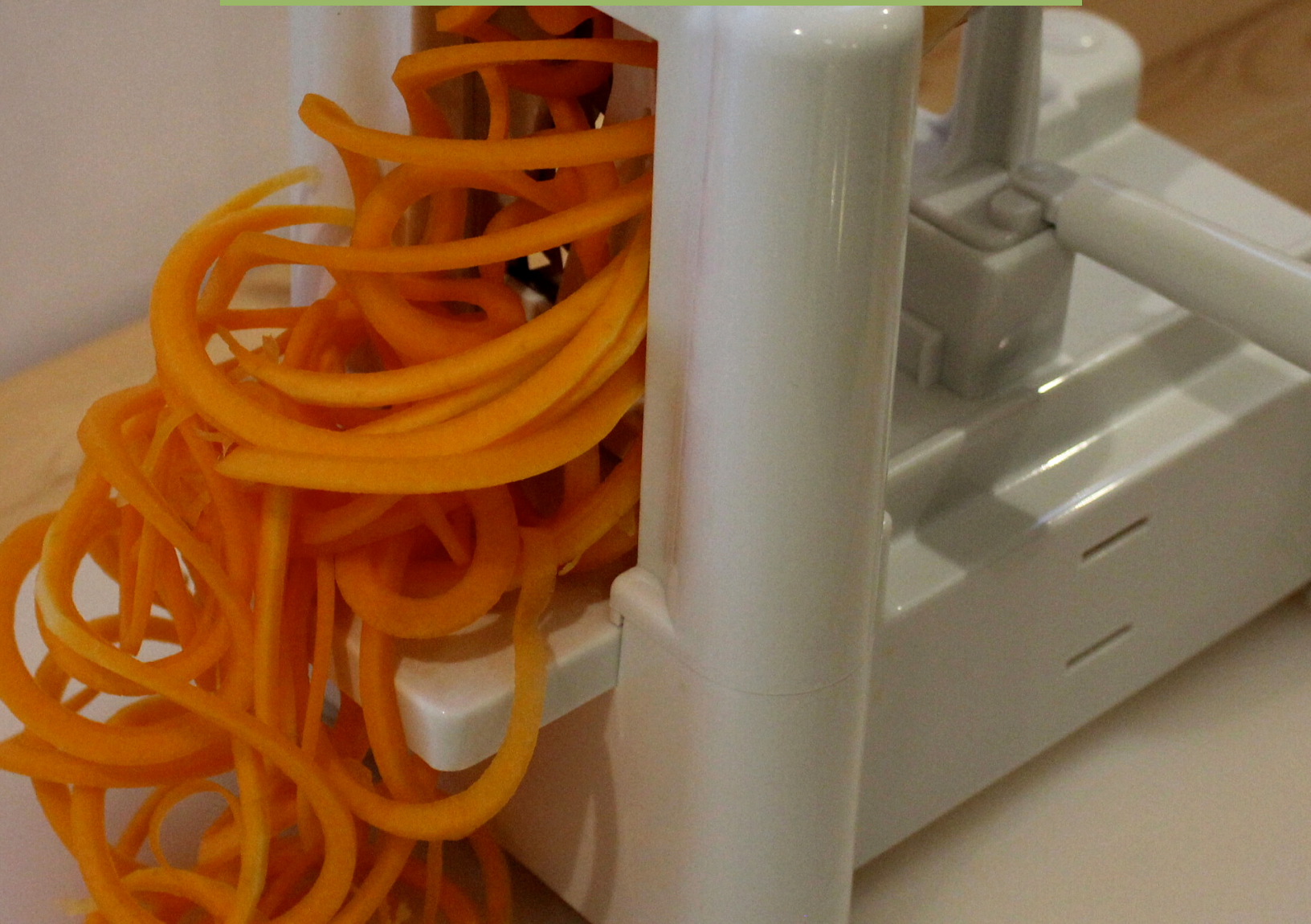
WHAT YOU NEED

SERVES 4

1 medium butternut squash, peeled and bulbous seeded-end chopped off
2 tbsp olive or walnut oil
1 asian pear, peeled and thinly sliced
142g organic baby arugula
1/2 cup pomegranate seeds
1/2 cup walnuts
2 tbsp maple syrup
2 tbsp apple cider vinegar
1 tsp dijon mustard
sea salt & freshly cracked black pepper

MAPLE WALNUT BUTTERNUT SQUASH SALAD

~ 5 ~



STEP 1

SPIRALIZE

Using the fettucini blade, spiralize the squash. Transfer onto a lined baking tray. Toss with oil and bake for 10 minutes at 400F.

STEP 2

WHISK

In a large bowl, whisk together the syrup, vinegar, mustard, salt and pepper.

STEP 3

TOSS

Once the squash is cooked, add all the ingredients into the bowl with the dressing and toss to combine. Enjoy immediately or store in the fridge for up to 2 days.

CUCUMBER NOODLES WITH SPICY PEANUT SAUCE

~ 6 ~



WHAT YOU NEED

SERVES 4

- 2 English cucumbers
- 1 lb cooked shrimp (optional)
- 2 tbsp all-natural crunchy peanut butter
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp fish sauce
- 1 tbsp maple syrup
- 1 clove garlic
- 1 tbsp freshly grated ginger
- 1/2 tsp hot pepper flakes
- sea salt & freshly cracked black pepper

CUCUMBER NOODLES WITH SPICY PEANUT SAUCE

~ 7 ~



STEP 1

SPIRALIZE

Using the fettucini blade, spiralize the cucumber and transfer to a large mixing bowl.

STEP 2

WHISK

In a small bowl, whisk together the peanut butter, vinegar, oil, fish sauce, maple syrup, garlic, ginger, hot pepper flakes, salt and pepper.

STEP 3

TOSS

Pour the dressing over the cucumber noodles, add in the shrimp if using, and toss to combine. Enjoy or chill in the fridge for up to 2 days.

CUCUMBER NOODLES WITH CREAMY AVOCADO DRESSING

~ 8 ~



WHAT YOU NEED

SERVES 4

- 2 English cucumbers
- 1 large perfectly ripe avocado, peeled and pitted
- 1 clove garlic
- 1 large lemon, zested
- 2 tbsp freshly squeezed lemon juice
- 1 tsp dijon mustard
- 1/2 cup fresh basil leaves
- sea salt & freshly cracked black pepper

CUCUMBER NOODLES WITH CREAMY AVOCADO DRESSING

~ 9 ~



STEP 1

SPIRALIZE

Using the fettucini blade, spiralize the cucumbers and transfer the noodles into a large mixing bowl.

STEP 2

BLEND

In a food processor, combine the avocado, garlic, lemon, mustard, basil, salt and pepper. Blend until smooth.

STEP 3

TOSS

Pour the dressing over the cucumber noodles and toss to combine. Enjoy or chill in the fridge for up to 2 days.

ZUCCHINI RIBBON SALAD WITH SWEET CORN

~ 10 ~



WHAT YOU NEED

SERVES 4

- 2 medium zucchini (green & yellow)
- 1/2 cup sweet corn kernels
- 1/2 cup red onion, thinly sliced
- 1/4 cup fresh cilantro, finely chopped
- 1 tbsp extra virgin olive oil
- 2 tbsp white balsamic vinegar (Trebiano Grapes)
- sea salt & freshly cracked black pepper

ZUCCHINI RIBBON SALAD WITH SWEET CORN

~ || ~



STEP 1

SPIRALIZE

Using the ribbon blade spiralize the zucchini and transfer the ribbons into a large mixing bowl.

STEP 2

WHISK

In a small bowl, whisk together the oil, vinegar, salt and pepper.

STEP 3

TOSS

Pour the dressing over the zucchini, add remaining ingredients and toss to combine. Enjoy immediately.

ZUCCHINI FETTUCINI WITH PISTACHIO PESTO

~ 12 ~



WHAT YOU NEED

SERVES 4

- 4 zucchinis
- 1/2 cup unsalted pistachios
- 2 cups loosely packed fresh basil leaves
- 1 clove garlic
- 1 large lemon, zested
- 2 tbsp freshly squeezed lemon juice
- 1/3 cup extra virgin olive oil
- sea salt & freshly cracked black pepper
- grated parmesan (optional)

ZUCCHINI FETTUCINI WITH PISTACHIO PESTO

~ 13 ~



STEP 1

SPIRALIZE

Using spaghetti blade, spiralize the zucchini and transfer to a parchment-lined baking tray. Bake for 10 minutes at 400F.

STEP 2

BLEND

In a food processor, combine the pistachio, basil, garlic, lemon, olive oil, salt and pepper. Pulse until just combined.

STEP 3

TOSS

Pour the pesto over the cooked zucchini noodles and toss to combine. Grate parmesan cheese on top before serving.

GARLIC THYME CHAYOTE TURKEY STIR-FRY
~ 14 ~



WHAT YOU NEED

SERVES 4

3 chayote squash
1 tbsp olive oil
1/2 cup finely sliced shallots
1 lb ground turkey
2 cloves garlic, finely minced
2 tsp fresh thyme, finely minced
sea salt & freshly cracked black pepper

GARLIC THYME CHAYOTE TURKEY STIR-FRY

~ 15 ~



STEP 1

SPIRALIZE

Using blade C, spiralize the chayote.

STEP 2

CARAMELIZE

Heat a skillet over medium heat, add oil and shallots. Saute for 3 minutes, then add the turkey. Using a spatula, break apart the meat.

STEP 3

TOSS

Add in the squash and remaining ingredients. Cook for 5-6 minutes, stirring constantly until turkey is cooked and noodles are softened.

PAD THAI

~ 16 ~



WHAT YOU NEED

SERVES 4

- 1 lb carrots
- 2 tbsp grapeseed oil
- 2 large scrambled eggs
- 2 tbsp tamarind paste
- 2 tbsp fish sauce
- 2 tbsp freshly squeezed lime juice
- 2 tbsp maple syrup
- 2 cloves garlic, finely minced
- 2 cups bean sprouts
- 1/4 cup cashews, roughly chopped

PAD THAI
~ 17 ~



STEP 1

SPIRALIZE

Using blade D, spiralize the carrot.

STEP 2

WHISK

Soak tamarind in 1/2 cup boiling water. Strain and reserve the tamarind water, whisking in the fish sauce, lime, syrup and garlic.

STEP 3

TOSS

Heat a skillet over high heat, add oil, carrots, bean sprouts and tamarind sauce. Cook for 5 minutes until carrots are softened. Garnish with eggs and cashews.

BALSAMIC GLAZED ROASTED BEETS

~ 18 ~



WHAT YOU NEED

SERVES 4

1 lb beets, peeled
2 tbsp extra virgin olive oil
2 tbsp balsamic vinegar
2 tbsp maple syrup
sea salt & lots of freshly cracked black pepper
crumbled goat cheese (optional)

BALSAMIC GLAZED ROASTED BEETS

~ 19 ~



STEP 1

SPIRALIZE

Using fettucini blade, spiralize the beet and transfer onto a parchment-lined baking tray. Toss with oil and bake for 15 minutes at 400F.

STEP 2

WHISK

Combine vinegar and maple syrup in a sauté pan. Cook over medium heat until the liquid is slightly thickened, about 5-6 minutes.

STEP 3

TOSS

Drizzle the glaze over the roasted beets. Serve hot or cold. Garnish with crumbled goat cheese if desired.

BAKED LAYERED APPLE PANCAKE

~ 20 ~



WHAT YOU NEED

SERVES 4

- 2 crisp apples (granny smith, honeycrisp, gala)
- 2 tsp coconut oil
- 6 large free-range eggs
- 1/4 cup coconut flour
- 1/4 tsp baking soda
- 2 tbsp maple syrup
- 1 tsp pure vanilla extract

BAKED LAYERED APPLE PANCAKE

~ 21 ~



STEP 1

SPIRALIZE

Using the ribbon blade, spiralize the apples and arrange slices in overlapping rows in a greased oven-safe skillet. Bake at 400F for 10 minutes.

STEP 2

BLEND

In a blender, combine eggs, coconut flour, baking soda, maple syrup and vanilla.

STEP 3

TOSS

Pour batter over apples and bake until puffed and brown, about 15 minutes. Serve warm.

ASIAN PEAR SALAD WITH BLACK CHERRY EARL GREY SYRUP
~ 22 ~



WHAT YOU NEED

SERVES 4

- 2 asian pears, peeled
- 2 cups black cherries
- 1 tbsp maple syrup
- 1 tsp freshly grated lemon zest
- 1 tbsp freshly squeezed lemon juice
- 2 tsp earl grey tea leaves

ASIAN PEAR SALAD WITH BLACK CHERRY EARL GREY SYRUP

~ 23 ~



STEP 1

SPIRALIZE

Using spaghetti blade, spiralize the asian pear and transfer to a serving platter.

STEP 2

BLEND

In a blender, combine 1 cup cherries, maple syrup, lemon and earl grey tea leaves. Blend on high until smooth.

STEP 3

TOSS

Drizzle the syrup over the pear noodles. Garnish with remaining cherries and serve immediately.

Relish every bite ~



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