

## **Shirataki Noodle Testimonial and Recipes**

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### **Testimonial**

**As a Nutritionist, I wanted to let you know how pleased I am with your Shirataki noodles. I recommend them to all of my clients because of their delicious taste and easy-to-prepare directions. Every time I open a bag of Shirataki noodles, I know they'll taste exceptional. Many of my clients and I suffer from gluten and dairy intolerance; your noodles have truly changed our lives! Thank you, Shirataki for providing my clients and I with a scrumptious, healthy solution to our longing for pasta!**

### **Recipes**

#### **Lemon Smoked Salmon Pasta**

#### **Ingredients**

- 2 bags Shirataki Spaghetti Tofu Noodles
- ½ lb. thin to medium asparagus, trimmed and cut diagonally into 2 inch pieces
- 2 scallions, slivered
- ½ cup Greek plain yogurt
- ½ lemon, squeezed
- Dash of fresh ground pepper
- Dash of cumin
- Handful of fresh cilantro
- ¼ lb. thinly sliced smoked salmon, cut crosswise into thin strips

#### **Directions**

- Drain Shirataki noodles and cook per directions on package.
- Blanch the asparagus until crisp and tender, approximately 2 minutes. Drain and set aside.
- In a large bowl, combine lemon juice and Greek yogurt. Mix well; stir in scallions, black pepper and cumin.
- Drain pasta with the asparagus then toss with Greek yogurt mixture.
- Serve hot or cold. Top each serving with sliced salmon and fresh cilantro.
- Enjoy!

## Mint and Zucchini Fettuccini Bake

### Ingredients

- Zest of one lemon
- 4 bags of Shirataki Fettuccini Tofu Noodles
- 2 cups zucchini, peeled and sliced into quarter sized pieces
- 2 cups fresh spinach
- 1 ½ cups Greek plain yogurt
- 2 cloves garlic, chopped
- ¼ cup fresh mint, chopped
- 1/3 cup Kalamata olives
- ¼ cup macadamia nuts, toasted
- 1 egg
- 1 tsp. honey
- 2 Tbsp. balsamic vinegar
- Salt and pepper, to taste

### Directions

- Preheat the oven to 400 degrees. Spray a baking dish with cooking spray. Set aside.
- Cook fettuccini according to directions on package. Add zucchini and spinach for a quick blanch. Carefully drain and run cold water over the spinach, zucchini and pasta. Be sure to rid of any excess water. Set aside.
- In a large bowl, combine egg, yogurt, garlic, balsamic vinegar, honey and the juice and zest the lemon. Whisk well.
- Add the zucchini, pasta and spinach mixture to the yogurt mixture and mix well. Slowly add in toasted macadamia nuts.
- Transfer mixture into your baking dish; sprinkle with chopped Kalamata olives and bake for 30 minutes.
- Serve warm or cool; top with fresh mint.
- Enjoy!

## **Broccoli and Pesto Angel Hair**

### **Ingredients**

- 2 packages Shirataki Angel Hair Tofu Noodles
- 2 cups broccoli, cut into small florets
- 1/3 cup pecans
- 2 Tbsp. Parmesan cheese
- ½ clove garlic
- Juice and zest of 1 orange
- 2 Tbsp. olive oil
- 2 cups fresh spinach
- ½ cup fresh basil
- Salt and pepper, to taste

### **Directions**

- Cook pasta according to directions on package. Drain and set aside to rid of excess water. Add fresh spinach and mix well to ensure spinach wilts.
- Blanch the broccoli in a pot of boiling water for 60 seconds. Drain and run under cool water.
- In a food processor, add pecans, basil, 1 cup cooked broccoli, Parmesan, garlic, orange juice and zest and salt and pepper. Slowly add in olive oil. Puree until smooth and adjust as needed. Set aside.
- Serve angel hair and spinach mixture hot or cold topped with a nice dollop of pesto, the remainder broccoli florets and a dash of Parmesan cheese.
- Enjoy!

## **Grape and Tuna Pasta Salad**

### **Ingredients**

- 2 bags Shirataki Spaghetti Tofu Noodles
- ¼ cup pistachios
- ½ clove garlic, chopped
- ¼ ripe avocado, mashed
- ½ cup red grapes
- ½ cup dried cranberries
- 2 Tbsp. Greek plain yogurt
- 1 can tuna fish
- 1 stalk celery, chopped
- 1 Tbsp. balsamic vinegar
- Dash of dried oregano
- Salt and Pepper, to taste

### **Directions**

- Cook Shirataki Noodles as per directions on package. Set aside to drain and remove excess water.
- In a medium sized bowl, combine pasta, pistachios, garlic, grapes, dried cranberries, tuna, celery, dried oregano and salt and pepper. Mix well.
- In a small bowl, combine avocado, balsamic vinegar, Greek yogurt. Whisk together with an electric mixer on medium speed for 1 minute.
- Add the whipped avocado mixture to the pasta mixture and gently toss to ensure even coating.
- Serve chilled.
- Enjoy!

## **Tofu Slaw with Peanut Dressing**

### **Ingredients**

- 1 cup shredded Napa cabbage
- 1 cup shredded carrots
- 1 cup shredded red cabbage
- 5 scallions, finely chopped
- 1 House Foods Firm tofu, cut into ½ inch cubes
- 2 packages Shirataki Spaghetti Noodles
- 2 Tbsp. sesame seeds

### **Dressing Ingredients**

- ½ cup peanut butter
- 1 Tbsp. balsamic vinegar
- 1 tsp. honey
- Dash of ground ginger
- Dash of salt and pepper
- 1 tsp. minced garlic
- Handful of fresh cilantro
- 1 Tbsp. sesame oil

### **Directions**

- Drain tofu and slice into ½ inch cubes. Be sure to remove excess water.
- Drain pasta according to directions on package. Be sure to remove excess water.
- In a large bowl, combine tofu, pasta, sesame seeds, cabbage, carrots and scallions. Set aside.
- In a small bowl, combine peanut butter, vinegar, honey, ginger, salt and pepper, garlic and sesame oil. Whisk well.
- Slowly pour the dressing over the slaw mixture and gently toss to ensure even coating.
- Serve chilled and top with fresh cilantro.
- Enjoy!