

Zucchini Enchilada Zoodles with Chicken Sausage



Sirve:

6-8 servings

Pieza:

6 Qt. Grand Gourmet with Cover (Limited Edition)
Saladmaster Food Processor

Valora: ★★★★★

Contribuido por:

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Descripción de la Receta:

This one pot meal takes all of the flavors that you love in enchilada pasta, without the refined carbohydrates. Zucchini is processed with Saladmaster machine into a noodle like shape, replacing traditional pasta. Beans and chicken sausage add in protein and fiber. Spicy or mild this is sure to be a crowd pleaser. This entrée is also gluten free.

1 medium
onion, strung, use Cone #2
2 cloves
garlic, shredded, use Cone #1
1 each
sweet pepper, small dice
1 lb
chicken or turkey sausage, fully cooked, diced
(453
g)
1 tsp
natural salt
(5
g)
2 tsp
cumin
(6

g)
 1 tsp
 chili powder
 (3
 g)
 1 tsp
 oregano
 (1
 g)
 3 cups
 pinto beans, cooked
 (175 g
 1 cup
 enchilada sauce
 (288
 g)
 2 lbs
 zucchini, spiralized, use Cone #2
 (907
 g)
 1 cup
 jack cheese or mild cheddar cheese, shredded, use Cone #2
 (113
 g)
 1/3 cup
 black olives, sliced
 (134
 g)
 2 each
 scallions, minced

Preparación :

1. Preheat Grand Gourmet on medium heat for 5 minutes or until water skitters and dissipates.
2. Sauté onion, garlic and peppers for 2-3 minutes. Add sausages, salt, cumin, chili powder and oregano. Cover pan and cook for 3 minutes.
3. Add pinto beans and enchilada sauce, stir. Gently fold in spiralized zucchini.
4. Place cover on pan and cook for 5 minutes.
5. Sprinkle cheese and olives on top of pan and place under broiler for a few minutes to melt and brown cheese.
6. Sprinkle top with minced scallions and serve warm.

Consejos:

- Substitute fully cooked chicken or turkey sausage for ground turkey or lean ground beef.
- Add in pinch or two crushed red pepper for a little spice
- Watch this video for simple instructions on making Zucchini noodles
<https://www.facebook.com/saladmaster/videos/10155876369104729/>

Información nutricional por ración

Calorías: 154
 Grasa Total: 7g
 Grasa 3g
 Saturada:
 Colesterol: 41mg
 Sodio: 245mg
 Carbohidratos: 6g
 Fibra 1g
 Dietética:
 Azúcar: 2g
 Proteína: 17g
