

Zucchini Enchilada Zoodles with Chicken Sausage



Makes:

6-8 servings

Utensil:

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

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Recipe:

Contributed By:

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Recipe Description:

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

Directions:

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.

Tips:

- 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/>

Nutritional Information per

▼ Serving

Calories: 154
Total Fat: 7g
Saturated Fat: 3g
Cholesterol: 41mg
Sodium: 245mg
Total 6g
Carbs:
Dietary Fiber: 1g
Sugar: 2g
Protein: 17g
