

Spiralized Sweet Potato Noodles with Broiled Brussels Sprouts, Butternut Squash, and Cauliflower (Paleo, Whole 30, and Vegan)

Serving size: 1

Shopping List:

- Brussels sprouts
- Cauliflower
- butternut squash (precut for convenience)
- 1/3 onion
- 1 small to medium sweet potato
- 2 garlic cloves
- 1 to 2 tbsp of olive oil or coconut oil
- garlic powder
- onion powder
- truffle salt
- pink Himalayan salt
- oregano
- crushed red pepper

Broiled vegetables: To start, broil the Brussels sprouts, cauliflower and butternut squash 450 F for about 10 minutes. You need to watch this of course because you can scorch anything while broiling. I was successful because I had frozen the cauliflower and butternut squash from a fresh batch I used the week before so I needed it to cook faster. You can add however many vegetables as you think you can eat serving wise because with vegetables. Once you finish the sweet potato noodles (below), take these vegetables out of the oven and add garlic powder, onion powder, truffle salt and oregano.

Sweet Potato Noodles: Wash and peel the medium to small sized sweet potato and cut off the ends so you have a flat surface on each side. Place the sweet potato into the Spiralizer. Using blade C (if you have a three blade Spiralizer) and begin to work it's magic to make your noodles. You can use any blade you want to, I just tend to gravitate to my smallest blade which is blade C on mine. And by now I am sure you know how much **I love my Spiralizer** and post about just every time I **share a meal**. Next, sauté chopped onions and fresh garlic in about 1 tbsp of olive oil or coconut oil. Once the onions begin to look translucent, add the sweet potatoes noodles (and a smidgen more oil if needed). Then I added garlic powder, onion powder, truffle salt, a tiny amount of pink Himalayan salt, and oregano. Toss the

noodles occasionally while they cook so that they are evenly cooked and coated with the seasonings and oil.

When both items above are finished cooking, transfer the sweet potato noodles to a plate and add crushed red pepper to top it all off. This hint of spice brings out the sweetness of the sweet potato perfectly. Add the broiled vegetables to the top of your noodles and serve immediately.