



*Spiralize!*

**Bariatric Foodie Cooking Class**

**The Recipe book**

**Nikki Massie**

# Thank you!

**My goal in life is to *always* lead with gratitude.**

And especially in this instance, I just feel the overwhelming need to say thanks.

Have you ever *really* wanted to do something, but you were afraid to, but you weren't sure why?

That's how I've been about these cooking classes. For SEVEN years! I used to love doing cooking demonstrations for surgical practices. That's how Bariatric Foodie started! But for some reason, picking them back up again gave me the heebie-jeebies.

I'd say it was the fact that technology hates me. Or I don't have time. Or people probably won't even sign-up. Negative self-talk. It keeps us from doing so many things. It also keeps us from enjoying life to its fullest.

So a few weeks ago, I decided I'd take my own advice and push past the self-talk and take action! I created this class and sent out an email and...well...here we are!

I had so much fun playing around with the recipes in this book. I had a blast photographing them for you. And even though I am composing this book prior to our class, I am 1000% sure I will have a good time demonstrating them. (Yes, even if technology decides to hate me in doing so!)

So thank you...from the bottom of my heart. You guys will never know how much you teach me, help me grow, and make me a more informed person every, single day.

My bariatric journey would not be the same without you. <3



## Ultra low-carb Chicken Parmesan

Featuring zucchini noodles

### Ingredients:

- 2 oz. bag plain pork rinds, crushed
- 1/2 c. grated Parmesan cheese
- 1/2 tsp. Italian seasoning
- Salt & pepper, to taste
- 1 large egg beaten
- 2 tbsp. water
- 2 thin-cut chicken breasts
- 1 large zucchini, cut into thick spirals
- 1/2 tsp. extra-virgin olive oil
- Garlic powder, to taste
- 1/2 c. prepared marinara sauce
- 2 oz. shredded mozzarella cheese

### Directions:

Preheat oven to 425 degrees. Line a cookie sheet with parchment paper and set a cooking rack inside it.

Combine pork crushed pork rinds, cheese and spices in one bowl. Combine egg and water in another bowl.

Rinse and pat chicken dry. Dredge first in egg, then in cheese mixture, repeat.

Lay chicken on the cooking rack. Bake 20-25 minutes or until done through. Add sauce and cheese and bake an additional 10 minutes.

# Recipe Notes

## Nutrition Information

Serving size: 2 oz.

# of servings: 4

338 calories, 19g fat, 990 mg sodium, 4g carbohydrates, 1g fiber, 38g protein.

Recipe information was calculated on MyFitness Pal and is based off the ingredients available to me. Be sure to run your own stats before making this dish!

As I said in the class, this dish achieves its "ultra low-carb" status by using a high-fat ingredient. If you are sensitive to higher levels of fat (or just don't want to use the pork rinds), try these swaps:

- Replace the amount of pork rinds in the recipe with an equal amount of crushed high-fiber crackers or cereal. (Be careful, though. Most cereals are at least slightly sweet, which may throw off the flavor of this savory dish!)
- Set up an extra dredging bowl with a small amount of almond flour, then dredge your dried chicken breasts in the almond flour, egg and, finally, just the Parmesan cheese. You'll need to use more cheese to fully coat the chicken breast, which will alter the fat count and the calories a bit, but the fat won't be as high as with the pork rinds.

## Other important tips!

- If you use the pork rinds don't forget to use a baking rack on top of your cookie sheet! That will ensure the fat drains off the chicken while cooking.
- While you can top the chicken with sauce and cheese while it's on the baking rack, I usually like to transfer it to a baking dish.



# Shrimp & Sausage Cajun Pasta

Featuring Butternut Squash noodles

## Ingredients:

- 8 oz. Andouille style sausage, sliced
- 1/2 lb. peeled, cooked shrimp
- 1 small yellow onion, diced
- 1 large tomato, de-seeded, diced
- 1 tbsp tomato paste
- 1/3 c. water
- 1-2 tsp. (to taste) Cajun seasoning
- 12 oz. butternut squash noodles
- 1 jalapeno pepper, sliced (optional)
- Parmesan cheese, salt and pepper, to taste

## Directions:

Spray a pan with nonstick cooking spray, add sausage and cook until browned. Remove from pan.

Spray pan again and add onions. Cook one minute before adding tomatoes. Cook two more minutes (tomatoes may release water).

Add tomato paste and water if mixture is thick. Add seasoning. Simmer 2-3 minutes.

Add noodles and cook 10 minutes or until noodles are soft. Garnish with jalapenos and cheese.

# Recipe Notes

## Nutrition Information

# of servings: about 6 post-op servings

164 calories, 10g fat, 607mg sodium, 8g carbohydrates, 1g fiber, 16g protein.

Recipe information was calculated on MyFitness Pal and is based off the ingredients available to me. Be sure to run your own stats before making this dish!

This dish is great because it cooks in one pan (read: easy clean up!). While I use pre-prepared butternut squash noodles, here's some tips if you are starting with an actual squash.

- Start by cutting off the rounded base of the squash. That's where the seeds are!
- Once you are done you should be left with a big, round tube. Sit it up on a cutting board and carefully peel off the skin. You'll see that there is a light rind outside the flesh (it will be white-ish). Peel that away too. Once you hit orange, you are good to go!
- You should use a countertop spiralizer or a spiralizing stand mixture attachment to cut the butternut squash noodles. They won't fit in a handheld spiralizer!

## Other important tips!

- It's really important that the mixture in the pan be a bit watery before the squash noodles go in. That's because the noodles take longer than zucchini to cook.
- If you need to add more water, do it! But be sure to adjust your seasonings to maintain the flavor. Taste as you go!
- If you find you've added too much water, add a bit more tomato paste and it'll thicken right up.



# Tri-Color Asian Cold Pasta Salad

Featuring zucchini, yellow squash, and carrot noodles

## Ingredients:

- 1 small zucchini, cut into ribbons
- 1 small yellow squash, cut into ribbons
- 1/4 thick carrot, cut into thin spirals
- 1/2 c. shelled edamame
- 1/3 c. Light Asian Sesame dressing
- 6 oz. of your preferred protein, diced (chicken or shrimp pair well)
- 1/4 tsp. toasted sesame seeds, for garnish

## Directions:

In a bowl, combine zucchini ribbons, yellow squash ribbons and carrot spirals.

Add shelled edamame and toss lightly.

Add dressing and toss again.

Portion into small cups or bowls and add protein.

Top with toasted sesame seeds and refrigerate.

# Recipe Notes

## Nutrition Information

# of servings: about 3 post-op servings

195 calories, 6g fat, 503mg sodium, 21g carbohydrates, 3g fiber, 9g protein.

Recipe information was calculated on MyFitness Pal and is based off the ingredients available to me. Be sure to run your own stats before making this dish!

You'll notice that the dish, as I present it, isn't super high-protein. That's easy to fix! Here are some tips:

- Put even more diced meat in the salad, and take fewer veggies (leave them for the rest of the family - they NEED them!)
- You can also up the amount of edamame in the recipe, although you want to make sure there is balance.
- Try added some toasted, sliced almonds for some good fat and additional protein.

## Other important tips!

- This recipe is great to use up meat leftovers. If you have a chicken breast or boneless pork chop you need to use, consider dicing it up and tossing it in here!
- You can make almost any type of traditional pasta salad using spiralized veggies. Try adding diced onion, cherry tomatoes, Parmesan cheese, black olives and some Italian dressing to make an Italian style salad. Or lime, peanut flour, cilantro and a few chopped peanuts to make it Thai style!
- This recipe is best when made the same day. If you refrigerate it too long, the vegetables will release water and get limp. If you're taking this for a barbecue or party, make it just before you go for optimal eating!

# Your Shopping List

## Meats/Seafood

Thin cut chicken breasts (8 oz.)  
Andouille sausage (1 pkg.)  
Cooked shrimp (1/2 lb.)

## Produce

Basil  
Butternut squash noodles (12 oz.)  
Jalapeno peppers (1-2)  
Jicama or Parsnip  
Large Carrot (1)  
Red onion  
Yellow onions (1 small)  
Yellow squash  
Tomatoes (1 beefsteak)  
Zucchini (1 small, 1 large)

## Canned Goods

Tomato paste

## Frozen Foods

Shelled edamame

## Condiments

Light Asian Sesame dressing

## Dry Goods

Parmesan cheese  
Sliced almonds  
Toasted sesame seeds



*let's do this again!*



Once again, THANK YOU for attending the class! I will be doing monthly cooking classes through the end of the year, along with a few special holiday classes. Use the coupon below to snag a season pass and get admission to them all - along with recordings and recipes!

## **Get a Foodie Season Pass!**

[www.bariatricfoodie.com/seasonpass](http://www.bariatricfoodie.com/seasonpass)

Get access to all the rest of the cooking classes I do for the rest of the year!

**On sale: \$25**

Offer expires 8/28/18  
Regular price \$40

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Each book not only gives you a great starter collection of bariatric-friendly, protein-forward recipes, it also teaches you how to modify *your* favorite foods so they work within your plan.

Be sure to check them out today at [bariatricfoodie.com/books](http://bariatricfoodie.com/books).