

## **Healthy, Gluten-Free Pasta Alternatives**



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**First published in the U.S.A. by  
Terri Ward, LLC  
20541 SW 103<sup>rd</sup> Avenue  
Tualatin, OR 97062**

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## **Get Your Veggie Groove On!**

Pasta made with gluten-free grains is widely available, but not necessarily healthy so I've created some recipes using healthy grain-free alternatives.

Although you could certainly use packaged gluten-free pasta in the recipes in this book, I hope you'll expand your horizons and try some of these tasty dishes.

Some of these recipes call for spiralizing or cutting ribbons. This is best accomplished with a spiralizer such as the one shown in the picture on the following page..

If you like a particular type of noodle in one recipe, try it in one of the others.

GET YOUR SPIRALIZER READY...



## **Beef and Bok Choy Noodle Salad**

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**8 ounces bean thread noodles**

**3/4 pound blade (Flat Iron) beef steaks**

**coconut or olive oil**

**1 bunch baby bok choy, halved or quartered lengthwise**

**1 cup fresh cilantro leaves**

**Dressing**

**1 Thai red chili pepper, finely minced**

**3 limes, divided**

**1/4 cup fish sauce (Red Boat or your favorite)**

**1/4 cup water**

**honey to taste**

Cook noodles according to package directions; drain and place in a large bowl; cover with cold water for 5 minutes.

Preheat grill or char-grill on high. Lightly brush steak with oil and cook for 3-4 minutes each side, to desired doneness. Remove and keep warm.

To make dressing, juice 2 of the limes; combine the chili pepper, lime juice, fish sauce and water. Add honey if needed. Set aside.

In a saucepan half-filled with boiling salted water, cook bok choy for 2 minutes, until tender but still crisp. Remove bok choy from water and set aside to drain.

Drain the cold water from the noodles and put the noodles in the hot water; remove from heat and set aside for 3 minutes. Drain thoroughly.

Cut steak across grain into thin slices. Toss the noodles with the dressing, bok choy, coriander and beef slices.

Slice the third lime to garnish for serving.

## **Easy Marinara Spaghetti Squash**      Makes 4 Servings

*This dish can be ready in just a few minutes when you get home from work if you follow the directions for using a slow cooker.*

*Be sure to save the squash seeds to roast for a snack or salad topping.*



**2 medium spaghetti squash**

**1 jar prepared marinara sauce (preferably organic with no sugar)**

**Rawmesan(See recipe)**

To cook in the oven: Preheat the oven to 400°F. Using a chef's knife, carefully cut the squash in half lengthwise. Scrape out the seeds and strings. Place the squash cut side down in a roasting pan or baking dish. Pour in just enough water to cover the bottom of the pan. Bake for 30-45 minutes or until it is easily pierced with a fork and will separate into spaghetti-like strands.

To cook in the slow cooker: Prick the outside of the uncut squash 10 to 15 times and place in a slow cooker crock. Pour water into crock. Cook on low 4 to 6 hours. Remove squash to a cutting board until cool to the touch, 15 to 30 minutes. Cut in half lengthwise and remove the seeds.

While the squash is cooking, warm the marinara sauce in a saucepan.

When the squash is done, scrape it out of the skin, working in the same direction as the strands in order to make the longest noodles.

To serve, place the spaghetti squash on a plate; top with marinara sauce and sprinkle with Rawmesan.



## **Kelp Noodles with Avocado-Basil Sauce**

Makes 3 Servings

*Kelp noodles are traditional to Asian cuisine and can be found in Asian grocery stores or online. These versatile, mineral-rich noodles are good in entrees and salads.*



**12 ounces Sea Tangle raw kelp noodles**

**Himalayan or sea salt**

**Sauce**

**1 avocado**

**1 1/2 cups tightly packed basil**

**1 clove garlic**

**1 teaspoon lemon zest**

**1/2 teaspoon salt**

**1/4 teaspoon black pepper**

**2 teaspoons olive oil**

**Garnish**

**1 handful cherry tomatoes, halved**

**1 handful pine nuts, toasted**

**1 handful Kalamata olives, halved**

Put the noodles in a colander and rinse with cold water. Transfer to a serving bowl and set aside.

In a food processor, pulse the basil and garlic until evenly chopped.

Add the remaining sauce ingredients and process until creamy.

Add the sauce to the noodles and toss until the noodles are evenly coated.

Serve garnished with tomatoes, nuts, and olives. Enjoy!

## **Mushroom Alfredo Pasta**

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*This sauce recipe can also be used to make a dip by using cold water and adding less water for a thicker consistency.*

*Using hot water in the sauce keeps the sauce raw, but provides some warmth on those days when you need a little comfort.*

**6 cups raw parsnips or sweet potato, spiralized into ribbons**

**2 cups sliced crimini mushrooms**

**Sauce**

**2 cups raw cashews or 1½ cup raw macadamia nuts and ½ cup raw pine nuts**

**1 teaspoon dried thyme**

**1 teaspoon freshly squeezed lemon juice**

**2 cloves garlic**

**2/3 cup to 1 ½ cups hot water**

Blend the first four sauce ingredients with 2/3 cup water in a blender or food processor. Add more water until it reaches your desired consistency.

If desired, you can dip the raw parsnips in boiling water just to warm them or steam them until they are al dente.

To serve, pour sauce over the parsnips and garnish with mushrooms.

## **Parsnip Puttanesca**

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**1** tablespoon extra virgin olive oil  
**2** cloves garlic, minced  
**2** anchovy fillets, drained and chopped  
**1** pinch red pepper flakes  
**1** pound (3-4) tomato, chopped or a 15-ounce can diced tomatoes  
**1/2** cup pitted kalamata olives, halved  
**2** tablespoons capers  
**4** large parsnips spiralized into linguini or spaghetti  
**1** handful fresh Italian parsley, roughly chopped

Heat the oil in a large pan or deep skillet, add the garlic; turn heat to medium-low, cook and stir until the garlic begins to turn golden, 1 to 2 minutes.

Stir in the red pepper flakes, and anchovies. Cook until anchovies begin to break down, about 2 minutes.

Pour tomatoes into skillet, turn heat to medium-high, and bring sauce to a simmer. Use the back of a spoon to break down tomatoes as they cook. Simmer until sauce is reduced and combined, about 10 minutes. Add in the parsnips and cook about another 10 minutes or until the parsnips are al dente; stir in the olives and capers.

Top with parsley and serve.

## **Pesto Zoodles**

Makes 4 Servings

Yield: 3-4 servings

*Zoodles are zucchini cut with a spiralizer to look like spaghetti. They go well with lots of different pasta sauces.*

*If you want this dish to be raw, don't stir-fry the zucchini and substitute broccoli or another vegetable for the eggplant, which should not be eaten raw.*



- 2 zucchini, spiralized**
- extra virgin olive oil (for the zucchini and eggplant)**
- 2 small eggplant, sliced**
- 1 sea salt**
- 1 1/2 cups cherry tomatoes, halved**
- Rawmesan(See recipe)**
- Pesto Sauce**
- 20 large leaves of fresh basil**
- 1 clove garlic**
- 1/4 cup raw pine nuts**
- 1 tablespoon nutritional yeast**
- 3 tablespoons extra virgin olive oil**

Place spiralized zucchini (zoodles) in a large bowl. Sprinkle with salt and massage with salt. Set aside and let rest.

Blend the pesto ingredients together in the food processor.

Brush the eggplant slices with olive oil and sprinkle with salt on both sides. Put the eggplant slices on the grill, and close the lid. Cook, turning once, until both sides have good grill marks, about 3 to 4 minutes on each side.

Heat 1 tablespoon olive oil in a skillet over medium-high heat; stir-fry the zoodles, tossing frequently until al dente about 3 to 5 minutes.

To serve: top the zoodles with eggplant and tomatoes; drizzle with pesto and sprinkle with Rawmesan.

## **Raw Rainbow Pad Thai**

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*Sweet potato ribbons serve as the noodle in this colorful, raw version of Pad Thai. Just looking at the rainbow of colors you can be assured it's full of healthy polyphenols (micronutrients).*

- 1 sweet potato, spiralized or cut into ribbons**
- 1 red bell pepper, thinly sliced**
- 1 cup thinly sliced red cabbage**
- 1 cup bean sprouts or other sprouts of your choice**
- 3 green onions, thinly sliced**
- 1 teaspoon sesame seeds**

### **Dressing**

- 1 garlic clove**
- 1/4 cup raw almond butter**
- 2 tablespoons freshly squeezed lime juice**
- 2 tablespoons Bragg's amino acids or coconut aminos**
- 2 tablespoons filtered water**
- 1 1/2 teaspoons pure maple syrup**
- 1/2 tablespoon toasted sesame oil**
- 1 teaspoon freshly grated ginger**

Prep vegetables; toss the sweet potato, red pepper and cabbage together in serving bowls.

Process all of the dressing ingredients in a mini food processor. Let rest a few minutes to thicken.

Top the vegetable bowls with sprouts, green onion and sesame seeds.

Serve with dressing; Enjoy!

## **Rawmesan**

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*This is a delicious, healthy, vegan substitute for parmesan cheese. It's SO good, I could eat it by the spoonful.*

**1 cup raw walnuts**

**1/2 cup raw sunflower seed**

**1/2 cup nutritional yeast**

**dash garlic powder**

**1 1/2 teaspoons Himalayan or sea salt**

In a food processor, blend all of the ingredients together until the consistency of parmesan cheese. Do not over-process.

Transfer to a serving container and store in the refrigerator.



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*Creating memories with meals...*

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