



The **ZERO** Calorie Zero **EVERYTHING** Noodle



- ~~Calories~~
- ~~Fat~~
- ~~Net Carbs~~
- ~~Sugar~~
- ~~Gluten~~
- ~~Soy~~
- ~~Guilt~~



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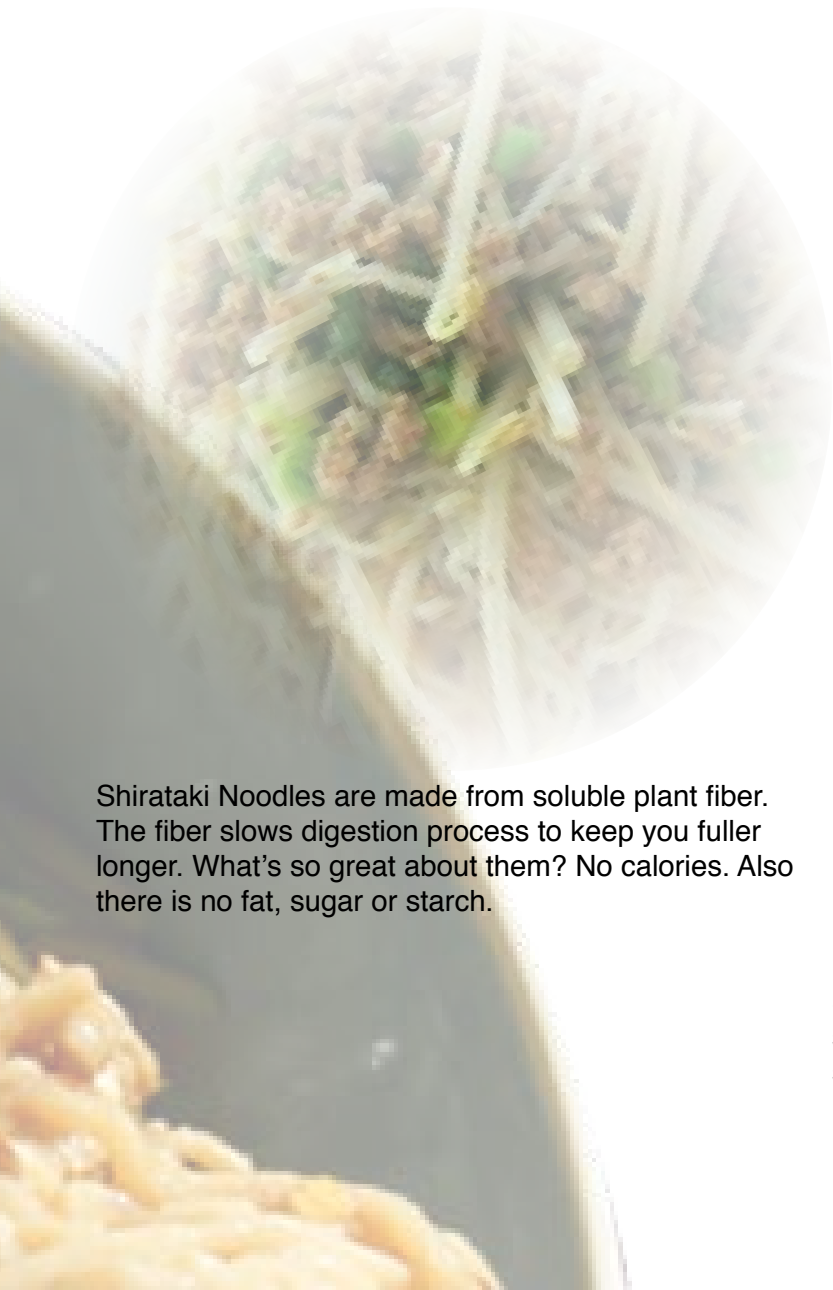


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Konjac Shirataki

Zero-Calorie Noodles





Shirataki Noodles are made from soluble plant fiber. The fiber slows digestion process to keep you fuller longer. What's so great about them? No calories. Also there is no fat, sugar or starch.



Shirataki Noodles are wheat and gluten free and serve as a great pasta substitute. Feel free to substitute the Shirataki Noodles in the following recipes with any of your favorite noodles or pasta!

1 lb Shirataki Noodles
2 c mayonnaise
1/4 c parmesan cheese -- grated
1/4 c red wine vinegar
1 teaspoon dried oregano
1 teaspoon dried thyme
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
6 hard boiled eggs -- peeled,
chopped
1 c mozzarella cheese -- diced
1 red bell pepper -- coarsely
chopped
4 scallions -- finely chopped

Red Wine Vinagrette Pasta

In a large bowl, blend mayonnaise, parmesan cheese, vinegar, oregano, thyme, salt, pepper, and garlic powder. Drain and rinse Shirataki noodle and add to the mayonnaise mixture. Mix well.

Add the chopped eggs, mozzarella cheese, red pepper, and scallions. Mix just until combined. Serve immediately, or cover and chill for several hours or overnight to blend flavors.



Serving suggestion: Add diced salami or pepperoni to make it a full meal. For flavor variations, add 1/2 teaspoon dillweed or basil.





Alaska Salmon Noodles

Drain and rinse Shirataki noodle. Toss with French dressing. Drain and flake the salmon, then add it to pasta with green onions, bell pepper and cilantro.

Whisk lime juice and grated rind, mayonnaise, sour cream and tomato paste together until thoroughly combined. Toss the pasta salad with the dressing.

Season to taste with salt and pepper. Cover and chill. Before serving, gently toss the avocados into the salad. Spoon the salad onto a bed of lettuce leaves. Sprinkle with paprika for garnish.

6 oz Shirataki Noodles
1 can Alaska salmon (14 3/4 oz)
2 tablespoons french dressing
1 red bell pepper -- thinly sliced
3 tablespoons cilantro or parsley
-- chopped
1 lime -- juiced, rind grated
1 tablespoon tomato paste
1/2 c sour cream paprika, to taste
1 bunch green onion -- thinly sliced
2 tablespoons light mayonnaise
3 ripe avocados -- diced
Lettuce leaves to serve on

6 fresh baby artichokes
1/4 c lemon juice
1/2 lb Shirataki Noodles
1/2 c tomato juice
2 tablespoons olive oil
Juice of one lemon
2 cloves of minced garlic
3 tablespoons fresh parsley
3 tablespoons fresh basil -- or 1
teaspoon dried basil
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 c fresh tomato -- chopped
1/2 c olives -- kalamata
2 tablespoon capers
1/2 c feta cheese (optional)

Lemon Artichoke Pasta

Cut stems off artichokes. Peel off tough outer leaves to reveal yellow-green hearts, then cut into quarters. Combine 1/4 cup lemon juice with 2 cups water in medium bowl. Add artichokes to lemon water and toss to prevent discoloration. Drain. Steam artichokes until tender, about 20 minutes. Chill.

In a large pot, drain and rinse Shirataki Noodles with cold water.

To make salad dressing: combine tomato juice, olive oil, lemon juice, garlic, parsley, basil, salt and pepper in a food processor or blender and puree for 30 seconds. Toss together artichokes, Shirataki Noodles, capers, olives and feta cheese in a large bowl salad bowl. Pour dressing over and toss well.



Sweet Vegetable Mix

Rinse pasta and set aside. Steam peas and broccoli together until tender, about 4 minutes. Allow vegetables to cool. In large bowl mix together noodles, broccoli, peas, pineapple, onion, and celery. In small bowl combine mustard, red onion, vinegar and oil. Whisk together to combine. Pour dressing over pasta, stirring gently to combine. Serve chilled.

12 oz Shirataki Noodles
2 celery stalks -- diced
4 oz snow peas
2 tablespoons Dijon mustard
2 heads broccoli -- cut into florets
2 tablespoons red onion --
chopped
1/2 fresh pineapple -- diced
2 tablespoons white vinegar
1 Vidalia onion -- diced
1/3 cup vegetable oil



1 lb Shirataki Noodles
6 oz marinated artichoke hearts
1/4 lb mushrooms, sliced
1 c halved cherry tomatoes
1 c med pitted ripe olives
1 tablespoon parsley
1/2 teaspoon dry basil

Mushroom Artichoke Pasta

Drain and rinse Shirataki Noodles with cold water and drain. Put into a large bowl. Add artichokes and their liquid, mushrooms, cherry tomatoes, olives, parsley and basil. Toss gently. Cover and refrigerate for at least 4 hours.

Before serving, season with salt and pepper to taste.

Serving Size: 6



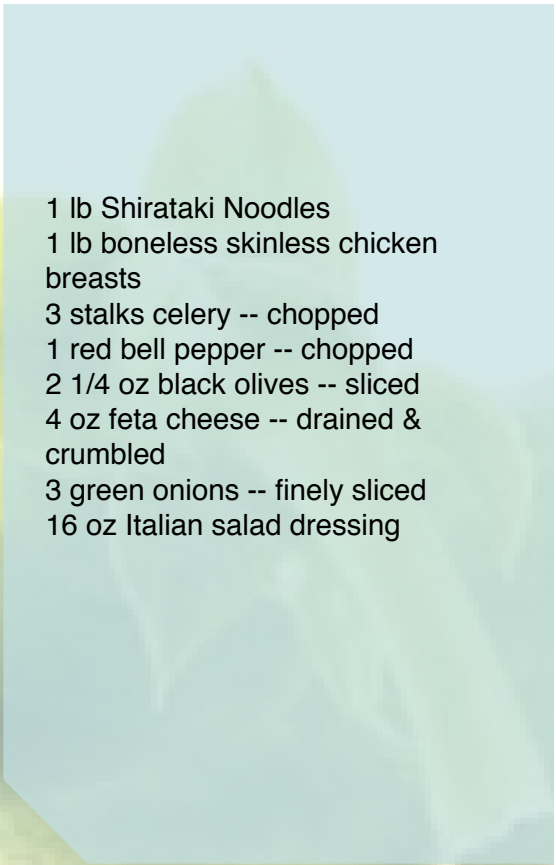


Italian Chicken Dish

Prepare chicken. Cook chicken in frying pan until cooked through. Cut into bite size pieces. Drain noodles. Add all ingredients and mix well.

Serve warm or cold.

Serving size: 6



- 1 lb Shirataki Noodles
- 1 lb boneless skinless chicken breasts
- 3 stalks celery -- chopped
- 1 red bell pepper -- chopped
- 2 1/4 oz black olives -- sliced
- 4 oz feta cheese -- drained & crumbled
- 3 green onions -- finely sliced
- 16 oz Italian salad dressing

300 g leg ham
2 1/2 c Shirataki Noodles
1 small spanish onion -- thinly
sliced
100 g black olives
1 large zucchini
400 g canned artichokes -- drained

Dressing:

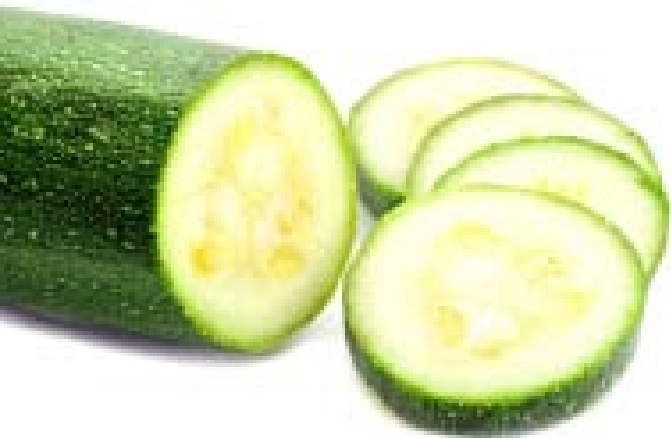
3 tablespoons olive oil
2 tablespoons white vinegar
2 tablespoons dijon mustard
2 tablespoons chopped basil
Ground pepper

Crustless Ham Casserole

Drain and rinse noodles. Cut ham into thin strips. Cut zucchini into thin strips, or grate. Cut artichoke hearts into quarters. Assemble salad in a medium bowl, mixing all ingredients gently together.

Combine dressing ingredients in a covered container, shake well. Pour dressing over salad.

Serving Size: 4



Chicken Pasta in Cream Sauce

Prepare water to cook chicken. Use enough salt water to cover the chicken breast (1/4 tsp salt to 1 c of water) to boiling in a 4 quart Dutch oven. Add the chicken breast. Cover and heat to boiling, reduce the heat and simmer until the chicken is done, about 15 to 20 minutes. Remove the chicken with a slotted spoon.

Drain and rinse Shirataki Noodles with cold water and drain again. Cut the chicken into 1/2 inch pieces and mix with fruit, noodle, jicama and onions. Mix remaining ingredients and toss with the chicken mix. Cover and refrigerate until chilled, at least 2 hours.

Serving Size: 6

3/4 pound chicken breast*
6 oz dried mixed fruit
1 c Shirataki Noodles
1 c jicama -- cubed
2 green onions/tops -- sliced
1/2 c mayonnaise or salad dressing
2 tablespoons sour cream or plain yogurt
1 teaspoon red chiles -- ground
1/4 teaspoon salt

**Chicken breast should be boneless and skinless*

7 oz Shirataki Noodles
8 slices bacon, cooked and
crumbled
1 c mayonnaise/salad dressing
1/3 c chili sauce
1/4 c lemon juice from concentrate
2 teaspoons instant chicken bouillon
1 large seeded tomato -- chopped
1/4 c slice green onions
4 c thinly sliced lettuce

Bacon Crumbled Chicken Pasta

In a large bowl combine mayonnaise, chili sauce, lemon juice, and bouillon. Stir in noodles, tomato and onions. Cover. Chill. Just before serving, stir in lettuce and bacon. Refrigerate leftovers.

Serving Size: 8



Garlic Pepper & Broccoli Chicken

Drain and rinse Shirataki Noodles. Toss noodles, broccoli, chicken, pepper and dressing until evenly coated. Add in croutons and toss just before serving.

Serving Size: 6

2 lb Shirataki Noodles
2 1/2 c small broccoli flowerets
2 c cubed cooked chicken
1 large red or green pepper --
coarsely chopped
1 1/2 c prepared reduced fat ranch
salad dressing
1 1/2 c fat free toasted garlic &
onion croutons



3 whole chicken breasts
1 stalk celery -- chopped
1/2 large onion -- chopped
1/2 teaspoon salt
A few peppercorns
6 oz Shirataki Noodles
1/2 c oil
1 tablespoon sesame oil
1/3 c light soy sauce
1/3 c rice vinegar
1/4 teaspoon pepper
1/2 teaspoon ground ginger
1/4 c chopped parsley
1/3 c sliced green onions
6 c fresh spinach
1/4 c toasted sesame seeds

Sesame Chicken Stir Fry

Cut chicken breasts in half and place in the slow cooker. Cover with water and add celery, onion, salt and peppercorns. Set on low and cook 5-6 hours.

When chicken is cooked thoroughly, remove and let cool. Cut into chunks or shred. Add Shirataki Noodles to the cooked dish. Top off with remaining ingredients to complete the stir fry.

Serving Size: 8



Red Pepper Salad

For dressing: In a blender or food processor bowl, combine red peppers, olive oil, white wine vinegar, pepper and salt. Process until nearly smooth. Chill for up to one day.

For salad: Drain and rinse Shirataki noodle. Let drain for 5 to 10 minutes. In a large bowl, combine noodles, chicken and dressing. Toss to coat. Garnish with tomatoes and basil or parsley.

Refrigerate until serving time. Serve at room temperature or slightly chilled in a lettuce-lined dish.

Serving Size: 4

Dressing:

1 7-oz jar sweet red peppers-
drained
1/4 c olive oil
3 tablespoon white wine vinegar
Dash of cayenne pepper
1/4 teaspoon salt

Salad:

1/2 lb Shirataki Noodles
2 c diced cooked chicken
12 cherry tomatoes; halved
Fresh basil or parsley for garnish
Lettuce leaves

9 oz frozen french cut green beans
-- thawed
3 c chicken breast -- cooked and
shredded
1 lb Shirataki Noodless
1 c fresh blueberries
3/4 c celery -- thinly sliced
1/4 c green onion -- thinly sliced
2 tablespoons fresh oregano --
finely chopped
1/2 c plain low-fat yogurt (+ 2 tbsp)
1/4 c mayonnaise (+ 1 tbsp)
3 tablespoons blueberry vinegar
1/2 teaspoon salt
1/2 teaspoon black pepper --
coarsely ground
Lettuce leaves -- (optional)

French Style Blueberry Pasta

Place green beans between paper towels and squeeze until barely moist. Combine green beans and next 6 ingredients in a large bowl. Combine yogurt and next 4 ingredients in a bowl. Stir well.

Pour over chicken mixture and toss gently. Cover and chill 2 hours. Serve on a lettuce-lined serving plate.

Serving Size: 6



Personal Pan with Jalapeno kick

Cut plum tomatoes lengthwise into halves, then slice.
Diagonally cut green onions into 1/2 inch pieces.

Rinse Shirataki Noodles with cold water and drain.
Add all ingredients to the noodles. Cover and
refrigerate for about 2 hours or until chilled.

Serve on lettuce leaves if desired.

Serving Size: 1

4 oz Shirataki Noodles
1/2 c plain yogurt
1 tablespoon Dijon mustard
1/2 teaspoon salt
1 jalapeno chile -- seeded and
finely chopped
3 plum tomatoes
2 green onions
1 large clove garlic -- crushed



1/2 red onion, chopped
1/2 green pepper, chopped
6 oz sliced pepperoni, cut in halves
4 oz shredded cheddar cheese
1 small tomato, cubed
1/2 can chopped black olives (small)
Presto Italian dressing
2 lb Shirataki Noodles

Tomato Pepperoni Noodles

Drain and rinse noodles and chill them. Add vegetables and other ingredients.

About 1 hour before serving, add dressing and toss.

Toss before serving. Salt and season to taste.

Serving Size: 6



Old-fashioned Egg Salad

Prepare Shirataki Noodles by draining and rinsing. In a bowl, combine egg salad, noodles, green pepper, mayonnaise and pimientos.

Cover and chill. For each serving, spoon about 3/4 cup of egg salad onto a lettuce leaf. Sprinkle with paprika, if desired.

Serving Size: 8

1 recipe egg salad
1 lb Shirataki Noodles
1/2 c green pepper -- chopped
1/2 c mayonnaise
1 2 oz jar chopped pimientos --
drained
Lettuce leaves
Paprika -- optional



Shrimp Pasta with Vegetables

Drain and rinse Shirataki Noodles. Place in large serving bowl. Add coarsely chopped shrimp.


Cook peas until not quite done. Drain and rinse in cold water. Add to Shirataki noodle along with mushrooms and other veggies and cheese. Mix olive oil, lemon juice, chopped anchovies and parsley in a separate bowl and add to noodles. Toss everything together until noodles are well coated.

Let sit in refrigerator for 2 hours. Season with salt and pepper and serve over beds of lettuce with lemon wedges.

Serving Size: 4

1 lb Shirataki Noodles
8 oz shrimp
1/2 c marinated mushrooms
1/2 c frozen peas
1/2 c shredded carrots
1/2 c cheese -- diced
3 tablespoons parsley -- chopped
1/2 c virgin olive oil
1/4 c lemon juice -- fresh
2 anchovies fillets -- chopped
2 tablespoons garlic -- finely
chopped
Freshly ground salt and pepper





Avocado Chicken

Lightly saute chicken breasts until tender. Cut into strips about 1/2" wide and 2" long. Drain and rinse Shirataki Noodles with cold water. Set aside.

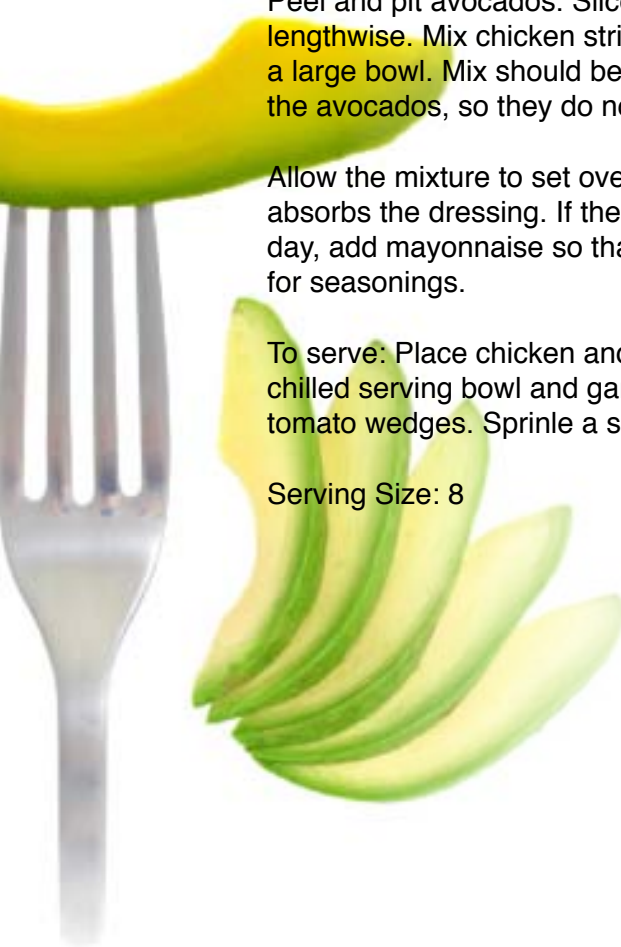
Mix salt, sour cream, mayonnaise, dill weed, black pepper and parmesan together and allow to set for 15 minutes so that the flavors blend together.

Peel and pit avocados. Slice into half inch strips, lengthwise. Mix chicken strips, pasta and dressing in a large bowl. Mix should be slightly juicy. Gently stir in the avocados, so they do not break up.

Allow the mixture to set overnight so that the pasta absorbs the dressing. If the mixture is dry the next day, add mayonnaise so that it is slightly wet. Taste for seasonings.

To serve: Place chicken and noodle mixture in a chilled serving bowl and garnish the top with ripe tomato wedges. Sprinkle a small amount of dill weed.

Serving Size: 8



- 1 lb boneless skinless chicken breast
- 3 oz butter
- 1/2 lb Shirataki Noodles
- 2 teaspoons salt
- 2 quarts water
- 3 teaspoons salt
- 2 c sour cream
- 3 c mayonnaise
- 2 teaspoons dill weed
- 2 teaspoons cracked black pepper
- 1/2 c parmesan cheese
- 2 ripe avocados

2 cups pesto*
1 lb Shirataki Noodles
2 red peppers -- julienned
4 carrots -- julienned
1 tablespoon olive oil

*Pesto:
1 c firmly packed fresh basil
1/2 c firmly packed stemless parsley
1/2 c grated parmesan cheese
1/2 c pignoli nuts walnuts or
almonds -- (pine nuts)
1 large clove garlic -- quartered
1/2 teaspoon salt
1/4 c olive oil

Pesto Pasta Salad

Salad: Saute the peppers and carrots in olive oil, until softened, but still crisp. Add vegetables and pesto to the noodles. Mix thoroughly. Serve warm or cold.

For pesto: In a blender or food processor, combine basil, parsley, cheese, nuts, garlic and salt. Cover and blend with several on-off pulses until a paste forms. Stop machine frequently to scrape sides of bowl. With machine running slowly, gradually add olive oil. Blend to consistency of soft butter. Refrigerate for 1 to 2 days, or freeze.

Serving Size: 1



Note: Freeze cubes of pesto and quick thaw when needed!

Crab Delight Dish

Combine Crab Delights with Shirataki Noodles, celery, green onion, green pepper and parsley in a bowl.

In another bowl, combine the dressing ingredients. Combine with the Crab Delights mixture.

Refrigerate until ready to serve. Can be made a day ahead. Serve on crisp lettuce.

Serving Size: 4

8 oz Kemp's Crab Delights Flakes and Chunks

1 lb Shirataki Noodles

1/2 c celery -- chopped

1/2 c green onion -- chopped

1/4 c green pepper -- chopped

2 tablespoons minced parsley

Dressing:

1/2 c mayonnaise

1/2 c sour cream

4 tablespoons tomato based chili sauce

2 tablespoons Dijon mustard

Crisp lettuce for serving



12 oz Shirataki Noodles
1 lb mixed seafood (scallops, squid,
shrimp, and/or firm white fish fillets)
cut into 2" pieces
1 1/2 c diced sweet red peppers
1 c diced sweet green peppers
3/4 c diced red onions
3/4 c thinly sliced carrots
1/2 c chopped green onions

Dressing:

1 c 2% yogurt
1/3 c light mayonnaise
1/2 c chopped fresh dill
2 tablespoons lemon juice
2 teaspoons crushed garlic
1 tablespoon Dijon mustard

Seafood Lover's Dream

Drain and rinse Shirataki noodle with cold water. Drain and place in serving bowl.

Spray a medium sized non-stick skillet with vegetable spray. Saute seafood just until cooked, approximately 3 minutes. Set aside.

Add red and green peppers, onions, carrots and green onions to pasta. Add seafood.

For the dressing, in small bowl combine yogurt, mayonnaise, dill, lemon juice, garlic and mustard. Pour over noodles. Toss and chill.

Serving size: 1

Suggestions: firm fish filets can be used with or instead of mixed seafood. Be careful not to over cook. Grilled fish instead of sauteed makes an excellent variation. Pasta salad and dressing can be prepared early in day. Do not toss until ready to serve.

Curry Honeydew Pasta

Prepare Shirataki Noodles. Mix the curry powder into the mayonnaise and put the remaining ingredients in a large bowl. Dress it with the curried mayonnaise. Chill 1-2 hours.

Serving Size: 4

1 lb Shirataki Noodles
1/4 c mayonnaise
2 teaspoons curry powder
1 lb shrimp -- cleaned, deveined
2 c honeydew balls
1/2 c water chestnuts, slivered,
drained



1 lb Shirataki Noodles

2/3 c oil

2 tablespoons cider vinegar

2 teaspoons Dijon mustard

2/3 c mayonnaise

2 large celery stalk; chopped

6 slices Bacon -- cooked/chopped

2 eggs -- hard, cooked and chopped

2 scallions -- chopped

1/2 teaspoons salt

Paprika (optional)

Bacon, Eggs and Noodles

Drain and rinse noodles with cold water.

In a large bowl, whisk together oil, vinegar, mustard and mayonnaise. Add noodles and all other ingredients to dressing. Mix carefully, and taste for seasoning. Chill thoroughly before serving.

Serving Size: 8



Cheddar Tuna Pasta

Drain and rinse Shirataki Noodles with cold water.

Blanch green beans by cooking in pot of boiling water for 2 minutes. Drain and rinse well with cold water. Drain again.

Combine yogurt, Dijon mustard in blender or food processor. Mix well and set aside.

Spread half of the pasta in the bottom of a 3-quart glass bowl and trifle dish or glass baking dish. Top with half of the green beans, carrot, apple and tuna. Drizzle half of the dressing evenly over salad. Repeat this procedure with the remaining half of the ingredients to create a colorful salad that can be seen through the glass dish. Sprinkle walnuts and Cheddar cheese on top.

Cover and chill for 30 minutes. Serve cold.
Serving Size: 6

8 oz Shirataki Noodles
2 c fresh green beans cut in half
1 c plain yogurt
1 tablespoon Dijon mustard
2 medium carrots -- grated
1 red apple -- diced
6 1/8 oz canned white tuna
(packed in water) -- drained
1/4 c chopped walnuts
1/2 c grated cheddar cheese

8 oz Shirataki Noodles
1 c mayonnaise
2 tablespoons vinegar
1 c sliced celery
1 tablespoon prepared mustard
1 c chopped green or red pepper
1 teaspoon salt
1/4 c chopped onion
1/4 teaspoon pepper

Mustard Pepper Pasta

Prepare Shirataki Noodles: drain and rinse.

In a large bowl, stir mayonnaise, vinegar, mustard, salt, and pepper until smooth. Add noodles, celery, green pepper and onion. Toss to coat well.

Refrigerate at least two hours to blend flavors.

Serving size: 5



Zucchini Yellow Bed Noodles

Drain and rinse Shirataki Noodles. Toss all ingredients together. Save some Italian dressing to toss with the separated romaine lettuce.

Serve on a bed of romaine.

Serving size: 4

Serving ideas: Serve with bread sticks and cracked black peppercorns.

1 lb Shirataki Noodles
1/3 c zucchini -- diced
1/3 c yellow squash -- diced
2 1/2 tablespoons red bell pepper
-- diced
2 1/2 tablespoons green onion --
chopped
2 1/2 tablespoons Italian dressing
1 1/4 tablespoons mayonnaise
1/2 head romaine lettuce
Chopped parsley



1 lb Shirataki Noodles
4 teaspoons olive oil
1 oz (30 g) flaked almonds
2 oz (60 g) currants
1 garlic clove, crushed
Juice of 1 lime
1/4 teaspoon ground cumin
1/4 teaspoon ground coriander
1 yellow pepper -- de-seeded
1 tablespoon fresh chopped parsley
1 tablespoon chopped fresh mint
1 tablespoon chopped coriander
Salt and ground black pepper
Fresh coriander leaves, to garnish

Fresh Almond Crunch

Drain and Rinse Shirataki Noodles with cold water and drain thoroughly. Transfer to a serving bowl. Cut yellow peppers into thin slivers.

Heat the oil in a small saucepan and add flaked almonds, currants and garlic. Cook gently, stirring until the almonds turn a rich nutty brown. Remove from the heat and blend in the lime juice, cumin and coriander.

Gently fold the noodles, pepper slivers and fresh herbs into the dressing until lightly coated. Season to taste with salt and pepper.

Refrigerate for 1 hour and then serve the salad, garnished with sprigs of fresh coriander.

Serving Size: 4



Balsamic Basil and Lemon Pasta

Drain and rinse Shirataki Noodles with cold water.

Blanch green beans by cooking in pot of boiling water for 2 minutes. Drain and rinse well with cold water. Drain again.

Combine yogurt, Dijon mustard in blender or food processor. Mix well and set aside.

Spread half of the pasta in the bottom of a 3-quart glass bowl and trifle dish or glass baking dish. Top with half of the green beans, carrot, apple and tuna. Drizzle half of the dressing evenly over salad. Repeat this procedure with the remaining half of the ingredients to create a colorful salad that can be seen through the glass dish. Sprinkle walnuts and Cheddar cheese on top.

Cover and chill for 30 minutes. Serve cold.

Serving Size: 6

- 1lb Shirataki Noodles
- 1 tablespoon Lemon juice
- 1 lb broccoli head
- 1 lb carrots
- 3 leeks
- 1 large sweet red pepper
- 1 large sweet yellow pepper
- 1/2 c fresh basil -- chopped
- 1 egg yolk
- 1 tablespoon Dijon mustard
- 1 tablespoon balsamic vinegar
- 1 c vegetable oil
- 1/2 c olive oil
- 1 tablespoon Dried thyme
- 1 orange zest -- finely grated
- 1 dash of salt to taste
- 1 dash of black pepper to taste



1/2 lb Shirataki Noodles
2 eggs
1 20-oz can crushed pineapple --
drain, reserve 2 tablespoons liquid
3 tablespoons lemon juice from
concentrate
1 tablespoon butter/margarine
1/4 teaspoon salt
1 11-oz can mandarin oranges --
drained and halved
1 8-oz can seedless grapes-- halved
2 c miniature marshmallows
2 1/2 c whipped whipping cream
1/4 c chopped maraschino cherries

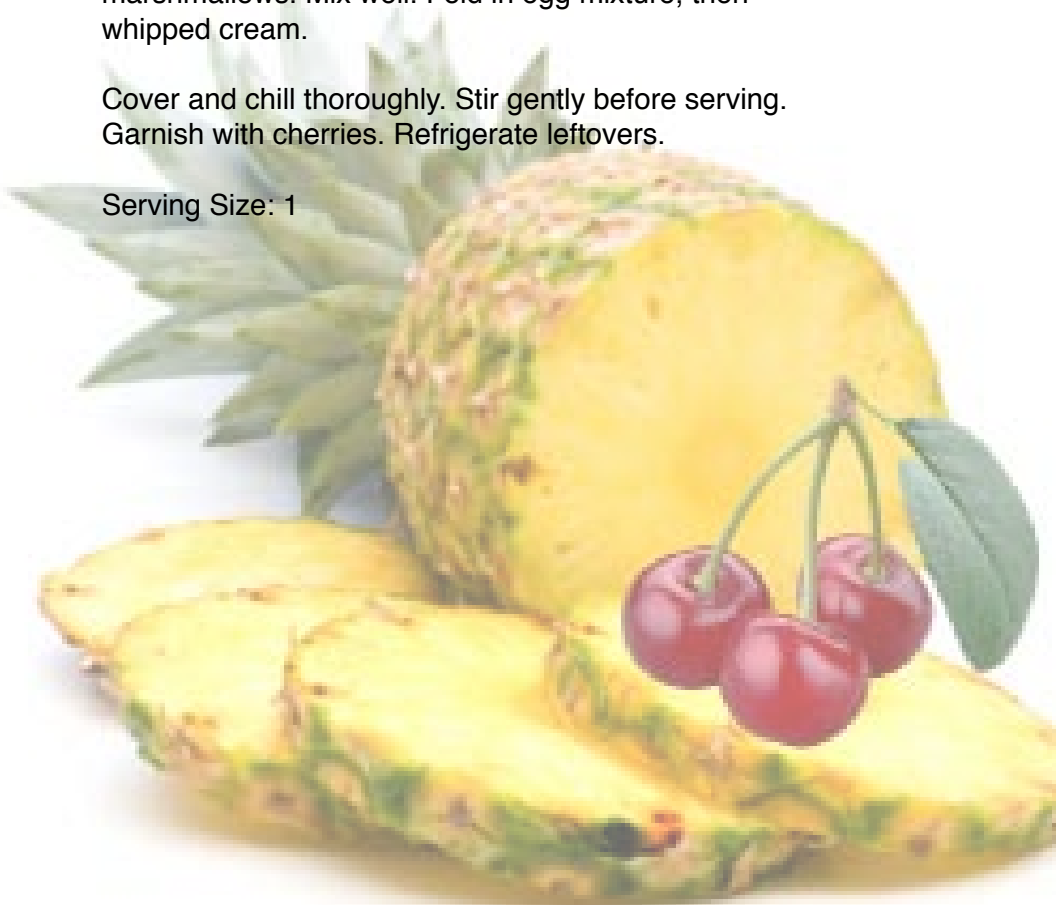
Whipped Cherry Pineapple Dish

Drain and rinse Shirataki Noodles. In small, heavy saucepan, beat eggs with wire whisk until foamy. Stir in reserved pineapple liquid, lemon juice, butter and salt. Cook over low heat until mixture thickens and coats a metal spoon. Stir constantly, about 2 minutes.

Cool to room temperature. In large bowl, combine noodles pineapple, oranges, grapes and marshmallows. Mix well. Fold in egg mixture, then whipped cream.

Cover and chill thoroughly. Stir gently before serving. Garnish with cherries. Refrigerate leftovers.

Serving Size: 1






Veggie Parmesan Pasta

Combine salad dressing with parmesan cheese, salt and milk. Chop any combinations of vegetables.

Drain and rinse Shirataki Noodles with cold water. Add with onions to dressing. Add meat. Combine all ingredients. Chill.

Serve on lettuce leaves.

Serving Size: 4



1 lb Shirataki Noodles
1/2 c salad dressing or fat free salad dressing
1/4 c grated parmesan cheese
2 tablespoons milk
1/2 teaspoon salt
2 1/2 c chopped vegetables (carrots, cucumbers, broccoli, mushrooms, cauliflower, etc.)
1/4 c chopped mild onions
1 1/2 c chopped meat (ham, chicken, salami, etc.) -- optional
lettuce leaves

1 lb Shirataki Noodles

1 pint cherry tomatoes, cut in halves

2 c (lightly packed) fresh basil leaves

2 oz finely crumbled blue cheese

2 tablespoons olive or vegetable oil

2 tablespoons white-wine vinegar

Salt and pepper to taste

Pasta with Blue Cheese & Wine Sauce

Toss the tomatoes in a bowl with the basil leaves, blue cheese, oil and vinegar. Season to taste with salt and pepper. Refrigerate and let marinate for 45 minutes to 24 hours.

Just before serving, drain and rinse noodles with cold water and drain thoroughly. Transfer the noodles into a mixing bowl. Add tomato mixture and toss to mix. Let stand at room temperature about 15 minutes before serving.

Note: Use the smallest leaves of the basil for this recipe. If the leaves are longer than 1 inch, tear them in half cross-wise before adding to the tomato mixture.

Option: Grill 8 to 12 ounces boneless, skinless chicken breasts. Cool 5 minutes after cooking, then cut into thin strips. Toss chicken with pasta salad.

Serving size: 8

Black Bean Pasta

Drain and rinse Shirataki Noodles under cold water. Drain again. Toss with oil and sprinkle with cumin. Salt to taste.

Layer noodles, beans, bell pepper, green onions and olives in 2 1/2 to 3 QT straight-sided glass bowl.

In a small bowl combine mayonnaise, sour cream and salsa. Mix well. Spread mixture evenly over top of konjac pasta, sealing to edge of bowl. Sprinkle with cilantro. Cover bowl tightly and chill overnight.

Serving Size: 6

8 oz Shirataki Noodles
2 teaspoons vegetable oil
1/2 teaspoons ground cumin
Salt to taste
15 oz canned black beans rinsed and drained
1 red bell pepper seeds and ribs removed -- cut into strips
3/4 c sliced green onions
2 1/4 oz canned sliced black olives drained
3/4 c mayonnaise
1/2 c sour cream
1/4 c (+ 2 tablespoons) salsa
2 tablespoons minced cilantro

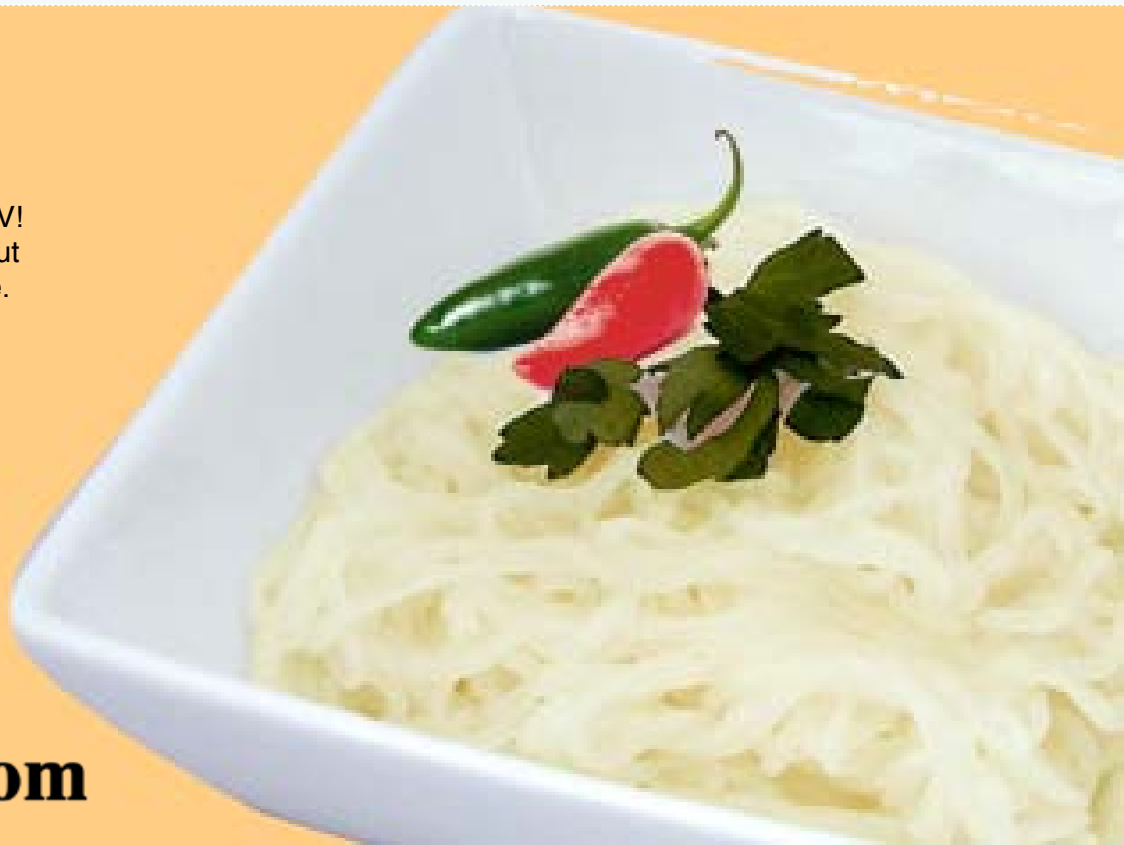


Stop looking for a miracle to stick to your diet,
you just need the next best thing--

Konjac Shirataki "ZERO EVERYTHING NOODLES"



Thanks for cooking with PulseTV!
We look forward to hearing about
the wonderful dishes you create.



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