

# Sweet Potato Noodles with Spinach & Corn

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 Sweet Potato (small, spiralized)  
1 cup Frozen Corn  
2 cups Baby Spinach  
1/4 cup Pumpkin Seeds  
1/4 cup Extra Virgin Olive Oil  
1 tbsp Water  
1 tsp Chili Powder  
1 Garlic (clove, minced)  
1/4 cup Orange Juice  
2 tbsps Lime Juice  
1/4 tsp Sea Salt  
1/4 cup Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	523	Carbs	51g
Fat	35g	Protein	9g

## DIRECTIONS

- 01 In a pan over medium heat, add the sweet potato noodles and cook for 5 to 7 minutes or until cooked through. Remove and set aside. In the same pan, add the corn and cook for 2 to 3 minutes. Remove and set aside.
- 02 To the same pan, add the spinach and cook until just wilted and then set aside. Next, add the pumpkin seeds and toast them for 2 to 3 minutes.
- 03 In a blender or food processor, add the extra virgin olive oil, water, chili powder, garlic, orange juice, lime juice and sea salt. Blend until combined.
- 04 Add the sweet potato noodles, corn and spinach back to the same pan. Add the dressing on top and toss to coat. Divide between plates and top with chopped cilantro. Enjoy!