



## OODLES OF MONSTER SWOODLES

Total Time (minutes)  
16

Difficulty  
1

Servings  
4

Ingredients  
8

Total Prep Time: 10 minutes

Calories Per Serving: 90

### NUTRIENTS

#### Tips

1. Peeled broccoli stems can also be spiralized for noodles.
2. If you don't have a spiralizer, you can use a vegetable peeler – you'll end up with fettuccine-width slices of sweet potato. Or, you can purchase pre-spiralized sweet potatoes.

#### INGREDIENTS

Recipe inspired by Disney and Pixar Monsters, Inc.

- 1 Tbsp olive oil + 1 tsp olive oil
- 3 small DOLE® sweet potatoes, peeled and spiralized (about 4 cups)
- 1 cup halved cherry tomatoes
- 1 clove garlic, minced
- 1 tsp olive oil
- 1 tsp lemon juice
- 1/4 tsp salt
- 1/8 tsp pepper

#### DIRECTIONS

- 1 HEAT oil in large skillet set over medium heat. Add garlic and cook for a few seconds. Add spiralized noodles, and cook, stirring occasionally with tongs for 15 minutes or until tender. Stir in tomatoes, salt and pepper until combined. Cook for 1 minute longer or until tomatoes are heated through.
- 2 DIVIDE among bowls. Serve with some of the noodles hanging down sides of the bowl to form "tentacles".
- 3 DRIZZLE with remaining 1 tsp of olive oil and lemon juice before serving.

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