

Zoodles Primavera

Ingredients

A container of zoodles available at Wegmans or Giant

6 - 7 stalks of Asparagus

10 Grape Tomatoes

1 Yellow Bell Pepper

½ cup of Mascarpone Cheese or Cream Cheese

1 tablespoons of Garlic Paste

½ fresh lemon

14 oz can of Artichoke Hearts (optional - you could also use mushrooms)

Salt/Pepper or Seasoning of choice

1 tablespoon of Avocado Oil

Tools

Electric Skillet

[Adaptive Knife](#)

Cutting Board

Medium sized bowl

Measuring cups

Measuring spoons

Lemon Squeezer

A kitchen spoon

[Ring Top Can Opener](#)

Rubber Spatula

Small Colander or [lid colander](#)

Parchment Paper

Rimmed Sheet Pan

[Parchment Paper Sheets](#)

Oven Mitts

[Oven Opener](#)

Preheat oven to 425

Wash Hands

Using your hands break off the ends of the asparagus

Break Asparagus into small pieces



Take out 10 Grape Tomatoes and put them on the cutting board.



Wash off the Bell Pepper and dry, cut off the top, take out the seeds with a spoon, using an adaptive knife to slice the pepper.



Put veggies on a sheet pan lined with parchment paper. Add 1 tablespoon of avocado oil, I sprinkled on some Lemon Pepper seasoning, you can use just pepper. Using an oven opener and hot mitts to put in the oven. Carefully remove from the oven after 10 minutes.



In a bowl mix 1 cup of Mascarpone Cheese and one tablespoon of Garlic Paste.



Using an Adaptive Knife, note an adaptive knife works well on larger, softer lemons. Squeeze ½ lemon. Add lemon to cheese mixture.



Add 1 tablespoon of garlic paste, add to cheese mixture.



Sprinkle with pepper or your favorite seasoning, I used Everyday Seasoning from Trader Joe's.



Using a rubber spatula mix ingredients together.



Using the rubber spatula put cheese mixture into skillet with Zoodles



Add veggies to the skillet and mix together.



To heat off of the skillet. Put the cover on the skillet.
Using a Ring Top Can Opener, open can of artichokes.



Hold the colander over the sink to drain the liquid. I forgot the use my lid colander.



Put artichokes on a cutting board, use an adaptive knife to cut/ I used about four artichokes.



Add artichokes to the skillet, and mix everything together. You can top with some Parmesan Cheese



Enjoy!

