



150 Best Spiralizer Recipes

Marilyn Haugen, Jennifer Williams

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Spiralizers are taking home kitchens by storm. They are a fun way to introduce more vegetables, especially to finicky eaters, and reduce carbohydrates.

One of the simplest options is substituting typical wheat pastas in a dish with zucchini noodles. Quick, healthy and easy to make and so satisfying! *150 Best Spiralizer Recipes* has many more delicious and creative dishes to explore, including updated versions of classic favorites.

There are recipes for vegetarians, gluten-free diets and low carbohydrate diets but also a wide variety of dishes for meat, poultry and fish lovers.

The 150 recipes feature some of these delicious offerings: Thai Salad with Peanut Lime Dressing; Pancetta and Lentils with Zucchini Pasta; Curry Beef with Sweet Potato Noodles; Tuna Noodle Casserole; Spanish Shrimp and Scallops with Butternut Squash; Spaghetti alla Carbonara; Spicy Shoe String Jicama Fries and Sweet Potato Pizza Pie.

16 pages of color photographs feature stunning food photography as well as the many ways you can maximize your spiralizer.

For a new twist on healthy cooking and more tantalizing ways to eat more vegetables and fruits, spiralizing is the answer.

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