



# 150 Best Spiralizer Recipes

*Marilyn Haugen, Jennifer Williams*

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## 150 Best Spiralizer Recipes Marilyn Haugen, Jennifer Williams

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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150 Best Spiralizer Recipes can be one of your beginner books that are good idea. We recommend that straight away because this publication has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to put every word into enjoyment arrangement in writing 150 Best Spiralizer Recipes but doesn't forget the main level, giving the reader the hottest and based confirm resource info that maybe you can be one among it. This great information can easily drawn you into completely new stage of crucial thinking.

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