



150 Best Spiralizer Recipes

A spiralizer is the perfect way to get more vegetables into your diet!

Spiralizers are taking home kitchens by storm, and it's not surprising, given that they provide a new and refreshing, not to mention fun way to introduce more vegetables into dishes and reduce the carbohydrates.

There are so many possibilities! One of the simplest is replacing typical wheat pasta with zucchini noodles for an incredibly quick, healthy and satisfying meal! But there are so many more creative main dishes and side dishes to explore in this sumptuous cookbook, including updated versions of classic favorites.

There are options for vegetarians, gluten-free diets and low-carbohydrate diets, but there's also a wide variety of dishes for meat, poultry and fish lovers. Expanding the boundaries of traditional vegetable dishes will give you so many more choices!

The 150 recipes include some of these delicious offerings: Thai Salad with Peanut Lime Dressing, Spinach and Apple Salad with Pecans, Cranberries and Feta, Pancetta and Lentils with Zucchini Pasta, Curry Beef with Sweet Potato Noodles, Chicken Tetrazzini, Summer Squash Galette, Savory Skillet Turkey Sausage with Potato-Celeriac Noodles and Mexican Chayote Squash Spaghetti Pie.

If you are looking for a new healthy way to eat vegetables and fruits, then spiralizing is for you.

Jennifer Williams has spent the last decade cultivating her passions for food and health. She is also a syndicated contributor with the eMJayMedia Network.

Marilyn Haugen is a successful cookbook author and food blogger. In 2000, she left a senior level finance position with a Fortune 100 company to spend time with her young daughter and to explore her passion for cooking and entertaining. **Marilyn resides in Wisconsin and is available for interviews.**

Selected Recipes with Full Color Images Available for Reprinting Include:

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You are welcome to select up to three of the above recipes + images

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Talking Points for 150 Best Spiralizer Recipes:

- What do I need to know before I purchase a spiralizer?
- Why are the blades so important?
- What are the best fruits and vegetables for spiralizing?
- What do I need to have in my spiralizing pantry?
- What are your Quick Tips for Best Results
- Replace your pasta with vegetable noodles and reduce your caloric intake + lower your intake of carbs
- Can I make gluten-free recipes? What about paleo? Raw? Vegan?
- Ideal for stir-fries, soups, salads, side dishes, garnishes, entrees, appetizers, desserts and everything in between
- Revamp / update old favorites and classic recipes