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looking for the best spiralizer recipes you are in the right place spiralizing veggies is a great way to reduce refined carbs and add more whole foods to your diet and all of this while enjoying tasteful and delicious meals there are so many healthy and tasty spiralizer recipes to choose from

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spiralizer recipes are a great way to get more vegetables into your diet no matter your dietary preference choose from a variety of vibrant nutrient dense vegetables for easy and healthy recipes the whole family will love

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get out your spiralizers and warm up your good arm because we re about to spiral out of control in a good way turn your favorite vegetables from carrots to zucchini parsnips sweet potatoes and more into all kinds of delicious low carb dishes

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healthy cooking how tos 10 vegetables you didn t know you could spiralize get tips for making veggie noodles using a spiralizer the best vegetables for spiralizing delicious recipe ideas plus ways to spiralize without a spiralizer by erin alderson updated on september 4 2022

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updated dec 26 2020 this post may contain affiliate links see my disclosure policy the spiralizer is one of my favorite kitchen tools it s the fastest easiest and most fun way to get more veggies into your diet today i m

sharing my favorite vegetables to spiralize along with veggie spiralizer tips and recipes

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jul 14 2021 from zoodles to swoodles and more these fantastic vegan spiralizer recipes are sure to increase your vegetable intake in the most fun and delicious way find crunchy salads crispy fries comforting soups and delicious sauces for your spiralized vegetables in this list

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by irena macri published dec 13 2015 updated apr 16 2024 10 comments enjoy more versatile vegetable dishes and low carb gluten free creations with these healthy spiralizer recipes including salads low carb pasta and ramen zoodles waffles and more

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some commonly spiralized veggies include zucchini carrots parsnips potatoes including russet and sweet potato apples rutabagas butternut squash and veggies can you still make these recipes if you don t have a spiralizer yes

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i ve got 22 delicious recipes using a variety of spiralized vegetables including zucchini beets squash carrots sweet potatoes and more these spiralizer recipes are exactly what you re looking for this spring and summer

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vegetables you can spiralize most people have heard of making pasta noodles made from vegetables the thing is though you aren t just limited to using spiralized noodles as a pasta substitute we ll show you all kinds of great dishes you can make from these ingredients zucchini sweet potatoes

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1 spiralized sweet potato enchilada skillet from sweet peas and saffron everything you love about enchiladas read sauce and cheese plus sweet potato noodles that make it even more fun to

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what is spiralizing spiralizing produce simply means turning vegetables into noodles spiralizing vegetables is a great way to incorporate more produce in your life adding spiralized veggies or fruits to salads casseroles pastas and other meals is a great way to step up your nutrient game

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our favorite vegetables to spiralize are zucchini carrots yellow squash sweet potatoes butternut squash onion beetroot red cabbage kohlrabi turnip bell pepper cucumber and celery root the most common spiralized veggie is zucchini to make the popular zoodles find two delicious recipes below black bean meatballs

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find healthy delicious recipes for spiralizer including zoodles sweet potato carbonara and curly fries healthier recipes for your spiral vegetable slicer from the food and nutrition experts at eatingwell 13 quick easy veggie noodle dinner recipes zucchini noodles with pesto chicken 40 mins easy shrimp scampi with zucchini noodles

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this spiralized vegetable stir fry recipe is made in one pan in under 20 minutes complete with a satay style cashew sauce it s the perfect gluten free and vegetarian dinner make it ahead of time for delicious meals all week just letting you know this spiralized vegetables stir fry recipe was originally published in 2016

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top 19 most popular spiralized recipes 1 vegetarian zucchini noodle pad thai 2 avocado basil zucchini noodles with chile lime shrimp corn 3 spiralized mac and cheese two ways butternut squash sweet potato 4 garlic parmesan zucchini noodles and spaghetti pasta 5 zucchini noodles with chicken feta and spinach 6

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5 min read carina wolff jun 12 2020 spiralized vegetables make excellent noodles stir fry ingredients and colorful side dishes and if you have a spiralizer chances are you re already a whiz at some of those but there are plenty of other ways you can put your spiralizer to use

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