



The Spiralized Kitchen: Transform Your Vegetables into Fresh and Surprising Meals

Leslie Bilderback

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Get the most out of your spiralizer with these delicious and inspiring low-carb recipes!

Nearly everyone loves a heaping bowl of delicious pasta—but nearly everyone, too, feels at least a twinge of guilt about eating one. Whether you're eating paleo, low carb, gluten free, or just trying to curb those excess empty calories, carbohydrate-packed pasta can't be high on your healthy-eating list.

But what if you could eat that heaping bowl without experiencing the guilt? With a spiralizer, you can! A spiralizer is an inexpensive, simple-to-use tool that produces spiral cuts, shoestrings, and fruit and vegetable "noodles" for adding new texture to pasta dishes, stir-fries, soups, and salads. Craving a big plate of spaghetti but don't want to spend an hour at the gym? In a matter of minutes you can spiralize super-thin zucchini "zoodles" ready to cover with your favorite pasta sauce. And it doesn't begin and end with zucchini, either: a spiralizer can make quick work out of carrots, sweet potatoes, beets—even apples! *The Spiralized Kitchen* is perfect for vegetarians and meat-eaters alike.

Step-by-step instructions, practical techniques, and mouthwatering photographs accompany a variety of fun, simple recipes using fresh ingredients from Leslie Bilderback, the author of *Mug Cakes*. With this book you have what you need to spiralize every meal—and no one but the chef has to know it isn't real pasta!

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