

50 Spiralizing Recipes That Are Super Quick To Prepare They Are Gluten Friendly

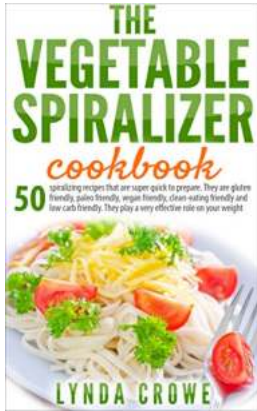
When it comes to quick and healthy meals, spiralizing is the way to go. Spiralizing is the process of turning vegetables into delicious, noodle-like strands that can be used in a variety of dishes. Not only does this technique add a fun twist to your meals, but it also helps you incorporate more vegetables into your diet. In this article, we have compiled a list of 50 spiralizing recipes that are super quick to prepare and are also gluten-friendly. Let's dive in and discover the flavorful world of spiralizing.

1. Zucchini Noodles with Tomato Basil Sauce



Start your spiralizing journey with a classic dish – zucchini noodles with tomato basil sauce. This light and refreshing meal can be easily prepared in under 20 minutes. The zucchini noodles provide a perfect gluten-free alternative to traditional pasta, while the homemade tomato basil sauce adds a burst of flavor.

The Vegetable Spiralizer cookbook: 50 spiralizing recipes that are super quick to prepare. They are



gluten friendly, paleo friendly, vegan friendly, clean-eating friendly and low carb friendly

by Jessica Queen (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 9864 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 111 pages

Lending : Enabled

Paperback : 71 pages

Item Weight : 5.6 ounces

Dimensions : 6 x 0.18 x 9 inches



2. Sweet Potato Noodle Stir-Fry



For a hearty and satisfying meal, try this sweet potato noodle stir-fry. The combination of colorful veggies and the spiralized sweet potato noodles create a visually appealing dish that is as nutritious as it is delicious. Add your choice of protein and a flavorful sauce, and you have a complete meal ready in no time.

50. Cucumber Mint Salad



Fresh Parsnip Pasta Primavera

Parsnips look so similar to pasta, you'll hardly be able to tell the difference. Here, reduced white wine and just a bit of butter and cream form a silky, yet light sauce.

Bring a large pot of water to a boil over high heat. Add the snap peas and cook until they turn bright green, 1–2 minutes. Using a slotted spoon, transfer the snap peas to a bowl of ice water. Drain and cut in half diagonally. Set aside.

Spiralize the parsnips using the Fine Shredder Blade, stopping to cut the strands every 3–4 rotations. Add the parsnips to the boiling water and cook until a dente tender but firm to the bite, about 2 minutes. Drain and set aside.

In a large sauté pan over medium-high heat, warm 2 tablespoons of the oil. Add the tomatoes and cook, stirring occasionally, until they are blistered and beginning to wilt, about 5 minutes. Transfer to a bowl.

In the same pan over medium heat, warm the remaining 1 tablespoon oil. Add the shallot, garlic, and red pepper flakes and cook, stirring occasionally, until the shallot is translucent, about 2 minutes. Add the wine and simmer until reduced by half, 1–2 minutes. Add the butter and cream and simmer until slightly reduced, 1–2 minutes.

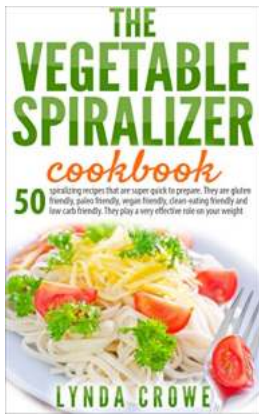
Add the snap peas, tomatoes, and frozen peas and cook until the vegetables are warmed through, 1–2 minutes. Add the parsnips, lemon juice, and cheese and toss to combine. Add the herbs and toss again. Season to taste with salt. Serve right away, passing additional cheese at the table.

- ¼ lb sugar snap peas, trimmed
- 1 lb parsnips, peeled and ends trimmed
- 3 tablespoons olive oil
- 2 cups cherry tomatoes
- 1 shallot, chopped
- 2 cloves garlic, chopped
- Pinch of red pepper flakes
- ½ cup white wine
- 2 tablespoons unsalted butter
- ½ cup heavy cream
- ½ cup frozen peas
- 1 tablespoon fresh lemon juice
- ½ cup grated pecorino romano cheese, plus more for serving
- ½ cup chopped mixed fresh herbs, such as mint, chives, chervil, and flat leaf parsley
- Kosher salt

SERVES 4

End your spiralizing adventure on a fresh and light note with this cucumber mint salad. Spiralized cucumbers, combined with fresh mint and a tangy dressing, create a refreshing side dish that pairs well with any meal. This gluten-friendly salad is perfect for summer gatherings or as a quick and healthy snack option.

Spiralizing opens up a world of possibilities in the kitchen. With these 50 quick and gluten-friendly recipes, you can enjoy a variety of flavorful meals that are also packed with nutrients. Whether you're a pasta lover looking for a healthier alternative or simply want to incorporate more vegetables into your diet, spiralizing is the perfect technique to try. Get creative with your spiralizer and enjoy the endless combinations that can be created with different vegetables and sauces. Happy spiralizing!



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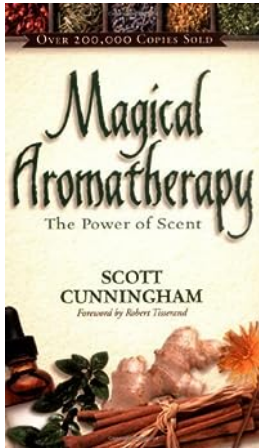
This e-book covers 50 spiralizing recipes that are super quick to prepare. They are gluten friendly, paleo friendly, vegan friendly, clean-eating friendly and low carb friendly. They play a very effective role on your weight. The upside is it not only helps you lose weight but it tastes amazing too.

It's very essential that we incorporate vegetables in our everyday life because veggies have multi-nutritious value. But it is rather boring to relish it as it is you need to spice things up and spiralizing your vegetables and fruits makes it interesting. It unleashes your creative side, you can play with your ingredients and make your dish not only taste delicious but stimulating to the eyes too.

You can eat them raw with any topping of your choice. You can add plain homemade sauce on top, or meat of your choice, you can also add them into sandwiches, burgers or even as pizza topping. Sometimes people prefer to steam

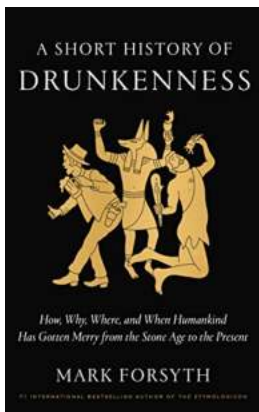
them a little bit and frying them is also another option.

This e-book has covered from breakfast recipes to desserts. It even has appetizer recipes that you can enjoy with your tea or coffee.



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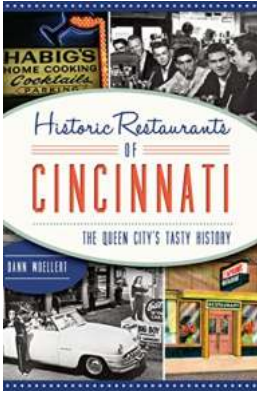
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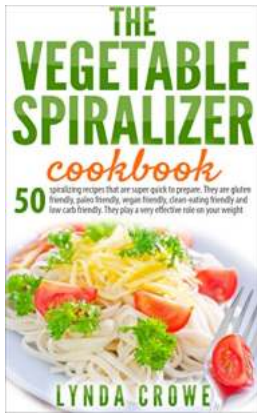
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