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Nourishing Noodles: Spiralize Nearly 100 Plant-Based Recipes for Zoodles, Ribbons, and Other Vegetable Spirals

Chris Anca

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Put your Spiralizer to work to create fun, meatless meals in minutes!

With our increasingly busy lives, it's hard to find the time to eat healthy and to incorporate all the nourishing fruits and vegetables we need into our diets. Weeknight meals tend to be loaded with carbs that don't provide the nutrients we need for energy. So how do you get the yummy comfort of a bowl of noodles without the carbs? Author Chris Anca, founder of *Tales of a Kitchen*, can show you how to make delicious, nutritious vegetable noodle meals in just minutes using a spiralizer! Whether you're vegan, vegetarian, low-carb, or just looking for easy and healthy meals to add to your menu, *Nourishing Noodles* has all the recipes you want. Turning vegetables into noodles takes just a few minutes with a spiralizer, so these recipes are also quick and easy to make for any night of the week. From carrots and zucchinis to squash, cucumbers, and apples, you can transform your ordinary produce into a delicious bowl of noodles and dress it up with sauces, dressings, and any of your favorite add-ins.

Slice into nearly 100 vegetarian recipes, including:

Carrot Noodles with Zesty Garlic Sauce

Ranch Noodle Salad with BBQ Almonds

Butternut Squash Pancakes

Coconut Cinnamon Carrot Cakes and more!

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