

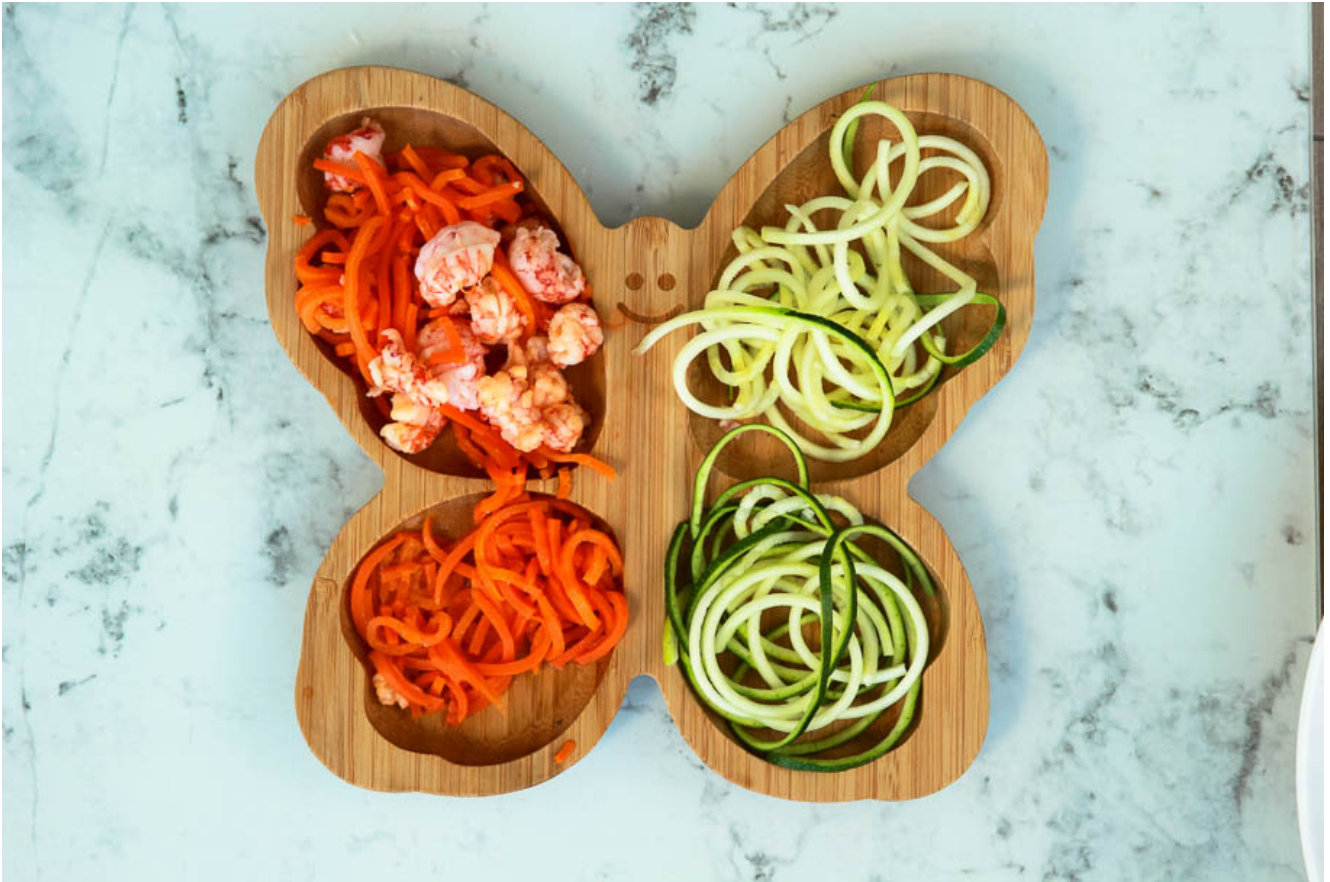
# Low-Carb Veggie Pasta

## Plus, 9 Veggies that are Easy to Spiralize

The spiralizer has become a leading kitchen gadget for home cooks looking for creative ways to add more vegetables to their diet. Spiral vegetables are incredibly versatile. They offer a low-carb substitute for pasta and are creative add-ons for salads, soups, and more.



Most often, zucchini, carrots and potatoes turn into spirals. These vegetables should remain in your vegetable cutter repertoire, but they are far from the only foods that can be spiralized. There are plenty of fruits and vegetables that just as easily turn into long curls, and work well in some pretty incredible recipes. Here are 19 foods you can make spirals with and creative ways to use them.



## 1. Sweet pepper.

When you think of making sweet peppers, slicing and dicing come to mind, but peppers are one of nature's gifts that can be turned into spirals. The use of a rainbow of colorful swirled peppers adds a unique touch to the salad presentation.

## 2. Zucchini.

Zucchini is the go-to vegetable for spiraling, and for good reason – it's easy to roll with a neutral flavor that adapts well to many traditional dishes. Spiral zucchini makes a great pasta substitute, and oven-roasted zucchini strips work well as a salad topper.

## 3. Beets.

Beets are packed with nutrients, and their firm texture and earthy flavor pair well with a variety of dishes. Even the usual combination of raw beets with other winter vegetables

looks beautiful and romantic when they are cut into curled long ribbons. Just drizzle oil on top.

## **4. Celery.**

Celery, also known as celeriac root, is a versatile vegetable that can replace potatoes in many meals to help reduce carbs. Celery is full of B vitamins, fiber, and other nutrients, and its crunchy texture is great for salads and sauces, especially when spiralized.

## **5. Apples.**

Starchy fruits, including apples, are a unique addition to the spiral line. Toast long apple strips with cinnamon and sugar for a quick sweet treat or topping off oatmeal (or ice cream). Spiraling is also a simple yet beautiful way to prepare apples for pie.

## **6. Potatoes.**

Potatoes are one of the favorites of curly slicing. Besides the fact that the spiral consistency is more pleasant, you end up eating less. Half a potato in a spiral looks much larger than half a diced potato. It's spiral magic! Curly potatoes can be added to soups, frittatas, and salads, or made into potato pancakes. And feel free to incorporate sweet potatoes (sliced in spirals, of course) into your diet.

## **7. Cucumbers.**

Crispy cucumbers are made into beautiful ribbons and prepared into stylish salads or uniquely shaped pickles. Marinate them in ginger, rice vinegar, and Korean chili powder for Spiral Kimchi Cucumber.

## **8. Parsnips.**

Any root vegetable, including parsnips, is a breeze for the spiral gadget. Thin ribbons are the best option for creating vegetable noodles that are strikingly similar to pasta. Just toss it into the pot for al dente for the perfect veggie pasta. Or pair with a spiral potato for a new take on potato pancakes.

## **9. Turnip.**

Turnips are actually one of the easiest foods you can coil; just peel off the rough outer layer. Turnip spirals are delicious raw and fried. Try mixing long turnip strips with kohlrabi, radishes, carrots, beets, and yogurt sauce.

## **10. Carrots.**

A spiralizer is a great alternative to a grater or knife, and let's be honest, vegetables look a lot more interesting. Take the largest carrot you can find and cut it into thin or medium spirals. Make muffins, pies, and salads, or simply pair with alfredo sauce for a vitamin-rich, low-carb meal.