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By Kelsey Kinser

Ulysses Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. CUSTOM-DESIGNED RECIPES FOR MAKING DELICIOUS VEGGIE NOODLE GLUTEN-FREE AND PALEO DISHES WITH THE POPULAR AND INGENIOUS NEW KITCHEN TOOL--THE VEGGIE SPIRALIZER You love pasta, but not the carbs and gluten. Now, with this book (and your handy veggie spiral slicer), you can indulge yourself without the guilt. Enjoy the flavors of traditional Italian, Asian, and American favorites while incorporating a healthy serving of veggies into mouthwatering meals, including: * Mac and Cheese * Zucchini Fritters * Cheesy Lasagna * Thai Noodle Soup * Shrimp Scampi * Seasoned Curly Fries * Spaghetti and Meatballs * Beef Stroganoff * Apple Noodle Kugel.



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