
VEGGIE NOODLES

Building fun and healthful pasta dishes

What are veggie noodles

Veggie noodles are made from vegetables that are firm enough to be cut into spirals so they appear like spaghetti. Most often they are made from zucchini, winter squash, sweet potatoes, carrots, and beets.

You can make them with a tool called a spiralizer and fresh veggies that are firm like zucchini, carrots, winter squash, sweet potatoes, or beets. Or you can buy the veggie noodles ready-made and found in the produce section of your grocery store. If you have the time the former is fresher and cheaper. But the latter is great for a busy cook.

It is important to use them within a day or to freeze them to retain freshness.

What's good about them?

1 cup of cooked pasta contains about 221 calories while a cup of the veggie noodles contains about 35 calories.



Pasta With Meatballs

Ingredients:

12 ounces of carrot noodles

12 ounces of cooked spaghetti noodles

3 cups of marinara sauce, brought to a boil

8 ounces of frozen turkey meatballs, cooked

Directions:

Cook the spaghetti noodles according to package directions. Meanwhile heat the carrot noodles in a skillet with a little nonstick pan spray and some water. Combine the carrot noodles in a bowl with the cooked spaghetti so they are layered. Top with turkey meatballs and marinara sauce. Serve family style with a large tossed salad.