

Spiralized Zucchini Recipes

What I love about summer is the abundance of produce that we get from our garden, which allows us to not only save money, but also eat healthy, fresh produce all season long. And because we always have an abundance of zucchini, I have been searching for plenty of spiralized zucchini recipes.

Below are some really popular spiralizer zucchini recipes that will give you plenty of creative ways to not only prepare zucchini, but eat healthy all summer long.

Are you looking for a spiral vegetable slicer?

=>>[Click here for my best spiralizer reviews](#)

Spiralized Zucchini Recipes

Zucchini Alfredo

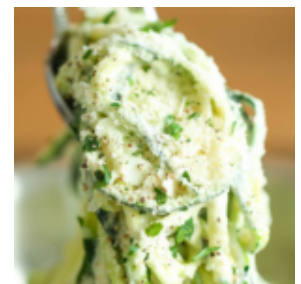


Image Credit:
Damn
Delicious.net

This zucchini alfredo recipe from Damndelicious.net is a nice change from traditional alfredo made with pasta.

Not only is this recipe lower in calories and carbohydrates, it is also one of those recipes that calls for common staple ingredients that you may already have on hand.

Get the recipe here: [Zucchini Alfredo](#)

French Onion Zoodle Bake



Image Credit:
Climbinggrierm
ountain.com

“Zoodles” are what you get when you turn zucchini into noodles. And this french onion zoodle bake will really make you appreciate having a spiralizer.

And even better, this recipe does not call for packaged french onion soup but instead the ingredients to make it from scratch. And like the zucchini alfredo, you may already have most or all of these ingredients on hand.

Get the recipe here: [French Onion Zoodle Bake](#)

Chicken and Zucchini Noodle Caprese



Image Credit:
Skinnytaste.co

This recipe is not only low calories and delicious, it is also easy to adapt. For example, it calls for grape tomatoes but I used cherry tomatoes since I prefer them, not to mention they are always plentiful in my garden.

This recipe is also a great way to use up leftover cook chicken breast.

Get the recipe here: [Chicken and Zucchini Noodle Caprese](#)

One Pot Zucchini Pasta



Image Credit:
MakingThymefor
Health.com

This is another light and delicious way to use up an abundance of zucchini and other herbs and vegetables from your garden.

It calls for just a few ingredients and cooks in just a few minutes. And best of all, you cook it all up in one pot!

Get the recipe here: [One Pot Zucchini Pasta](#)

Stir Fry Zucchini Noodles




Image Credit:
Diethood.com

How about a zoodle recipe with more of an asian flair? This stir fry zucchini noodle recipe combines zucchini noodles with soy sauce, teriyaki sauce and just a few more ingredients for a quick and easy stir fry.


Get the recipe here: [Stir Fry Zucchini Noodles](#)

Popular Spiralizers



Paderno World Cuisine Spiralizer Pro 




Spiralizer Tri-Blade Vegetable Slicer 



WonderVeg Vegetable Spiralizer

Wo




Müller Spiral-Ultra 4-Blade Spiralizer 



Spiral Slicer Spiralizer Complete Bundle – Vegetable Cutter – Zucchini Pasta Noodle Spaghetti

Maker




OXO Good Grips 3-Blade Spiralizer with StrongHold Suction 



Brieftons Vertico Spiralizer: Vegetable Spiral Slicer, Fresh Veggie Spaghetti & Pasta Maker
for Low Carb Healthy Vegetable Meals



Veggetti Pro Table-Top Spiralizer 

& Spiralizers and Healthy Diets

Whether you are trying to cut back on calories or carbs, or perhaps you are following a gluten free or grain free diet like paleo, using a spiralizer is not only a great way to use up an abundance of zucchini and other vegetables, it also allows you to create simple and delicious meals that are also healthy.

Easy Pickled Eggs and Beets Recipe

For as long as I can remember, pickled eggs and beets has been served every Easter. They go great with ham and look so pretty on the relish tray next to the pickles and olives. Nowadays I don't just make this easy pickled eggs and beets recipe at Easter time, I also make them for Thanksgiving, Christmas or any other time that I am in the mood.

Pickled Eggs and Beets are also known as *red beet eggs* or *PA Dutch pickled eggs and beets*. If you do check out one of the many [PA Dutch versions](#) you will see that they are usually loaded with sugar (which is very common in a lot of Pennsylvania Dutch recipes). Personally I don't like all that sugar. And besides, red beets are naturally sweet anyway.

Pickled eggs and beets are so easy to make and an economical recipe as well. They also work great as an appetizer, side dish and can even be part of a meatless meal. After all, you have the eggs for the protein and beets for your veggie so you could just add a nice side.



They also dress up a simple sandwich meal. I served them yesterday along with [ham barbecue sliders](#).

I have had pickled eggs so many ways but this is my favorite.

Some like them sweet while others prefer less sugar. Even those who don't care for beets often love the flavor of the eggs. And if you like beets but only eat them hot then these cold pickled beets are quite a treat!

Easy Pickled Eggs and Beets Recipe

- 1 dozen hard boiled eggs
- 2 cans (15 oz each) whole or sliced red beets (reserve juice)
- 1 small onion, thinly sliced (optional)
- 1 cup apple cider vinegar
- 1/2 cup sugar
- 1 teaspoon whole cloves
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Directions:

Peel and rinse hard boiled eggs and place in a large container (I use my [lock n lock](#) containers because they don't stain but glass jars work great for this). Drain beets, reserving the juice, and pour beets over the hard boiled eggs. Cover and keep in the refrigerator until needed.

Pour reserved beet juice, vinegar, sugar, whole cloves, salt and pepper into a non-reactive saucepan (such as [stainless steel](#)). Bring to a boil over medium heat, stirring occasionally, until sugar is dissolved. Remove from heat and allow to cool for about an hour or so.

Add sliced onion to the eggs and beets then pour beet juice mixture over all. Cover and give the container a little shake make sure the eggs are all covered. Refrigerate at least 24 hours.

Place prepared eggs and beets on a pretty relish tray and slice eggs in half lengthwise if desired. **Before serving you want to make sure to remove the whole cloves that might have**

stuck to the eggs and beets and put them back in with the rest. I don't know if they are a choking hazard (especially with little ones) but it's better safe than sorry!

Pickled eggs and beets keep in the refrigerator for about a week and taste even better on the second or third day.

This recipe is so easy to double or even triple. For holidays (when I need to make a lot) I place in gallon size pickle jars. If you buy these huge jars of pickles or know someone who does just ask them to save the jar for you.

This recipe was actually adapted from both my mom's and [Emeril Lagasse's](#). I prefer these Emeril's way with the apple cider vinegar (my mom uses white) but prefer whole cloves over pickling spice. Both ways are delicious though and this is a great recipe to make your own!

Vegetable Chili Recipe

Chili is one of those economical meals that taste great, especially on a cold evening. And since beans are loaded with protein you can make this quick and easy vegetable chili recipe and save even more money.

Vegetable Chili

- 2 cans (15 ounces each) pinto beans, drained and rinsed
- 1 can (15 ounces) kidney beans, drained and rinsed
- 1 can, (15 ounces) hominy, drained
- 1 can (4 ounces) chopped green chilies, drained
- 1 can (6 ounces) tomato paste
- 1 can (28 ounces) crushed tomatoes
- 1 1/2 cups water

- 2 small zucchini, cleaned and cut into small cubes
- 1 medium onion, diced
- 1/2 teaspoon sugar
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- shredded cheddar or monterey jack cheese (optional)

Combine all ingredients except cheese in a large pot. Stir well and bring to a boil. once chili comes to a boil reduce heat and simmer, partially covered for 30 minutes, stirring occasionally. Ladle into bowls and sprinkle with cheese if desired.

Serving suggestion: This healthy vegetarian chili recipe goes well with corn bread.