



# Spiralized Sweet Potato & Beet Noodles with Lemon and Ginger

*Salad*

**Cook Time:** 15 minutes **Servings:** 5 cups **Source:** [theculinarygym.com](http://theculinarygym.com)

## INGREDIENTS

3 oz yellow onion, sliced thinly (½ medium)

1-inch fresh ginger, peeled and minced

6 oz spiralized beets (1 large)

6 oz spiralized sweet potato (1 large)

2 tablespoons lemon juice

2 tablespoons apple cider vinegar

2 tablespoon water

¼ cup diced fresh mint

## DIRECTIONS

In a large sauté pan or skillet over medium-high heat, add onions and cover. Sauté for a few minutes, stirring occasionally.

In a small bowl, mix lemon juice, apple cider vinegar, and water.

Add ginger, beet noodles, and sweet potato noodles to the pan. Pour the lemon marinade over the noodles and turn the heat to medium. Cover and sauté for 5 minutes, occasionally giving the noodles a gentle stir to so they cook evenly.

After 5 minutes, or once the noodles are tender to your liking, turn off heat. Stir in fresh mint and serve warm or chilled.

## NOTES

I used red beets and orange sweet potatoes in this dish, but feel free to use any varieties you like. The red beet juice gave the sweet potatoes a pink color, which leads to a pretty plate of red, purple, and pink noodles.

You can also replace the beets and sweet potato with other starchy vegetables, such as winter squash, yams, rutabagas, turnips, carrots, or parsnips.