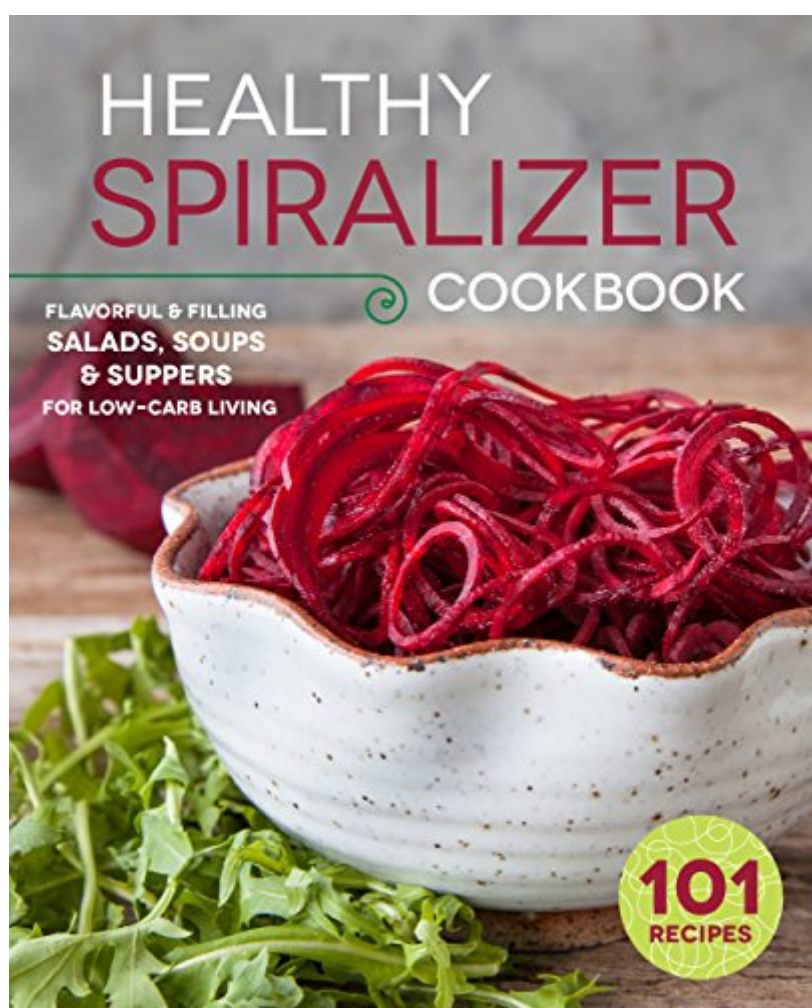




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# The Healthy Spiralizer Cookbook: Flavorful And Filling Salads, Soups, Suppers, And More For Low-Carb Living



## Synopsis

Finally, a delectable array of healthy and delicious recipes that work with any spiralizer! Whether you're gluten-free, Paleo, or simply looking to eat healthier meals, you know this for certain: Carbs are out and vegetables are in. This trusty spiralizer cookbook will make it easier than ever to prep and enjoy 101 recipes for flavorful and good-for-you meals that are built around veggies. Here's what's included:

- Clear instruction on which fruits and vegetables spiralize well and which don't
- A review of popular spiralizer brands and models, to help those on the fence decide which is best for them
- Recipe icons indicating whether meals can be made with a hand-crank spiralizer (Paderno, Inspiralizer, and more), an hourglass-shaped spiralizer (Vegetti, Brieftons, and more) or both types
- A chapter of spiralizer recipes to satisfy high-carb cravings, from fettuccine alfredo to chow mein
- A chapter of basic condiments, sauces, and dressings to flavor the rainbow of veggies you'll be spiralizing
- Nutritional information included with every recipe, noting calories, fat, cholesterol, total carbs, fiber, and protein

Meals this healthy have never been more fun to make or more delicious to eat. Start noodling today these recipes:

- Fried Eggs with Cheesy Sweet Potatoes
- Beet and Arugula Salad with Goat Cheese and Walnuts
- Tom Ga Gai with Quick Pickled Cucumber Noodles
- Lemon-Basil Carrot Risotto
- Zoodle Puttanesca
- BLT on Potato Fritters
- Chocolate-Beet Muffins

## Book Information

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## Customer Reviews

Love love LOVE this! I am a pasta-FIEND. It is the one true holdback for my attempt at eating healthy. Sprializing the veggies gives me the same look and feel of pasta so for me THAT alone is worth the cost of this book. It is hard to eat as many veggies as we should as adults, much less to get the kids to. Finding recipes for healthy and flavorful ways to cook veggies like this is a blessing to a mom. Something about the spiral cut makes it FUN. It's also lighter and can soak up more flavor this way, giving you more of the flavor and less dull thick veg. This would be a great for any Paleo, gluten free and low carb'ers as well as anyone who wants a fun way to consume more veggies. This book gives you details about what will and will not "spiralize" well as well as traditional carb counts for items like pasta that you can replace spiralized veggies with to see how much more beneficial the fruits or veg are for your diet! It also breaks down pros and cons of various types of spiralizers for you and gives handy tips for success in using a spiralizer. Breakfasts, snacks and sides, salads, soups, vegetarian and vegan, fish and seafood, meat and poultry, classic cravings (things like "spaghetti" and meatballs), baked sweets, kitchen staples (such as stocks and vinagrettes) are the categories you get recipes for. I have to say I didn't expect anything like this and was amazed at all the various recipes. The recipe I cannot wait to try is Coconut, Ginger and Shitake Soup! I give this an A+++

The healthy Spiralizer cookbook is the first book I have come across that specifically has the recipes using spiralizer. I own both hour glass spiralizer and the hand cranked one. This book is a must for people who own spiralizer. It gives a whole lot of recipes using these. The author calls noodles "Zoodles" and rightfully so. Most used vegetables are Zucchini, carrots, sweet potatoes and cucumbers. You'll find recipes for breakfast, snacks and side dishes, salads, soups and stews, vegetarian and vegan, fish and seafood, meat and poultry and even for pizza, spaghetti and casserole and baked goods. It also gives you a list of kitchen staples. Every recipe indicates which spiralizer and blade to use, prep time and cook time. It also lists the nutritional information per serving. Using these recipes one can prepare delicious meals in no time. You can have a diet high in fruits, vegetables and fiber and eat low carb. It tells you which

vegetables and fruits to use for spiralizer along with their calorie amount. Each recipe tells you if it is gluten free, Paleo friendly and vegan. This is very helpful for people following a specific diet. I have tried a few recipes and like them. The salads are so easy while using a spiralizer. Make your own dressing and enjoy. My favorite is sweet, sour and spicy raw cucumber noodles. So easy to make, looks beautiful and tastes great. I like this book and going to try more recipes. Even if you don't own a spiralizer, this book will inspire you to go out and get one. I received this book for free for my honest opinion.

I have made several recipes from this book, notably the zucchini noodle chicken soup and the zucchini noodle puttanesca. (I do not like calling them "zoodles," that's the only thing about the cookbook I find annoying. I realize that's a personal preference issue.) Both dishes were fantastic, filling, and delicious; everyone who tried some of it loved it. Even my dad, who's a big guy with a hearty appetite, found these dishes satisfying. I had thought originally assumed that vegetable and fruit noodles would be less filling than grain-based noodles, but I was wrong. They were plenty satisfying (I guess due to the fiber and water content) and I felt a lot better physically after eating them compared to how I feel after eating regular noodles. Spiralizers can make very long noodles. I found it helps to snip them a bit shorter with some scissors as I'm churning them out of the spiralizer. It makes them easier to serve. I suppose that's not that different from making regular noodles, come to think of it. I like the organization of this book. The directions are well-written, nutrition information is included, and the recipes are great. There's all sorts that would suit various dietary needs. I also appreciate that the book goes into how to use spiralizers properly and what produce works best. With that information I'm finding it easy to come up with my own recipes, too. Attached is a photo of the zucchini noodle soup. I love the color from the skin of the zucchini. That reminds me - I do live at a higher altitude which is probably why; but I found I usually have to cook the noodles longer than the book suggests to get the consistency right. A lot longer. Just a heads-up.

I'm new to the spiralizer trend but I have been in love with pasta since I was a kid! There are a lot of recipes provided in this book and the author does a great job of providing information about each recipe for people to incorporate into their diets (vegan, low-carb, paleo, etc). I found a lot of recipes that I really want to try out when I get my spiralizer but I did note a few issues with the book that I thought could have been easily remedied. First, a lot of the recipes use ingredients that many may not have access to because of cost or limited special supplies in their area which I didn't really

appreciate. I also felt the text was severely lacking in photos. Photos of completed recipes are a great tool for those who are preparing something new and can also motivate someone to try something they may not have wanted to try before. More photos please! Please note that I received this book in exchange for my fair and unbiased review.

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