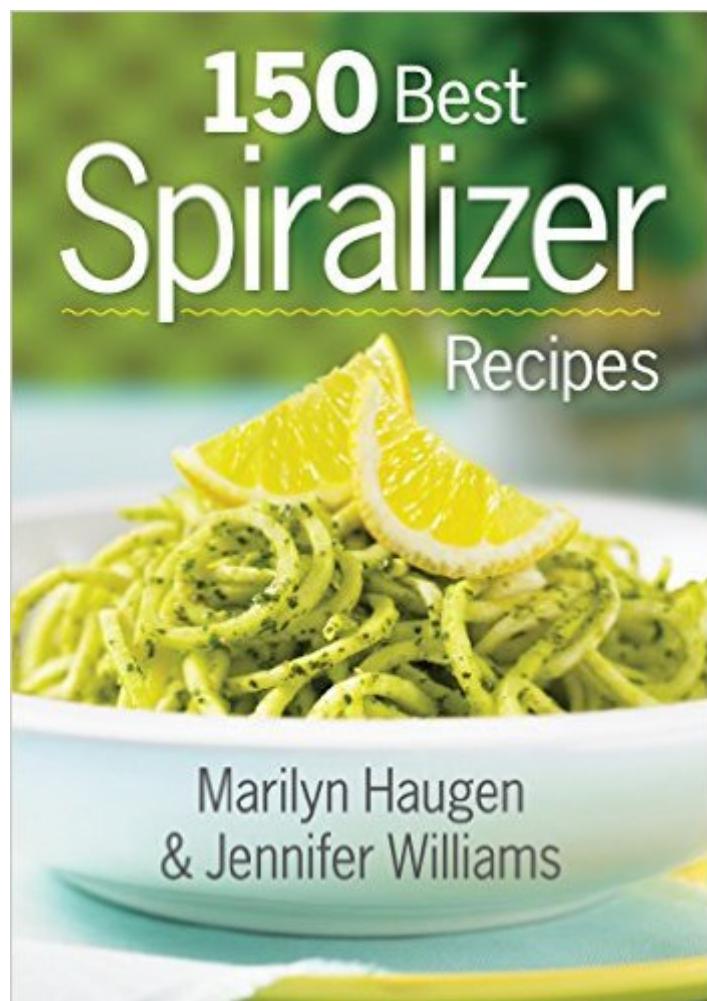


The book was found

150 Best Spiralizer Recipes



Synopsis

Spiralizers are taking home kitchens by storm. They are a fun way to introduce more vegetables, especially to finicky eaters, and reduce carbohydrates. One of the simplest options is substituting typical wheat pastas in a dish with zucchini noodles. Quick, healthy and easy to make and so satisfying! 150 Best Spiralizer Recipes has many more delicious and creative dishes to explore, including updated versions of classic favorites. There are recipes for vegetarians, gluten-free diets and low carbohydrate diets but also a wide variety of dishes for meat, poultry and fish lovers. The 150 recipes feature some of these delicious offerings: Thai Salad with Peanut Lime Dressing; Pancetta and Lentils with Zucchini Pasta; Curry Beef with Sweet Potato Noodles; Tuna Noodle Casserole; Spanish Shrimp and Scallops with Butternut Squash; Spaghetti alla Carbonara; Spicy Shoe String Jicama Fries and Sweet Potato Pizza Pie. 16 pages of color photographs feature stunning food photography as well as the many ways you can maximize your spiralizer. For a new twist on healthy cooking and more tantalizing ways to eat more vegetables and fruits, spiralizing is the answer.

Book Information

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Customer Reviews

Spiralizers are an amazing invention... replacing pasta (spaghetti) with something healthier and less fattening... veggies!The veggies also cook faster than if you just do slices.This book takes your spiralizer out of the cupboard and on to the counter. You get so many different recipes, beside the typical "faux spaghetti" or "spiral veggies with olive oil". Think outside of your box!The beginning of the book covers the basics, how-to spiralize a variety of vegetables, and some tips and safety

notes. Then there are 4 categories in the book. 1. Gluten Free Recipes 2. Paleo Recipes 3. Vegetarian and vegan recipes 4. Raw Food Recipes. By segmenting the recipes into these 4 sections, those with one of these specific diet plans an focus on just their section, which simplifies life for them. Each section starts with the list of recipes in that section. For those of who do not subscribe to one of these 4 diets, then the book is a bit chaotic. It's hard to focus on any kind of theme with the recipes. Subdividing those sections into more categories would make the book feel more organized for us "eat-it-all folks." Be aware, the recipes are designed to be easy-to-read and you don't have any chit chat or backstory. What you get for each recipe is a short paragraph description followed by the recipe and a side section with Variations on that recipe or TIPS for that recipe. The recipes are modern-fresh, and really sound delicious. I know it might be a deal-breaker, but there aren't photographs of the recipes. Somehow it doesn't bother me, because knowing they are all made with spiralizer, they do have that same-ness which helps me easily visualize the finished dish.

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