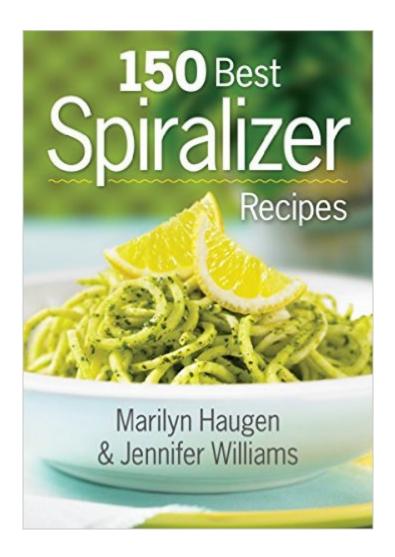
The book was found

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

Paperback: 224 pages Publisher: Robert Rose (July 30, 2015) Language: English ISBN-10: 0778805220 ISBN-13: 978-0778805229 Product Dimensions: 7 x 0.5 x 10 inches Shipping Weight: 1.5 pounds (View shipping rates and policies) Average Customer Review: 4.3 out of 5 stars Â See all reviews (46 customer reviews) Best Sellers Rank: #14,662 in Books (See Top 100 in Books) #27 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #109 in Books > Cookbooks, Food & Wine > Kitchen Appliances

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 Recipes2. Paleo Recipes3. Vegetarian and vegan recipes4. Raw Food RecipesBy 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.

Download to continue reading...

Spiralizer Recipes: 50 The Best Spiralizer Recipes From Classic Pasta Dishes, To Salads, Noodle Soups, Fries, Breakfast Noodles-Crush Your Pasta ... Recipe Book, Spiralizer, Spiralizer Cookbook) Spiralizer Recipe Book: Spiralizer Recipes for Weight Loss, Anti-Aging, Anti-Inflammatory & So Much More! (Recipes for a Healthy Life) (Volume 2) My Mueller Spiral-Ultra Vegetable Spiralizer Cookbook: 101 Recipes to Turn Zucchini into Pasta, Cauliflower into Rice, Potatoes into Lasagna, Beets ... (Vegetable Spiralizer Cookbooks) (Volume 4) Spiralizer Cookbook: Top 98 Veggie Friendly Spiralizer Recipes-From Sweet Potato Fries And Zucchini Ribbons To Carrot Rice And Beet Noodles 150 Best Spiralizer Recipes The Spiralizer Recipe Book: From Apple Coleslaw to Zucchini Pad Thai, 150 Healthy and Delicious Recipes SPIRALIZE Now!: 80 Delicious, Healthy Recipes for your Spiralizer Healthy Spiralizer Cookbook: Flavorful and Filling Salads, Soups, Suppers, and More for Low-Carb Living Best of the Best from Hawaii: Selected Recipes from Hawaii's Favorite Cookbooks (Best of the Best State Cookbook) Best of the Best from Big Sky Cookbook: Selected Recipes from the Favorite Cookbooks of Montana and Wyoming (Best of the Best Cookbook) Series) Best of the Best from the Deep South Cookbook: Selected Recipes from the Favorite Cookbooks of Louisiana, Mississippi, and Alabama (Best of the Best Regional Cookbook) Best of the Best from Alaska Cookbook: Selected Recipes from Alaska's Favorite Cookbooks (Best of the Best Cookbook Series) Canning And Preserving Cookbook: 100+ Mouth-Watering Recipes of Canned Food: (Canning and Preserving Cookbook, Best Canning Recipes) (Home Canning Recipes, Pressure Canning Recipes) The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast

... Recipes, Slow Cooker Desserts and more! My First Bilingual Book–Music (English–Spanish) (Spanish and English Edition) My First Bilingual Book–Music (English–Portuguese) My First Bilingual Book–Music (English–Turkish) My First Bilingual Book–Music (English–Russian) My First Bilingual Book–Music (English–Polish) My First Bilingual Book–Music (English–Korean) Dmca