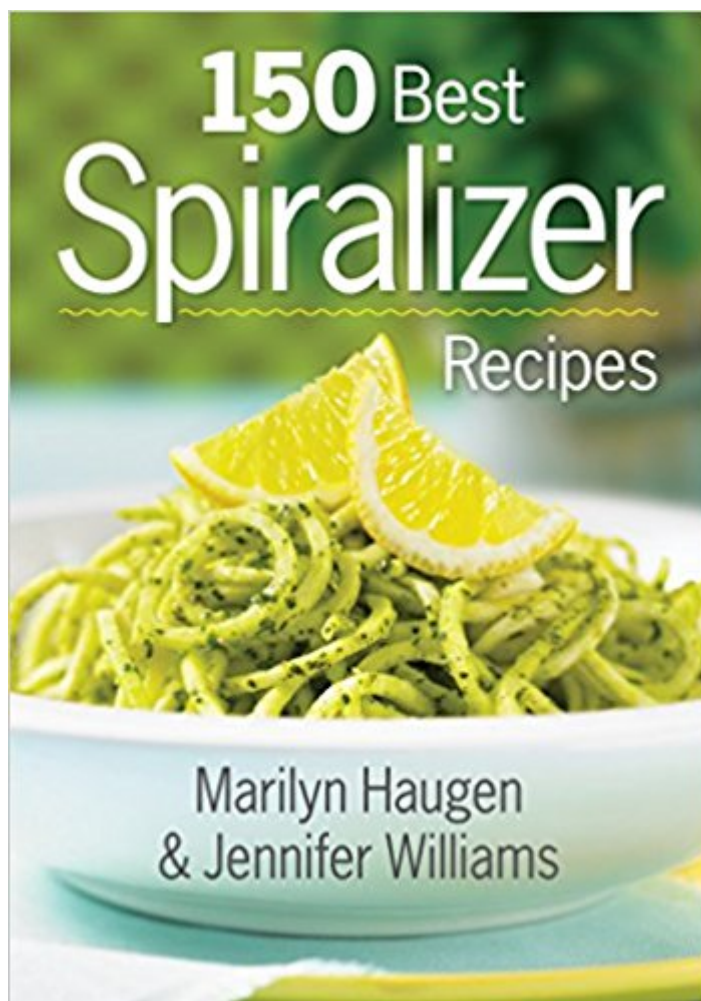


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# 150 Best Spiralizer Recipes



## 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

Recipes for spiral-cut veggies - If you are new to spiraled veggies, the author has some info about various veggies and what thickness they are best suited for. Her measurements are both in the familiar cups, teaspoons, etc. as well as the metric equivalent, and she sorted her recipe by diet rather than by type of food so she has a section of Gluten-Free Recipes, as well as sections on Paleo Recipes, Vegetarian and Vegan, and Raw Food Recipes. The recipes are in a very clear,

easy to read format. Lots of the recipes are very appealing, and some are super creative. - E. Burton Vine Voice  
A wide variety of recipes - I'm quite impressed with this book. I like the way it is laid out. The first part talks about the types of spiralizers and their blades. It also lists other equipment that will help making these recipes. The next part is a list of fruits and vegetables that are best for spiralizing. The nice part of this section is it tells you which works best, how to prepare to spiralize, and how to treat it after spiralizing. This is also a list of quick tips for best results. There is also a list of gluten-free recipes, Paleo recipes, and Vegetarian. - reg Vine  
Comprehensive book about using your spiralizer, not just recipes - I was very impressed that the book wasn't just recipes, it really is all things spiralizer, from simple uses to complex recipes. The first 80 pages are gluten-free recipes, 50 pages of paleo recipes, 50 pages of vegetarian recipes and another 30 pages of raw foods recipes. Has a great section at the beginning about the best foods and uses for a spiralizer. It shouldn't just be called 150 Best Spiralizer Recipes, it should be called The Complete Spiralizer Handbook and 150 Best Recipes. Very highly recommended. - DB VINE VOICE

Jennifer Williams is the author of the bestselling 150 Best Breakfast Sandwich Maker Recipes. Marilyn Haugen is a food blogger and co-author of Jams and Jellies: Preserving By the Pint in Minutes.

OK, so I am one of those gadget people.....We had a spiralizer for about 3 months before we saw this recipe book, which was great timing as my enthusiasm (and my family's) for all things "zoodly" was waning fast!\*BTW you can get a spiralizer very inexpensively now on ,but I digress, the timing for this recipe book was perfect for us as I had pretty much thought I had exhausted the meal options for my beloved zoodles.But OH! Wait! There's more you say..... (sorry couldn't resist the "infomercial" in me) ;-PThis book is BIG on easy flavorful and quick meals, \*one of our newest favorites is the Shrimp with slow roasted tomatoes and zucchini linguine.I've attached pictures so you can see the steps and how delish it looks and can better imagine how good it tasted.My only negative would be that there are not many pictures (there are only about a dozen) I really like to see how, what I am making, is supposed to look when finished. Even though it is weak in that area we found the recipes to be excellent and flavorful and a great jumping off point to customize many of them to suit our family's tastebuds. Like with this shrimp recipe, it goes without saying all the various protein substitutes you can do to this along with spicing it up or into a more ethnic version with your favorite spices.See my pictures of this recipe, it was A mazing!! It is worth getting this cookbook just

for this dish alone (and there are even MORE where that came from) Yumm O!

I got this cookbook for my mom as a gift and she loves it and the food she makes from it is super tasty! There is such a large variety of recipes that are broken up into sections like: gluten free, pale, vegetarian and vegan, etc. One nitpicky thing is that the pages of the book are not glossy, they are a sort of thinner rough paper, but I am ok with it. I would recommend this book to anyone with a spiralizer tool.

I was very disappointed at the lack of pictures to go with the recipes in this book. There's 150 recipes but only 16 pictures in the entire book and not all of those are of finished dishes.

Great recipe book for the spiralizer. I wasn't sure if I should order this book or not because, unlike other books on Amazon, you can't "look inside" / preview before you purchase it. I ordered three cookbooks for the spiralizer, and of the three this is my favorite. I just recently received this book and have already tried two recipes (Kohlrabi Slaw and Pork and Zucchini Noodle Bowls). They are both AMAZING! I can't wait to try the other recipes. EXCELLENT BOOK!!!

The recipes are good but there are no calorie counts.??? Some of the recipes seem to use quite heavy ingredients and some not and that's OK but calorie counts would be quite useful if you have purchased a spiralizer to help you cut calories. If I had known this I would probably not have purchased this book. I didn't think anyone would publish a recipe book without calorie counts or grams of fat per serving, too, come to think of it.

You're either going to love it or hate it. If you are very familiar with your veges and you're looking for a recipe book to guide you into variety this book will do that. For the beginner it even has a wonderful section to explain which veges are best for spiralizing and how to store them. The reason I am giving it three stars instead of 5 is because there are only two pics in the entire book. I wouldn't have purchased if I had known this. I'm new to veges and I'm also a VERY visual person. To get me to try any recipe I need to see what it looks like. Fortunately I purchased another book that IS chock full of photos. so, I'd recommend this for vegans and vegetarians who are already familiar with the delights of the garden, or for whom, no photos are not an issue. But alas, it's not for me. It will probably go to goodwill as I don't know anyone else who likes cookbooks with no photos.

Amazing recipes. So creative, so delicious, so easy. I'm very impressed. Also the divisions into gluten free, paleo, etc are excellent and exactly fit the healthy diet i've been doing for a decade. Two thumbs up.

Very cool tool!

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