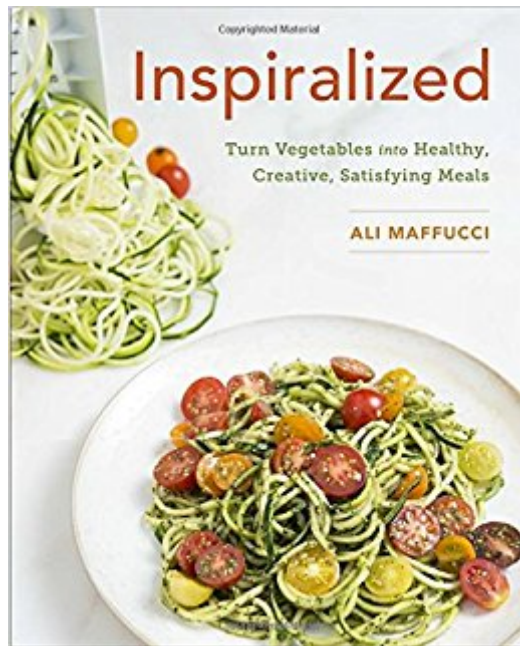




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# Inspiralized: Turn Vegetables Into Healthy, Creative, Satisfying Meals



## Synopsis

A New York Times Bestseller The definitive cookbook for using a spiralizer: the kitchen gadget that turns vegetables and fruits into imaginative, low-carb dishes. On her wildly popular blog, Inspiralized, Ali Maffucci is revolutionizing healthy eating. Whether you're low-carb, gluten-free, Paleo, or raw, you don't have to give up the foods you love. Inspiralized shows you how to transform more than 20 vegetables and fruits into delicious meals that look and taste just like your favorite indulgent originals. Zucchini turns into pesto spaghetti; jicama becomes shoestring fries; sweet potatoes lay the foundation for fried rice; plantains transform into "tortillas" for huevos rancheros. Ali's recipes for breakfast, snacks, appetizers, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts are easy to follow, hard to mess up, healthful, and completely fresh and flavorful. Best of all, she tells you how to customize them for whatever vegetables you have on hand and whatever your personal goal may be—losing weight, following a healthier lifestyle, or simply making easy meals at home. Here, too, are tons of technical tips and tricks; nutritional information for each dish and every vegetable you can possibly spiralize; and advice for spiralizing whether you're feeding just yourself, your family, or even a crowd. So bring on a hearty appetite and a sense of adventure—you're ready to make the most of this secret weapon for healthy cooking.

## Book Information

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Best Sellers Rank: #732 in Books (See Top 100 in Books) #5 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free #6 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #6 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

## Customer Reviews

"This cookbook will make you look at vegetables in a whole new light!"- The Kitchen"Ali's super smart, super clean recipes will bring a smile to your heart and your tummy! Her story is as authentic and inspiring as they come. She's bringing totally new recipes to your table, next!" - Candice Kumai, bestselling author of Clean Green Eats and E! News Contributor"If you are looking for more ways to love vegetables or just need a break from the everyday, this book will certainly leave you inspired!"- The Paleo Mom

Combining her inherent Italian-American love for pasta with her commitment to a healthy lifestyle, ALI MAFFUCCI launched Inspiralized.com. She lives in Jersey City with her fiancé, Lu.

If you are new to spiralizing you don't really NEED this book, Ali has enough info and recipes to get you started for free on her website. I bought three copies of this book for myself and friends purely because I wanted to monetarily support her because she has helped me so much. That being said I received my books yesterday (one day before release, thanks !!!) and I am VERY impressed! Vegetable sandwiches, muffins, waffles, vegetable rice pudding!?! You don't NEED this book, but you will LOVE it!The key to spiralizing is actually getting out your spiralizer and using it. Once you get in the habit of it you will see how spiralizing is so much faster than cutting up vegetables, and most veggies you can spiralize ahead of time and store in your fridge ready to use. Make sure you read Ali's tips on cleaning the spiralizer and which veggies you can spiralize ahead of time.This girl's ideas are amazing, and truly life changing for those of us who follow a gluten free, grain free, vegan or paleo lifestyle. Even if you don't, a vegetable spiralizer paired with Ali's ideas make it so much easier to incorporate more veggies into your diet.Anyone following any kind of weight loss plan or that wants to be healthier would love this and a spiralizer as a gift!

Like the other reviewers here, I follow Ali's blog, so I was interested to see how much overlap there was between her blog and cookbook. There is actually not much overlap, most of the recipes in "Inspiralized" seem to be new (relative to her blog). There are about 3 from the breakfast chapter (sweet potato waffles, savoy cabbage breakfast burrito, and huevos rancheros) - but otherwise, those are really the only ones I noticed.Ali includes a stunning amount of variety, from "Everything bagel" breakfast buns (yum), chana masala with kohlrabi rice, Thai drunken zucchini noodles with pork (my favorite), to apple-potato buns as a gluten-free, healthier alternative to grilled cheese. Every recipe I have made from her blog has turned out well, so I am expecting similar results from this book.I love the layout of her cookbook - it's easy to see at a glance how much time everything

will take, and unlike a lot of cookbooks I've used where it takes three times longer than promised - her estimates are pretty accurate for me. In addition, there's the nutritional information, a photo of what it should look like, whether it's GF, veggie, vegan, etc. My favorite feature though is probably the fact that each recipe includes an "also works with" box. She really encourages you to explore with your spiralizer and try new things. In case you don't like something, or can't find it, or have an overabundance of something else - Ali makes it really easy to adapt her recipes to suit your personal tastes, while staying as healthy as you want to stay (for instance, she says up front that her recipes don't include butter, cream, etc - but feel free to add if you desire). Also, the intro section where she talks about how to use your spiralizer, which veggies are permissible, special ways to deal with things like the soapy taste from daikon, how to prepare and store spiral veggies for cooking later - while it is all on her blog, it's nice to have in one place here. I thought that the spiralizer was just another huge kitchen gadget that I might not really use, but I've lost about 10 lbs since I got mine in December (yeah, two months ago) - just from cutting out pasta and rice. Even my cooking-phobic roommate uses my spiralizer weekly. Ali's blog has really helped me experiment with all the ways I can use the spiralizer, without giving up the dishes that I like. This book takes it even further.

I'm giving this book 5-stars alone based on all the helpful information inside this book. Like how to get darn near perfect spirals! I have been making 'Zoodles' (zucchini noodles) since I gave up pasta over a year ago but always ended up with lots of 'crescent moon' shapes. I rarely do anymore! Although, those little 'moons' taught me how sweet and yummy a raw piece of zucchini could taste...so when I do get a few of those, I just toss them in a salad for extra crunch! And all this time I thought I didn't like Zucchini! I stand corrected! But it isn't just about Zucchini...it's about all kinds of Veggies and making healthier choices! I've replaced various 'spiralized noodles' in my own recipes that once contained pasta & everyone loves them! The best part is that (1) Veggies are better for you (2) You don't have that "Ugh! I ate ALL the pasta on my plate & I can't move!" feeling (3) "OH THE GUILT!" (4) If you have little ones that you want to eat their veggies without a battle, this is a fun way to get them to LOVE them - they could even help make them! I even give raw spiralized veggies to my pooches! I should have bought into a Spiralizing company because so many of my friends have bought them after sharing a spiralized meal with me! Quick Note...I keep kitchen scissors nearby when I make my Zoodles and cut them into manageable pieces. This way you still have the satisfaction of twirling them as you would actual pasta, but it doesn't go on for days! ;) If you know someone who is Vegan or Vegetarian or interested in becoming one, this would be a

great book to give as a gift as well as to have on hand to make tasty delights that not only they will love, but everyone else will as well!! I've attached a photo of my Clams Vongole with Zoodles. I added chopped parsley over the top, a sprinkle of parmesan cheese and a dash of dried red peppers & Ohhhh La La...YUMMY! When your friends and family ask if your making any 'Tasty Zoodles' when you invite them over...you know you're doing it right! This also goes for when your kiddos eat what's on their plate instead of dismissing their veggies as "boring"! Make eating fun again while keeping it healthy!

From the moment I flipped through this cookbook I wanted to try each and every recipe! Each recipe is written very clear and easy to understand. I am able to find the ingredients at my local grocery store but Ali lists alternatives, which I like. The photos are beautiful! My kids have been joining in and are excited to try the HEALTHY recipe! A family friendly cookbook!

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