



Healthy Spiralizer Cookbook: Flavorful and Filling Salads, Soups, Suppers, and More for Low-Carb Living

Rockridge Press

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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--and which blade to use for each
- 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

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