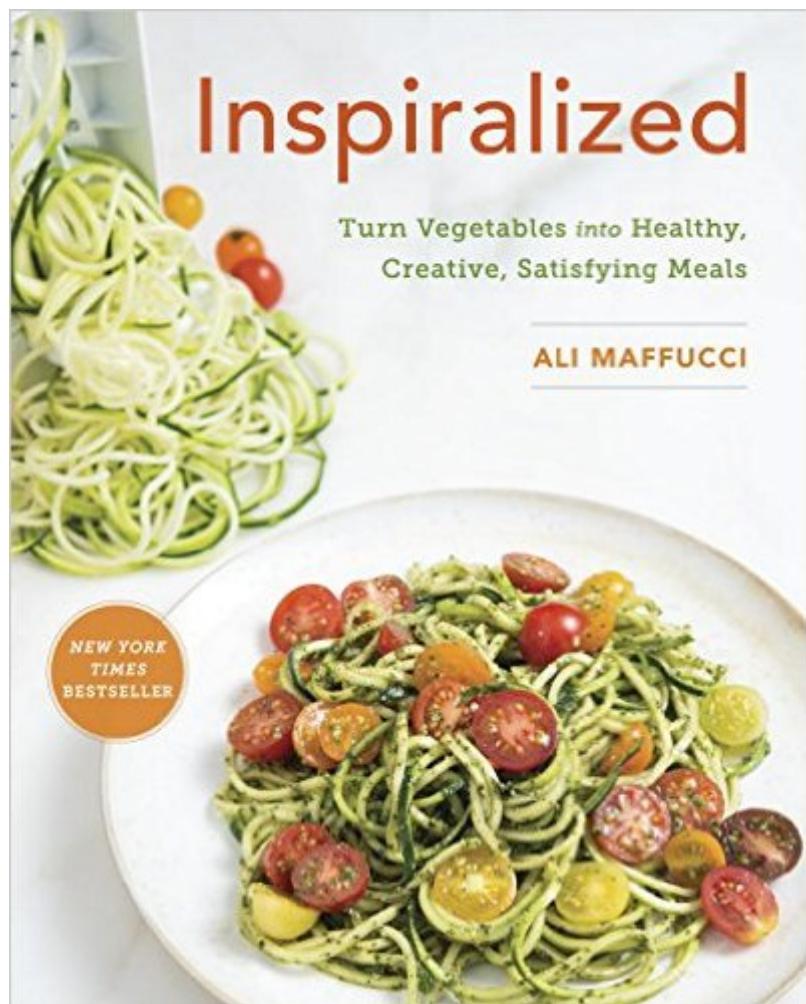


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Inspiralized: Turn Vegetables Into Healthy, Creative, Satisfying Meals



Synopsis

NEW YORK TIMES BESTSELLERThe 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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Customer Reviews

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).

I'm a huge fan of this author's blog, so I was extremely disappointed to have gotten my preordered copy of the book and find that the the experience of a book, instead of being more exciting than the blog, is actually somewhat less so. The biggest bummer for me was the lack of photos. In this day and age, no blogger would ever consider putting up a recipe without at least one photo of the finished product, and when I am paying for a recipe book, I expect the same quality as what bloggers everywhere are putting up for free. Only about half of the recipes had a photo to illustrate it, and I was disappointed that many of the recipes pictured were not ones that particularly needed a photo (such as salad with some spiralized shavings on top), while others that were more complex, such as tilapia tostadas with tomato corn salsa, were not pictured. I have no idea what a spiralized tostada made of plantain rice might look like, and one photo would have made this recipe a lot more useful. Then, I was disappointed in the quantity of cheese. While I do eat cheese and generally follow a primal diet (and expected to find some cheese in this cookbook), I would go so far as to say that the majority of the recipes here include cheese, and indeed rely on it as a key part of the flavor and texture. I expected something more similar to the breakdown of recipes on her blog, where there is a wide variety of dairy free options to supplement the cheese ones. For me, cheese is an occasional treat, not something I consider healthy every day eating.

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