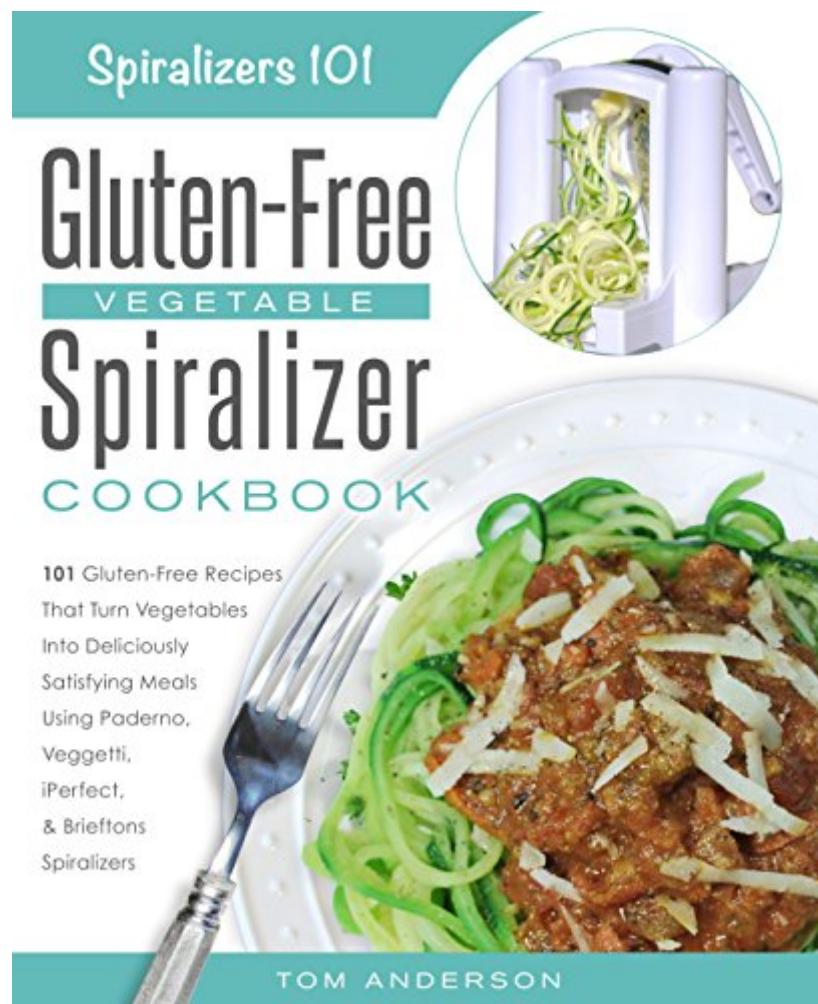


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# The Gluten-Free Vegetable Spiralizer Cookbook: 101 Gluten-Free Recipes That Turn Vegetables Into Deliciously Satisfying Meals Using Paderno, Veggetti, ... & Brieftons Spiralizers! (Spiralizers 101)





## Synopsis

SPIRALIZERS 101 - The Definitive Guide To SpiralizingWant to know how to use your new vegetable Spiralizer to make appetizing, gluten-free meals for your family? Then the "Spiralizer 101" series of books is for you!With illustrated instructions, this book will answer all of your questions about spiralizers, such as: How can I make zucchini pasta, potato lasagna, cauliflower rice, and other pasta and rice replacements from fresh vegetables? How to use the popular brands of spiralizers (such as the Paderno, Veggetti, iPerfect, Mueller, Brieftons and others)? What are the different shapes and sizes of spiral cuts I can make? How to spiral cut vegetables without a spiralizer? How to choose the right vegetables for spiralizing? What kind of meals can I make with spiralized veggies?In addition, the book contains 101 time-tested recipes designed to satisfy your hunger for the foods you enjoyed before gluten became forbidden.Would you like to enjoy Gluten-Free fettuccine alfredo? Pasta Arrabiata? How about spicy Drunken Noodles? Or a homemade Chicken and Noodle soup?Who is this book for?You want to learn how to make zoodlesYou are gluten sensitive or have celiac diseaseYou eat gluten-free or wheat-free mealsCompatible with Against the Grain, Wheat Belly, Inspiralized, or other popular booksYou have a Paderno spiralizer, Veggetti Spiralizer, Mueller Spiralizer, or any other brand of vegetable spiralizer or spiral slicerYou love pasta dishes, but want to eat healthyYou desire low carb pasta or veggie pasta, such as vegetable spaghetti, spiral pasta, low carb noodles, etc.Paperback version recommended for better use in the kitchen.Click the BUY button today! NO RISK GUARANTEE!Preview of the 101 delicious Gluten-Free recipes inside:SOUPS:Asian Pasta with BrothBlack Bean & Noodle SoupButternut Squash Avocado SoupCurried Leek & Lentil SoupGreen Chile, Chicken, Squash SoupMexican Chicken Noodle SoupMexican Tomato Soup with Squash NoodlesGluten Free Miso Noodle SoupPork & Noodle Soup with GreensPumpkin Noodle SoupRosemary Root Vegetable SoupShoyu Cabbage SoupShrimp Soup with Bok ChoySizzling Rice • SoupSlow - Cooker MinestroneThai Chicken Noodle SoupTunisian Noodle Soup SALADS:Asian Chicken & Noodle SaladBeef SaladBeet SaladColorful Carrot & Beet SlawDill Salmon Pasta SaladGreek Pasta SaladLight Citrus Ginger Tofu Salad with Carrot and Squash NoodlesMediterranean Pasta SaladNoodles & Humus SaladOne Pot Kale and Cauliflower PilafPasta Primavera SaladRoasted Baby Turnips with Dijon-Shallot Vinaigrette and Beet NoodlesShaved Asparagus, Yellow Squash, and Mint SaladSouth of the Border Jicama-Avocado SaladThai Green Papaya SaladVegetables with Rosemary VinaigretteZucchini and Squash Summer Salad with Golden Raisins, Pistachios, and MintZucchini, Squash, and Spinach Salad with Apples and Cranberries SIDES:Potato-Veggie LatkesBaked Zucchini and Potato

Pancakes  
Cabbage and Apple SautÃ©  
Curried Vegetable Couscous  
French Peasant Beets  
Spirals  
Lemon Chard Pasta  
Mediterranean Squash Stir-fry  
Mexican Slaw  
Perfumed Noodles with Fruit  
& Nuts  
Roasted Vegetable Snacks  
Sesame Noodles  
Spicy Slaw  
Squash SautÃ©  
MAIN  
DISHES:  
Baked Chicken Parmesan with Noodles  
Baked Eggs with Spiralized Jicama  
Beef Paprikash with Squash Noodles  
Beef Pho  
Cabbage and Apple SautÃ©  
Cabbage à œSpaghettiâ • with Turkey  
Sauce  
Chicken Curry with Cauliflower à œRiceâ •  
Chili Cincinnati Style  
Curried Chicken with Pasta  
Drunken Clams with Sausageâ œDrunken Noodlesâ • with Chicken  
Ethiopian-Inspired Spicy Chicken Stew  
Florentine Potato Pasta Casserole  
Funky Low Fat Chicken With Sesame Noodles  
Greek Lamb Pasta  
Greek Lamb with Riced Cauliflower  
Chicken Veggie Alfredo  
Pasta & Turkey/Chia Seed Meatballs  
Pasta Cajun Style  
Pasta e Fagilo  
Pasta Puttanesca  
Pasta with Anchovy Sauce  
Pasta with Charred Tomato Sa

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## Customer Reviews

I received a Kindle edition of this for free in return for an honest review. I have several spiralizer cookbooks, and have a Veggetti, a Paderno 4-blade, and, because I wanted to compare spiralizers, I

also have an Inspiralizer. I have been spiralizing for a bit now, but I still learned some very useful tips, and also got some interesting recipes. This book covers the Veggetti and the Paderno 3-blade, but not the Mueller, or the Inspiralizer, as I had hoped it would. I hadn't thought of spiralizing cabbage and using that in place of spaghetti, or using zucchini noodles in place of spaghetti for the crust in a turkey pie. I'm going to try both of those. I thought it was well-written, the instructions were clear and the recipes looked good. I am just very limited in what I can eat, being on a very restricted diet. That's not at all the fault of the cookbook, and my rating doesn't reflect that. I've been cooking for over 50 years, so I think I can judge a recipe when I read it and these recipes look varied, interesting, and like they would be pretty good. There are a lot of recipes in here that I can't cook due to my restricted diet, but some I can substitute for a forbidden ingredient such as instead of sweet potato or carrot, I can use butternut squash; rutabaga or celeriac works in place of potato, and so does jicama. I can't have nuts, except for pistachios, but if it's not cost-prohibitive, I could try the Apple Ribbon Pie with Nut Crust which normally uses walnuts, peanuts, almonds or pecans.

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