



Inspiralyze Everything: An Apples-to-Zucchini Encyclopedia of Spiralizing

By Ali Maffucci

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NEW YORK TIMES BESTSELLER

From the author of *Inspiralized* comes the ultimate guide on spiralizing, with clean meals that fit into any diet, from paleo to vegan to gluten-free to raw.

As the creator of the wildly popular blog and the author of the runaway bestselling cookbook on the topic, Ali is indisputably the authority on spiralizing. *Inspiralyze Everything* is organized alphabetically by type of produce, allowing you to cook with whatever you already have on hand, what comes in your CSA box, or what you find at the farmer's market. Ali highlights more than 20 vegetables and fruits, detailing their nutritional value and preparation techniques, including the more abundant beets, butternut squash, and carrots, but also the less common chayote, jicama, and kohlrabi.

Each recipe was crafted to become a well-loved staple in your repertoire with a focus not only on healthy eating, but also on easy cooking. Diet customization options, veggie swap suggestions, and special attention paid to one-pot, make-ahead, and no-cook meals ensure that *Inspiralyze Everything* will become a workhorse in your kitchen. Want a vegan dinner that's minimal on cleanup? Try **Cheeseless French Onion Soup**. How about a hearty meal that'll make great leftovers for lunch tomorrow? **Winter Lasagna with Butternut Squash, Brussels Sprouts, and Chicken Sausage** is for you. Need a super detox to reset your tastebuds? The **Watermelon Radish Nourish Salad with Lemon-Ginger Vinaigrette** is just the thing. Sweet tooth satisfaction? Proceed straight to the **Zucchini Noodle Bread with Coconut Cream Frosting**.

Whether you have weight-loss goals, follow a specific healthy lifestyle, or just want to make good-for-you food at home, this book has the answer. If you're a spiralizing pro, this book will become your recipe bible; if you're just starting out, it will teach you everything you need to know. Either way, get ready to be inspiralized.

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Bibliography

- Sales Rank: #788 in Books
- Brand: Clarkson Potter
- Published on: 2016-08-16
- Released on: 2016-08-16
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x .70" w x 7.40" l, .81 pounds
- Binding: Paperback
- 288 pages

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Editorial Review

Review

"When I got my hands on Ali's new book, I didn't know which recipe to choose— they all looked so good!"
-**Gina Homolka, *Skinnytaste***

"Perfect for flexitarians who want to find ways to add more veggies to their life without completely giving up entire food groups." -**Phoebe Lapine, *Feed Me Phoebe***

"This book is beyond gorgeous and packed with so many recipes all categorized by various vegetables. I can't wait to make the Turkey, Spinach, and Hummus Roll Ups as a snack, and the Winter Lasagna with Butternut Squash, to name a few!" -**Alexis Kornblum, *Lexi's Clean Kitchen***

"If you're trying to eat healthy, but aren't willing to sacrifice flavor, this is the book for you." -**Tieghan Gerard, *Half Baked Harvest***

"Somehow somehow, Ali has managed to spiralize every fruit and vegetable imaginable. Her creativity and versatility is on full display in her comprehensive new cookbook, with dozens of new recipes from A(pples) to Z(ucchini)." -**Andie Mitchell**

"There are so many delicious looking meals that I can't wait to try— deciding on a recipe to share was very much a Sophie's Choice situation..." -**Serena Wolf, *Domesticate Me***

"It's a great collection to keep around if you share your kitchen or home with a group of mixed eaters; anyone who loves veggies will find plenty of options to appreciate!" -**Gena Hamshaw, *The Full Helping***

"Ali has done it once again! Inspiralize Everything is yet another gorgeous cookbook full of creative, healthy and delicious ways to eat spiralized vegetables." -**Liz Della Croce, *The Lemon Bowl***

"One thing I really love about Ali's approach is that she takes delish comfort foods and healthifies them, She also takes those weird healthy foods that I love (think: coconut bacon) to the masses. It's amazing." -**Lauren Shaber, *Lauren Lives Healthy***

About the Author

Combining her deep-rooted love for pasta with her desire for a healthy lifestyle, Ali Maffucci launched Inspiralized.com, the only blog dedicated to cooking creatively and nutritiously with the spiralizer. She is also the *New York Times* bestselling author of *Inspiralized*. She lives in Jersey City, New Jersey, with her husband, Lu.

Users Review

From reader reviews:

Lawanda Beverly:

In this 21st hundred years, people become competitive in most way. By being competitive today, people

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David Swanson:

Inspiralize Everything: An Apples-to-Zucchini Encyclopedia of Spiralizing can be one of your beginner books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort to put every word into pleasure arrangement in writing Inspiralize Everything: An Apples-to-Zucchini Encyclopedia of Spiralizing although doesn't forget the main position, giving the reader the hottest in addition to based confirm resource data that maybe you can be considered one of it. This great information may drawn you into new stage of crucial pondering.

Wanda Riddle:

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