

Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals

By Ali Maffucci

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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.

From the Trade Paperback edition.

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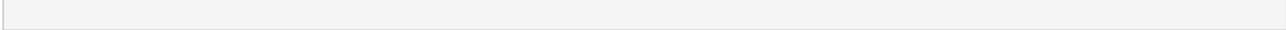
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Editorial Review

Review

"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

About the Author

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.

Users Review

From reader reviews:

Betty Lavery:

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Carmen Bell:

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Jacki Warner:

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