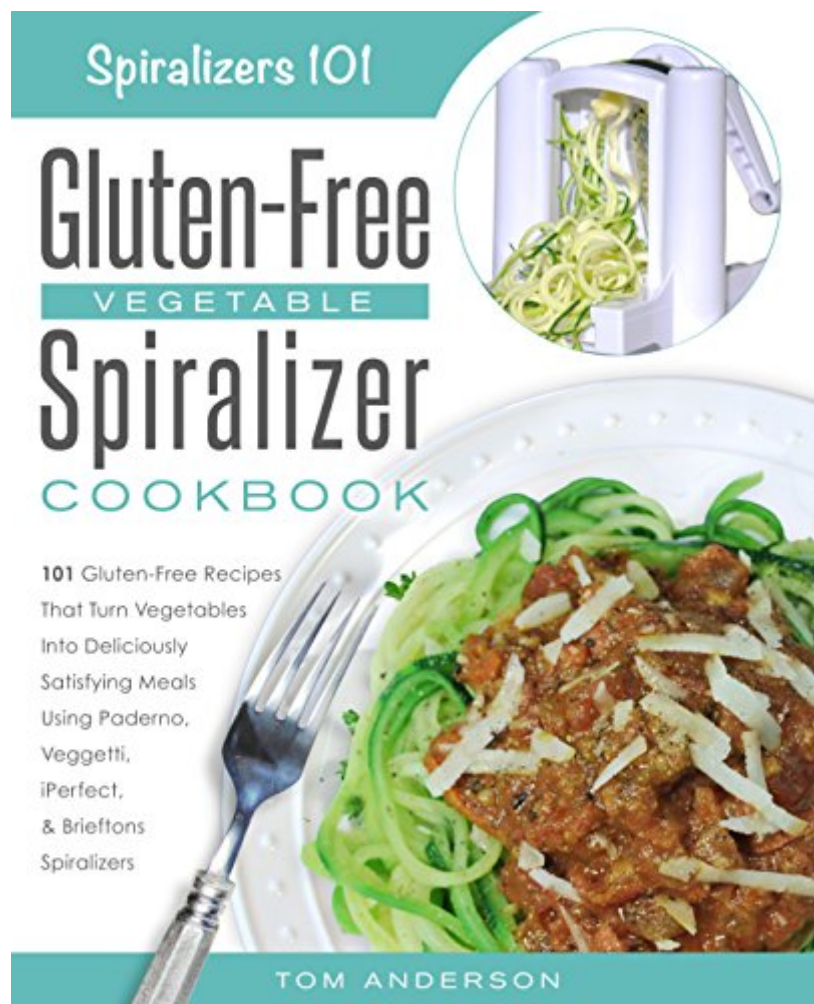


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# The Gluten-Free Vegetable Spiralizer Cookbook: 101 Gluten-Free Recipes That Turn Vegetables Into Deliciously Satisfying Meals Using Paderno, Veggetti, ... & Brieftons Spiralizers! (Spiralizers 101)





## Synopsis

**SPIRALIZERS 101 - The Definitive Guide To Spiralizing** Want 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 zoodles? You are gluten sensitive or have celiac disease? You eat gluten-free or wheat-free meals? Compatible with *Against the Grain*, *Wheat Belly*, *Inspiralized*, or other popular books? You have a Paderno spiralizer, Veggetti Spiralizer, Mueller Spiralizer, or any other brand of vegetable spiralizer or spiral slicer? You love pasta dishes, but want to eat healthy? You 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 Broth, Black Bean & Noodle Soup, Butternut Squash Avocado Soup, Curried Leek & Lentil Soup, Green Chile, Chicken, Squash Soup, Mexican Chicken Noodle Soup, Mexican Tomato Soup with Squash Noodles, Gluten Free Miso Noodle Soup, Pork & Noodle Soup with Greens, Pumpkin Noodle Soup, Rosemary Root Vegetable Soup, Shoyu Cabbage Soup, Shrimp Soup with Bok Choy, Sizzling Rice • Soup, Slow - Cooker Minestrone, Thai Chicken Noodle Soup, Tunisian Noodle Soup

**SALADS:** Asian Chicken & Noodle Salad, Beef Salad, Beet Salad, Colorful Carrot & Beet Slaw, Dill Salmon Pasta Salad, Greek Pasta Salad, Light Citrus Ginger Tofu Salad with Carrot and Squash Noodles, Mediterranean Pasta Salad, Noodles & Humus Salad, One Pot Kale and Cauliflower Pilaf, Pasta Primavera Salad, Roasted Baby Turnips with Dijon-Shallot Vinaigrette and Beet Noodles, Shaved Asparagus, Yellow Squash, and Mint Salad, South of the Border Jicama-Avocado Salad, Thai Green Papaya Salad, Vegetables with Rosemary Vinaigrette, Zucchini and Squash Summer Salad with Golden Raisins, Pistachios, and Mint, Zucchini, Squash, and Spinach Salad with Apples and Cranberries

**SIDES:** Potato-Veggie Latkes, Baked Zucchini and Potato

PancakesCabbage and Apple SautéCurried Vegetable CouscousFrench Peasant Beets  
SpiralsLemon Chard PastaMediterranean Squash Stir-fryMexican SlawPerfumed Noodles with Fruit  
& NutsRoasted Vegetable SnacksSesame NoodlesSpicy SlawSquash Sauté MAIN  
DISHES:Baked Chicken Parmesan with NoodlesBaked Eggs with Spiralized JicamaBeef Paprikash  
with Squash NoodlesBeef PhoCabbage and Apple SautéCabbage à la Spaghetti • with Turkey  
SauceChicken Curry with Cauliflower à la Rice • Chili Cincinnati StyleCurried Chicken with  
PastaDrunken Clams with Sausage à la Drunken Noodles • with ChickenEthiopian-Inspired Spicy  
Chicken StewFlorentine Potato Pasta CasseroleFunky Low Fat Chicken With Sesame  
NoodlesGreek Lamb PastaGreek Lamb with Riced CauliflowerChicken Veggie AlfredoPasta &  
Turkey/Chia Seed MeatballsPasta Cajun StylePasta e FagioliPasta PuttanescaPasta with Anchovy  
SaucePasta 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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