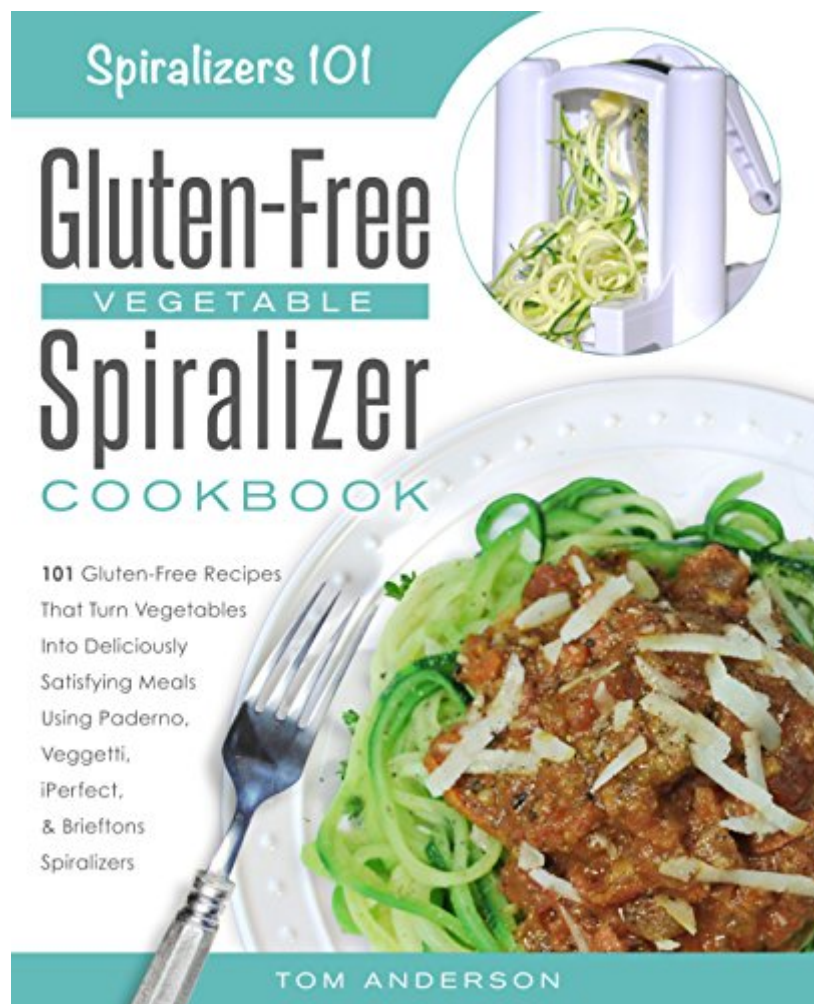


The book was found

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

Book Information

File Size: 2339 KB

Print Length: 256 pages

Simultaneous Device Usage: Unlimited

Publisher: Healthy Happy Foodie Press; 1 edition (July 17, 2015)

Publication Date: July 17, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B011Z8LP9K

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #695,039 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #165

inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free #291 inÂ Books >

Cookbooks, Food & Wine > Special Diet > Wheat Free #438 inÂ Books > Health, Fitness & Dieting
> Diets & Weight Loss > Gluten Free

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 Vegetti, 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.

[Download to continue reading...](#)

The Gluten-Free Vegetable Spiralizer Cookbook: 101 Gluten-Free Recipes That Turn Vegetables Into Deliciously Satisfying Meals Using Paderno, Veggetti, ... & Brieftons Spiralizers! (Spiralizers 101) Spiralizer Recipes: 97 The Best Spiralizer Recipes From Classic Pasta Dishes, To Salads, Noodle Soups, Fries, Breakfast Noodles-Crush Your Pasta Cravings ... Book, Spiralizer, Spiralizer Cookbook) My Veggetti Spiral Vegetable Cookbook: Spiralizer Cutter Recipes to Inspire Your Low Carb, Paleo, Gluten-free and Healthy Eating Lifestyle-For All Vegetable Spaghetti Pasta Makers and Slicers Perennial Vegetables: Vegetable Gardening: 21 Vegetables to Plant Once and Harvest Forever (Perennial Vegetables, Perennial Plants, Gardening, Gardening ... Garden Vegetables, and Vegetable Gardening) Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) GLUTEN FREE COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Spiralizer Recipe Book: Spiralizer Recipes for Weight Loss, Anti-Aging, Anti-Inflammatory & So Much More! (Recipes for a Healthy Life Book 2) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes)

The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Recipes Free) Crockpot Recipes: 30 Delicious, Dairy & Gluten Free, Low Carb Recipes For Busy People (Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, Gluten Free ... Cooker Recipes, Low Carb Cookbook Book 1) Vegan: Ice Cream Vegan Recipes: A Delicious Escape for Beginner Raw Vegans and Vegetarians (Soul Satisfying Low Fat, Gluten Free, Dairy-Free, Smoothie ... Recipe Cookbook for Healthy Weight Loss 1) Guilt-Free Low Carb Box Set (6 in 1): Over 200 Stir Fry, Spiralizer, Freezer, Mug Meals, Tea Cleanse, Ice Cream Recipes for Healthy and Pleasurable Weight ... (Special Appliances & Weight Loss Recipes) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Gluten-Free Crock Pot Recipes: 50 Sensational Set & Forget Slow Cooker Recipes for a Gluten-Free Diet (Gluten-Free Made Easy) (Volume 2) CROCK POT: Over 1825 Crock Pot Dump Meals and Dump Dinner Recipes (Crock Pot, Dump Meals, Dump Dinners, Freezer Meals, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot Chicken Recipes) Dump Dinners Cookbook: Quick & Easy Dump Dinner Recipes for the Busy Home Cook (Dump Dinners, Dump Dinners Cookbook, Dump Dinner Recipes, Slow Cooker Recipes, ... Recipes, Crockpot Meals, Meals For One)

[Dmca](#)