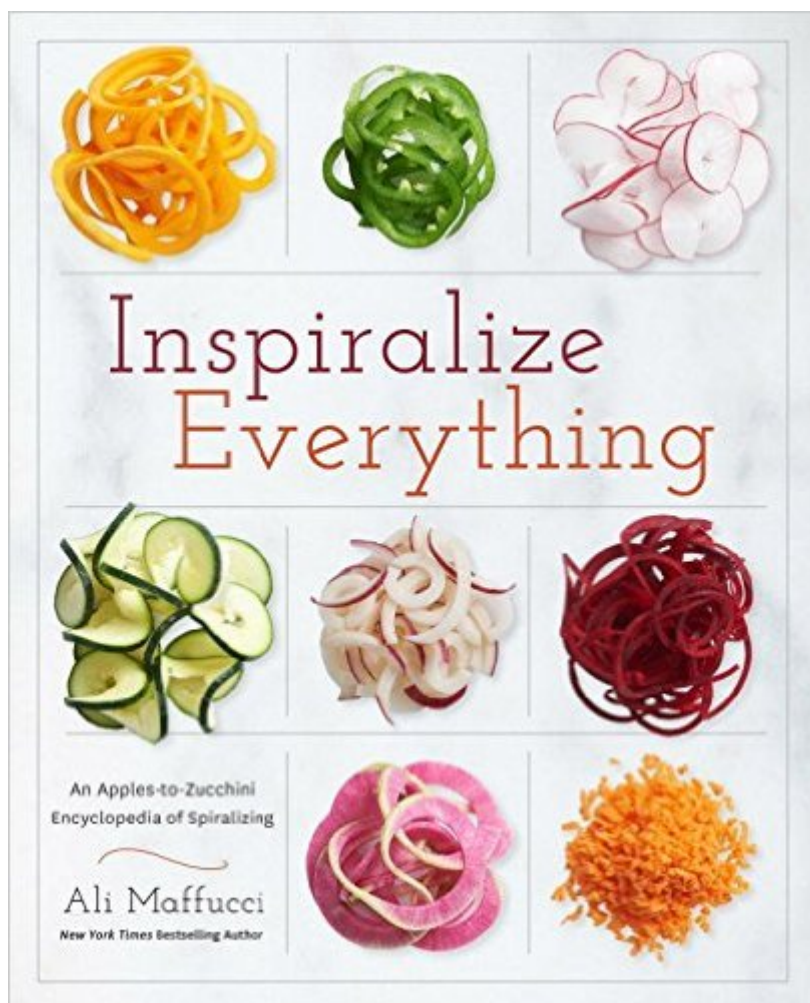


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# Inspiralize Everything: An Apples-to-Zucchini Encyclopedia Of Spiralizing



## Synopsis

Since Ali Maffucci first launched *Inspiralized*, home cooks have been able to turn their favorite high-carb, high-calorie dishes into clean meals that fit into any diet, from paleo to vegan to gluten-free to raw. The creator of the wildly popular blog and the author of the runaway bestselling cookbook *Inspiralized*, Ali is indisputably the authority on the topic. Now, with this ultimate guide, she's making it easier than ever for you to spiralize every meal. *Inspiralize 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. Versatile and varied, 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 *Inspiralize 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 inspired.

## Book Information

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## Customer Reviews

Ali Maffucci knows how to write a clear, easy-to-follow cookbook with healthy recipes that don't require much prep time. About 67-75% of the recipes are accompanied by a photo, so you can see what the final product looks like. Next to the header for each recipe are the nutrition facts, time for prep/cooking, servings, what other produce the recipe would work well with, difficulty of the recipe (mostly defined by number of steps), and handy classifications like gluten-free, saves well, one pot, paleo, dairy-free, etc. At the back of the book is a master table of every recipe and how it's classified, so it's easy to see at a glance which recipes fall under what you are looking to make. Ali's writing style is very encouraging towards readers adapting recipes to suit their tastes and what is available/in season - if you can't find jicama, make the Carne Asada with zucchini, sweet potato, or kohlrabi noodles instead. There's a "how-to" section in the front, which is pretty brief but covers the basics of how to spiralize, what to spiralize, how to clean your spiralizer, and her pantry/kitchen equipment suggestions of success. This cookbook is organized similarly to her website, with the recipes categorized by spiralized ingredient, rather than by dish like her previous cookbook. Thus, each chapter has a lovely photo of the produce, a little about it's flavor and how to pick it out when purchasing, how to prepare and store it, which blade to use, the best ways to cook it. I didn't check every single recipe, but so far I haven't been able to spot any overlap between the recipes in this cookbook, her recipes online, or her previous cookbook. There are a ton of new, incredibly creative, flavorful but healthy dishes in Ali's new cookbook. We've been getting tons of kohlrabi from friend's who don't know what to do with their CSA box goodies, and I'm really excited to try Ali's Chicken Mole with Kohlrabi Rice & her General Tso's Cauliflower with Kohlrabi Rice. Both dishes take only 15-25 minutes of prep time and can be ready to eat an hour or less. Spiralizing beets and broccoli stems was a revelation for me when I first started following Ali, so I'm especially excited for the weather to cool down enough for Shrimp Tom Kha Soup with Broccoli Noodles and Green Curry Golden Beet Noodle Bowls. Since Ali's recipes are written so accessibly and rely on ingredients that most people have in their pantry already or can easily buy at the store, I was able to make myself dinner tonight right after receiving her new cookbook. Her Cabbage Buddha Bowl with Chickpea-Avocado Mash and BBQ Tahini was perfect as a no-cook, gluten-free, refreshing yet satisfying dinner in 20 minutes. As a bonus, I saved the leftovers (pre-dressing) to take for lunch

tomorrow. I would argue there are some instances where needing to spiralize the produce for the dish is a little bit of a stretch - to me it seems much easier to slice apples and pears for the Ginger Pear and Apple Sangria and the Chai-Spiced Pear Oatmeal, plus I'm not certain about the difference in texture due to spiralizing zucchini for zucchini bread rather than grating it. However, they are certainly visually stunning uses of the spiralizer and I'd be willing to try making them once. If you're looking for inspiration on new ways to use your spiralizer, new healthy dishes to cook in general, or simply hoping for accessible recipes that you (and your eating companions) will enjoy - *Inspiralyze Everything* will not disappoint.

Ali Maffucci's second cookbook is structured a little differently than the first, *Inspiralyzed: Turn Vegetables into Healthy, Creative, Satisfying Meals*, which had the recipes arranged by type (breakfasts, sandwiches, casseroles, desserts etc.). This one has chapters for all the different vegetables you can spiralize - from apples to zucchini, and each chapter has all sorts of ideas for what can be made out of these healthy ingredients. I own both *Inspiralyzed* cookbooks, and have to say that the second one is my favorite. Not only is it thicker, but I personally find it easier to navigate the recipes when they are broken down by main ingredient. We do a CSA share every year, and quite often I'll find myself staring at some of the veggies thinking what to do with them - this is where the spiralizer and Ali's books and blog have been a great help! On top of that, I feel that she has found her voice in the second book, it reads more personal and more like her blog. In the first book I missed the kinds of tips she gives on the blog - like what brand of canned tomatoes or fish sauce is her favorite, and I was happy to see more of that in the second book. The fiber content has also been added to the nutritional info for each recipe, which is great. I do have to say that the recipes in both of Ali's books are for the most part a bit more complicated and time consuming than on the blog and especially on Ali's youtube channel (which is a goldmine of healthy recipes that can be made in just ten minutes or so - perfect for the busy working family). The blog feels a little more "beginner friendly", and I really hope that one day Ali will release a book about the basics of spiralizing which could be gifted as a set with the spiralizer and some OXO tongs to people who have never heard of this awesome way to prepare vegetables and fruit. For now I will be adding *Inspiralyze Everything* to this set, letting them know to check out the *Inspiralyzed* blog as well. PS - One small tip that I have for zucchini and cucumbers is to salt them lightly after spiralizing and lay them on paper towels for 10-30 minutes. This will release the extra moisture (which gets absorbed by the paper towels) and you won't have any annoying extra liquid in your prepared zoodles or salads!

Buy, buy, buy! Where do I even begin? Inspiralize Everything is incredible! Easy to navigate, delicious recipes and beautiful photos! The book is sorted by the fruit or veggie that you will be using, which makes it quick and painless to find exactly what you're looking to cook! I received my book on tuesday (the release date) and had already made 4 recipes by Friday. My brother is a vegetarian, so I cooked and packed up some of Ali's inspiralized apple muffins and vegetarian "meat" balls and made a trip to my brothers house to drop them off. He loved them! He's a young student and it's hard for him to find non soy laden food options for himself that are quick and easy so these were perfect, filling and healthy. I've made the onion soup, delicious. The apple muffins, pear pancakes, (my 2 year old and I made them for breakfast and barely had any to save for the next day!) and the "meat balls" and everything is tasty and filling! From her inspiralizer which I own, to her blog and now her two cookbooks is there anything Ali can't make healthy and delicious?!

Absolutely stunning, the photos showcase the vibrant colors of these veggies. I love how the book is laid out, by vegetable, for a flip-to format, good for us in northern states when the winter veggies shine. This is the perfect book for anyone who is ready to move beyond zoodles, yet at the same time, the recipes are not too 'out-there', making assembly a cinch. Love!

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