



# INSPIRALIZED

*Get Healthy. Get Creative. Get Inspiralized.*

*Spiralizing Starter Guide*  
**WWW.INSPIRALIZED.COM**

# WELCOME TO INSPIRALIZED

First off, thank you for signing up for the Inspiralized newsletter! Before we get to spiralizing, let's talk Inspiralized!

BLOG: [www.inspiralized.com](http://www.inspiralized.com)

## WHAT IS INSPIRALIZED?

Inspiralized is the ultimate guide for cooking with spiralized vegetables. Currently, there is no other online resource dedicated to the spiralizer. At [Inspiralized.com](http://Inspiralized.com), you'll find recipes, videos, tutorials and inspirational content dedicated towards healthy living with the spiralizer!

## HOW CAN I FOLLOW INSPIRALIZED?

Feel free to follow Inspiralized by clicking the links below:

[Instagram](#) / [Facebook](#) / [Pinterest](#) / [Twitter](#)

## THE INSPIRALIZED COMMUNITY

This FREE online community is designed to bring all lovers of spiralizing together to share their ideas, recipes and questions.

You can join Groups organized by your interests (ie Paleo, Gluten-Free, Weight Loss), discuss ideas in the Forums and even participate in monthly Recipe Challenges!

[Click here](#) to learn more or [click here](#) to join right away!

## MEET THE BLOGGER

Hi, I'm Ali, the blogger at [Inspiralized.com](http://Inspiralized.com)! I'm clearly obsessed with spiralizing and started this blog to share my passion and encourage others to eat healthy and creatively, by way of the spiralizer!

You can read more about me and the blog on the [About page](#).

# .... MORE ON INSPIRALIZED

## ARE YOUR RECIPES FOR EVERYONE?

Yes, of course! My blog isn't "themed" to any specific dietary preferences (ie vegan, gluten-free, Paleo). However, due to the healthy nature of spiralized veggies, most of my recipes are gluten-free and Paleo. I have many vegetarian and vegan-friendly recipes as well!

Plus, I'm not a classically trained chef - I'm self-taught! Thus, all of my recipes are easy, quick and don't require fancy chopping skills or expensive ingredients.

## ARE YOUR RECIPES HEALTHY?

Of course! I don't use any added sugars or processed items in my recipes. My only indulgence is cheese! That's my happy compromise. You won't find ingredients like cream cheese, butter, sugar, or dairy milk on the blog.

## HOW CAN I CONTACT YOU?

I love getting e-mails from my readers: [INSPIRALIZED@GMAIL.COM](mailto:INSPIRALIZED@GMAIL.COM). I'm also available on social media - I always check to see who's tagging me.

## DID YOU INVENT THE SPIRALIZER?

No! I did not invent the spiralizer, I simply fell in love with it and decided to quit my job and devote my life to spreading the word about healthy eating with the spiralizer!

## DO YOU HAVE A COOKBOOK?

I had a limited-time edition eBook during winter of 2013/2014, but I no longer offer that. Now, I'm working on a published cookbook with Clarkson Potter (Random House.) Since you're already subscribed to my mailing list, you'll receive updates on its availability! I can't wait for it to be available and on the shelves!

**THANKS - Can't wait to see you at [INSPIRALIZED.COM](http://INSPIRALIZED.COM)!**

# WHAT IS SPIRALIZING?

Time for the nitty gritty! What exactly spiralizing? Spiralizing is the act of turning vegetables into noodles, using a spiralizer. These noodles are then used to make delicious meals.

## WHAT SPIRALIZER SHOULD I GET?

I prefer and recommend the Paderno World-Cuisine spiralizer, which is available at Williams Sonoma stores and through Amazon. While I have no affiliation with the company, I have tried every type of spiralizer and have found this one to be the most effective, reliable and easy-to-use.

To purchase via Amazon, [click here](#) (this is an affiliate link!)

To purchase via Williams Sonoma, [click here](#).

## CAN I MAKE YOUR RECIPES WITHOUT A SPIRALIZER?

Yes! You can use a julienne peeler, mandolin slicer and potato peeler to get a similar noodle-like result. However, if you want to fully follow along to my recipes, the spiralizer is the way to go!

[Click here](#) for a guide on how to “spiralize” without a spiralizer!

## WHAT ARE THE NUTRITIONAL BENEFITS OF SPIRALIZING?

Aside from the obvious cal and carb difference, eating vegetables is just nutritionally more powerful than eating regular pasta and noodles. You are getting more “bang for your buck” when eating a bowl of vegetables - the fiber, vitamins, minerals and other nutrients help with lowering cholesterol, maintaining healthy blood sugar levels, reducing inflammation and helping with digestion and stress relief. Can regular pasta do all that?

For more information on this, [click here](#).

# HOW TO SPIRALIZE

Spiralizing is very simple, quick and easy. After loading a vegetable properly onto the spiralizer, you crank a handle and instantly create ready-to-cook noodles, made of vegetables!

## THE THREE BLADES

All of my recipes refer to lettered blades (BLADE A, B, C.) These blades are not actually labeled on the spiralizer, they are just indicators I created to more easily write recipes and blog posts.



### BLADE A

This blade creates a thin, ribboned noodle, similar to a pappardelle. It can also be used to make chips with potatoes.

This blade is the one without the triangles.



### BLADE B

This blade creates a thicker spaghetti noodle, similar to a solid bucatini. It is best used on cucumbers.

This blade has the thicker/wider triangles.



### BLADE C

This blade makes spaghetti-like noodles, often like angel hair.

This is the blade with the smallest triangles.

# HOW TO SPIRALIZE

Now that we've got the blades down, let's learn how to spiralize.

## SECURE YOUR SPIRALIZER AND PICK YOUR BLADE

Place your spiralizer on a suctionable countertop service. Push down to suction the cups to the surface and secure the machine so that it does not wobble when spiralizing. Place your desired blade into the top slot.

## PREPARE YOUR VEGETABLE FOR SPIRALIZING

You can peel it first, if the recipe calls for it. If not, proceed with the vegetable. Cut it in half and then cut the ends off. Make sure your cuts are as straight and even as possible.

## PLACE ON THE VEGETABLE

Align the center of any side of the vegetable with the small cylindrical part of the blade. Once aligned, push the vegetable in to secure. Push the teeth of the spiralizer into the other end of the vegetable until secure.

## SPIRALIZE

Turn the handle with the teeth clockwise, while using the other handle for leverage, placing pressure in the direction of the blade. The vegetable noodles will come out the other side of the spiralizer- you may want to put a bowl underneath that side of the spiralizer to catch your noodles.

[Click here](#) for a guided picture tutorial.

## TIPS AND TRICKS FOR SPIRALIZING

[Click here](#) for a blog post on my top tips for spiralizing.

# WHAT CAN BE SPIRALIZED?

Now that you've learned how to spiralize a basic vegetable, let's learn what can be spiralized.

## WHAT TYPES OF VEGETABLES CAN BE SPIRALIZED?

For best results, the veggie must be at least 2" in diameter. If it has an inedible skin, remove it first with a vegetable peeler. The inside of the vegetable must be solid (no hollow cores). Also, juicy fruits like pineapples and oranges cannot be spiralized.

Click the following links to learn how to spiralize popular vegetables:

[Zucchini](#) / [Cucumber](#) / [Carrot](#) / [Butternut Squash](#) / [Beet](#) / [Cabbage](#) / [Plantain](#) / [Jicama](#) / [Potato](#) / [Apple](#) / [Eggplant](#)



# HOW TO COOK SPIRALIZED VEGGIES

By now, you're a spiralizing pro. BUT, how do you cook them?

Every recipe on the blog tells you exactly how to cook these vegetables. The basic ways to cook spiralized veggies include sauteeing, roasting, baking and boiling.

[Click here](#) for a full guide on how to cook spiralized vegetables.



Vegetable	Prep	Prep or Cooked	Cook Method	Cook Time	Best Served In	Best Blade
Cucumber	Wash, peel, and slice in half	Raw	Sauce in a skillet Boil in water Steam	3-5 minutes 2 minutes N/A	Raw, Soufflé, Hummus, Sautéed Rice	All blades
Beet Root	Wash, peel, and slice in half. If making raw, spiralize in a food processor and pulse into thin ribbons.	Cooked	Sauce in a skillet Boil Bake at 400° Bake at 375° Steam in water	4-8 minutes 2-4 minutes 7-10 minutes 4-8 minutes 10 minutes	Raw, Soufflé, Sautéed Rice	Blade C
Butternut Squash	Wash, peel, and slice in half. If making raw, spiralize in a food processor and pulse into thin ribbons.	Cooked	Bake at 400° Bake at 375° Steam in water	7-10 minutes 4-8 minutes 10 minutes	Raw, Soufflé, Sautéed Rice	Blade C
Carrot	Wash, peel, and slice in half. If making raw, spiralize in a food processor and pulse into thin ribbons.	Raw	Sauce in a skillet Boil in water Bake at 400° Bake at 375° Steam in water	3-5 minutes 2-4 minutes 7-10 minutes 4-8 minutes 10 minutes	Raw, Soufflé, Sautéed Rice, Chips	Blade C
Cornichon	Wash, peel, and slice in half and remove the seeds to remove some moisture.	Raw	Raw (in soups, salads, sandwiches)	N/A	Sautéed Rice, Sautéed Rice	All blades
White Potato	Wash, peel, and slice in half. If making raw, spiralize in a food processor and pulse into thin ribbons.	Cooked	Sauce in a skillet Boil in water Bake at 400° Bake at 375° Steam in water	4-8 minutes 2-4 minutes 7-10 minutes 4-8 minutes 10 minutes	Raw, Soufflé, Sautéed Rice	Blade C
Beet	Wash, peel, and slice in half. If making raw, spiralize in a food processor and pulse into thin ribbons.	Raw	Sauce in a skillet Boil Bake at 400° Bake at 375° Steam in water	3-5 minutes 2-4 minutes 7-10 minutes 4-8 minutes 10 minutes	Raw, Soufflé, Sautéed Rice, Chips	Blade C
Red Bell Pepper	Wash, peel, and slice in half. If making raw, spiralize in a food processor and pulse into thin ribbons.	Raw	Sauce in a skillet Boil Bake at 400° Bake at 375° Steam in water	3-5 minutes 2-4 minutes 7-10 minutes 4-8 minutes 10 minutes	Raw, Soufflé, Sautéed Rice, Chips	Blade C
Tomato	Wash, peel, and slice in half. If making raw, spiralize in a food processor and pulse into thin ribbons.	Raw	Sauce in a skillet Boil Bake at 400° Bake at 375° Steam in water	3-5 minutes 2-4 minutes 7-10 minutes 4-8 minutes 10 minutes	Raw, Soufflé, Sautéed Rice, Chips	Blade C
Broccoli	Wash, peel, and slice in half. If making raw, spiralize in a food processor and pulse into thin ribbons.	Cooked	Sauce in a skillet Boil in water Bake at 400° Bake at 375° Steam in water	4-8 minutes 2-4 minutes 7-10 minutes 4-8 minutes 10 minutes	Raw, Soufflé, Sautéed Rice	Blade C
Asparagus	Wash, peel, and slice in half. If making raw, spiralize in a food processor and pulse into thin ribbons.	Cooked	Sauce in a skillet Boil in water Bake at 400° Bake at 375° Steam in water	4-8 minutes 2-4 minutes 7-10 minutes 4-8 minutes 10 minutes	Raw, Soufflé, Sautéed Rice	Blade C
Onion	Wash, peel, and slice in half. If making raw, spiralize in a food processor and pulse into thin ribbons.	Raw	Sauce in a skillet Boil Bake at 400° Bake at 375° Steam in water	3-5 minutes 2-4 minutes 7-10 minutes 4-8 minutes 10 minutes	Raw, Soufflé, Sautéed Rice, Chips	Blade C
Spinach	Wash, peel, and slice in half. If making raw, spiralize in a food processor and pulse into thin ribbons.	Cooked	Sauce in a skillet Boil in water Bake at 400° Bake at 375° Steam in water	4-8 minutes 2-4 minutes 7-10 minutes 4-8 minutes 10 minutes	Raw, Soufflé, Sautéed Rice	Blade C
Garlic	Wash, peel, and slice in half. If making raw, spiralize in a food processor and pulse into thin ribbons.	Cooked	Sauce in a skillet Boil in water Bake at 400° Bake at 375° Steam in water	4-8 minutes 2-4 minutes 7-10 minutes 4-8 minutes 10 minutes	Raw, Soufflé, Sautéed Rice	Blade C
Shallots	Wash, peel, and slice in half. If making raw, spiralize in a food processor and pulse into thin ribbons.	Raw	Sauce in a skillet Boil in water Bake at 400° Bake at 375° Steam in water	3-5 minutes 2-4 minutes 7-10 minutes 4-8 minutes 10 minutes	Raw, Soufflé, Sautéed Rice, Chips	Blade C
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# WHAT CAN YOU MAKE?

What are the options for meals with spiralized veggies? The possibilities are endless!

[Click here](#) to learn 10 healthy meal alternatives, using the spiralizer.

## 10 *Healthy* Meal Alternatives USING THE SPIRALIZER

RICE PASTA NOODLES BUNS  
PIZZA PASTA SALAD CASSEROLE  
FRIES & CHIPS SOUPS SALADS



# EVERYTHING ELSE

I'm sure you're excited to run off and spiralize. Before you go, keep a few things in mind:

## CLEAN YOUR SPIRALIZER

It's important to take care of your spiralizer. There's a proper way to wash it to avoid coming in contact with the sharp blades.

[Click here](#) to read about cleaning your spiralizer and watch a video.

## MEAL PREP WITH SPIRALIZED VEGGIES

A great way to keep on track with healthy eating is to prepare ahead of time. It's possible to spiralize veggies in advance and store them for future use.

[Click here](#) to learn about storing and saving your veggies.

That's all, folks!  
I can't wait to see what you Inspiralize!



Thank You!



Are you  
Inspiralized?

