

A close-up photograph of a stainless steel bowl filled with spiralized zucchini noodles (zoodles). The zoodles are light green and yellowish, with some dark green skin visible. The bowl is set against a light gray background.

the inspiralized starter guide

everything you
need to know to
start spiralizing!

written by ali maffucci of inspiralized.com

... MORE ON INSPIRALIZED

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

Site: www.inspiralized.com

WHAT IS INSPIRALIZED?

Inspiralized is the ultimate resource for cooking with spiralized vegetables. At Inspiralized.com, you'll find recipes, videos, tutorials, tips and inspirational content dedicated towards healthy living with the spiralizer.

HOW CAN I FOLLOW INSPIRALIZED?

I'd love for you 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 challenges and contests.

[Click here](#) to learn more and sign up!

MEET THE BLOGGER

Hi, I'm Ali, the blogger at 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 lifestyles (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.

HOW CAN I CONTACT YOU?

I love getting e-mails from my readers: ALI@INSPIRALIZED.COM. I'm also available on social media – I always check to see who's tagging me.

DID YOU INVENT THE SPIRALIZER?

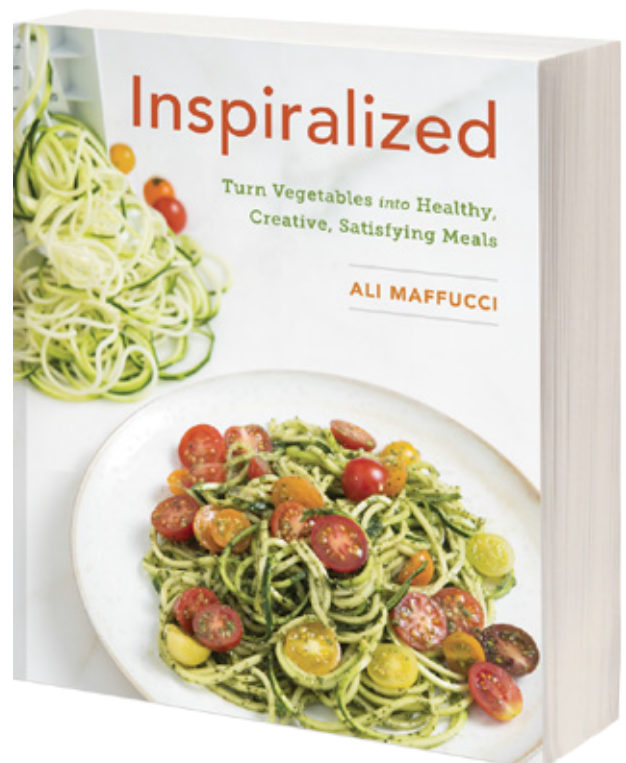
No! I did not invent the spiralizer, I simply fell in love with spiralizing and decided to quit my job and devote my life to spread the word about healthy eating with spiralized vegetables.

DO YOU HAVE A COOKBOOK?

Yes! It publishes February 24, 2015 by Clarkson Potter of Random House! It's the definitive cookbook for spiralized cooking and a total beauty. For more information and to purchase, [click here](#) – and thank you in advance!

Hashtag your copy with
#inspiralizedcookbook!

I look forward to seeing you on
Inspiralized.com!



HOW TO SPIRALIZE

Spiralizing is the art of turning vegetables into noodles, using a spiralizer. Inspiralized is what you and the dish become afterwards – a healthier and more inspired version of the original!

WHAT SPIRALIZER SHOULD I BUY?

Currently, I suggest the Paderno World Cuisine spiralizer, which is available at Williams Sonoma stores and through Amazon. While I have no affiliation with the company, I believe their product is the best on the marketplace at this time.

[Click here](#) to buy on Amazon (affiliate link)

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.

WHY SHOULD I SPIRALIZE?

These are the main reasons why everyone should be spiralizing! For a more in-depth look at these points, [click here](#).

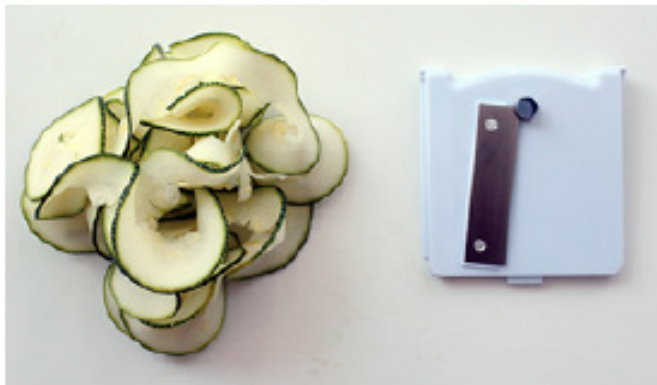
- Vegetable and fruit noodles help promote a healthy weight
- Spiralizing makes more out of your vegetables and fruits
- Spiralizing allows you to slip more veggies into your diet, without sacrificing flavor
- Spiralizing encourages us to reduce our carbon footprint
- Spiralizing is kid-friendly and family friendly
- Spiralizing encourages our creative side
- Spiralizing is quick and easy
- Spiralized vegetables offer more nutritional benefits than regular pasta

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.



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.

WHAT CAN BE SPIRALIZED?

WHAT TYPES OF VEGETABLES AND FRUITS 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.

LIST OF COMMON SPIRALIZED VEGETABLES

Apple

Beet

Broccoli

Butternut Squash

Cabbage

Carrot

Celeriac

Chayote

Cucumber

Daikon Radish

Jicama

Kohlrabi

Onion

Parsnip

Pear

Plantain

Rutabaga

Sweet Potato

Taro Root

Turnip

White Potato

Zucchini + Summer Squash



[Click here](#) for best practices and cooking methods for the above listed veggies.

HOW TO COOK SPIRALIZED VEGETABLES

The most common ways to cook spiralized vegetables are:

- Boil in water
- Saute with oil
- Bake in the oven
- Simmer in a sauce
- Enjoy them raw!

BOIL IN WATER

This method is best for carrots, daikon radishes and zucchinis. The only vegetables that cannot be boiled are sweet potatoes and butternut squashes, they disintegrate when boiled.

SAUTE WITH OIL

This method is ideal for all vegetable noodles. If you're cooking a root vegetable this way, the cook time will be significantly longer than with a soft-flesh vegetable, such as a zucchini.

BAKE IN THE OVEN

This method is ideal for tougher root vegetables.

SIMMER IN A SAUCE

This method is ideal for all vegetable noodles. However, if using sweet potato or butternut squash noodles, be careful - the noodles easily overcook, oversoften and disintegrate into the sauce.

ENJOY THEM RAW

If a vegetable can be eaten raw, it can be eaten raw as a vegetable noodle. Ideal vegetables include carrot, cucumber, beet and zucchini.

For information on how to properly cook individual spiralized vegetables, [click here](#).

WHAT CAN YOU MAKE?

Now that you've got your vegetables and fruits spiralized, how do you use them? What types of dishes can you prepare?

1. PASTA

Probably the most popular, you can use vegetable noodles as replacement in your favorite pasta recipes. This immediately adds added nutrients to your meal, while lowering carbs, calories and sugars. Plus, it's an unprocessed way to enjoy pasta and is gluten-free and Paleo.

2. NOODLES

Probably the second most popular, you can use vegetable noodles as replacement in your Asian noodle dishes. Whether you love Thai, Chinese, Korean or any other type of delicious Asian noodle dishes, you can recreate it using spiralized veggies.

3. RICE

That's right. By placing your spiralized veggies into a food processor, you can create rice out of vegetables! The best vegetables for this are the harder veggies, such as beet, carrot, sweet potato and butternut squash.

4. BUNS

Instead of using a processed piece of bread or sandwich bun, form your favorite vegetable noodles into a patty and create a bun! These buns are bound with an egg and add so much flavor and depth to any sandwich!

5. FRIES & CHIPS

One of the blades on the spiralizer makes it easy to slice your vegetables into chips. Another blade makes it easy to spiralize your vegetable into shoestring fries. By replacing a potato with a lower calorie vegetable like jicama, you can instantly make diet-friendly "fries."

WHAT CAN YOU MAKE?

6. PASTA SALAD

Pasta salads are made easy with the spiralizer – especially because your vegetables are usually already chilled! By replacing regular pasta with spiralized vegetables, you can make this lighter option that's certain to impress your guests.

7. PIZZA

What?! Pizza?! Yes – by simply using the Inspiralized Bun and making it into a bigger version, you can use spiralized noodles to create a “crust.” Ditch the processed pizza crust and use this hearty, healthy version instead – ingredients are simply noodles and egg! It's gluten-free!

8. SOUPS

Make a heartier soup by adding in vegetable noodles! Love soups with pasta in them? Swap in spiralized veggies in place of the real pasta for a healthy spin.

9. SALADS

Lettuce can get boring. Ditch the kale and spinach and opt in for zucchinis, cucumbers, carrots or beets! Love lettuce? No problem – spruce up your salads by using spiralized veggies to add flavor, texture and color.

10. CASSEROLES

Don't spend any extra time slicing, dicing or waiting for your pasta noodles to be ready. Shave off hundreds of calories and carbs with zucchini noodles or simply ditch the processed noodle and opt for a sweet potato or potato noodle. These family-friendly casseroles are a fun way to use your spiralizer.

HOW TO MAKE SPIRALIZED RICE

Spiralized rice is simply, rice made from spiralized vegetables. This “spiralized rice” can be used in place of regular rice and grains in your favorite originals. For example, you can make fried “sweet potato” rice and pesto “turnip” rice. The possibilities are endless – and delicious!

All vegetables can be “riced” except for cucumbers – their water content is just too high. Fruits can’t be “riced” either.

If you do make spiralized rice, make sure to hashtag and share your creation using: [#spiralizedrice!](#)

STEP 1: Place your vegetable noodles into a food processor.



STEP 2: Pulse gently until rice-like, about 3-5 pulses.



EASY BEGINNER RECIPES

All of these recipes use zucchini, because that's where you should start. Zucchini is easy to spiralize and easy to cook. Mastering zucchini will help you understand the nature of spiralized vegetables and give you the foundation to spiralize other vegetables and try my recipes or create your own.

RECIPE 1: Start with a raw zucchini noodle. This is just a great way to incorporate spiralized veggies into your current diet without taking the plunge into a full-fledged meal.

>> [Crunchy Zucchini Noodle Wrap with Avocado and Feta](#)

RECIPE 2: Explore more with the raw zucchini noodle. This dish is all about assembly – you make everything separately and combine it in the end. The zucchini noodles are actually raw, but the avocado-basil sauce gives it a strong flavor and softens the noodle slightly.

>> [Avocado-Basil Zucchini Noodles with Chili-Lime Shrimp and Corn](#)

RECIPE 3: Use simple ingredients for your first cooked zucchini noodle dish. This recipe is easy and packs a lot of healthy flavors. The salty feta with the hearty chicken make this an easy dish to ease into cooked spiralized veggies – it tastes delicious and the cooking method is a simple sautee.

>> [Zucchini Noodles with Chicken, Feta and Spinach](#)

RECIPE 4: Try adding multiple meats without a sauce. Cooking zucchini noodles with a sauce can be tricky, so keep trying with simple sautee method. This dish has so much flavor and comes together in mere minutes.

>> [Bacon Shrimp Zucchini Noodle Scampi](#)

EASY BEGINNER RECIPES

RECIPE 5: Cook your noodles with a tomato sauce. Use this easy puttanesca to start off cooking with sauces. This light sauce doesn't drown the noodles. When you make this, take note of how much moisture that the zucchini releases. To avoid the excess moisture, check out these tips.

>> [Puttanesca with Zucchini Noodles](#)

RECIPE 6: Try out the ribbon noodles. Spaghetti is everyone's go-to noodle with the spiralizer, but switch things up and use Blade A (find out what that is here). This dish is a great way to start.

>> [Broccoli Rabe with Sausage and Zucchini Noodles](#)

RECIPE 7: Incorporate cheese into your noodles. Cheese can be a bit tricky, since it can get watery with the zucchini noodles. It's important to fold in the cheese, remove the noodles from heat and then transfer the noodles with pasta tongs into your plate, to let any excess moisture drip out.

>> [Bacon Cacio e Pepe](#)

RECIPE 8: Make a soup. Zucchini noodles can easily be added to soups. You won't believe how flavorful this simple soup is.

>> [Ginger Scallion Egg Drop Soup with Zucchini Noodles](#)

RECIPE 9: Make a thick, heavy sauce with your zucchini noodles. Now that you've mastered the art of the zucchini noodle, throw it in with a heavy meat sauce. Remember everything you learned along the way.

>> [Bikini Bolognese](#)

RECIPE 10: Your next recipe? Something with.... [sweet potatoes!](#)

THANK YOU!

Thank you for subscribing to Inspiralized and taking part in my spiralized journey.

Please make sure to hashtag #inspiralized on social media, so I can see what you whip up in the kitchen!

