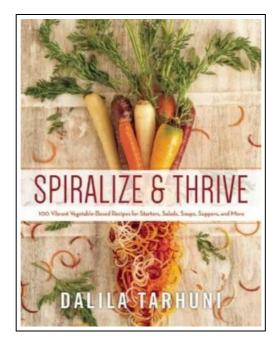
Spiralize and Thrive: 100 Vibrant Vegetable-Based Recipes for Starters, Salads, Soups, Suppers, and More



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SPIRALIZE AND THRIVE: 100 VIBRANT VEGETABLE-BASED RECIPES FOR STARTERS, SALADS, SOUPS, SUPPERS, AND MORE



Skyhorse Publishing. Hardcover. Condition: New. 240 pages. The spiralizer is about to become your best friendlong used by chefs to create beautiful presentations, spiralizers have now found their way into the kitchens of everyday families. Available at most cooking, department, and home stores, the spiralizer is quickly becoming a kitchen essential. Just about any vegetable can be spiralizedsimple insert your choice veggie, crank the handle, and watch beautiful, evenly-shaped ribbons of carrot, zucchini, and peppers come out the other end. Any of these can be combined to create a variety of delicious, healthy meals. With Spiralize and Thrive, the options are endless: use strands of carrots and cabbage for salads, or to create the most beautiful cole slaw youve ever seen; spiralized potatoes can be cooked with a bit of oil and are an amazing substitute to French fries; zucchini noodles paired with your favorite sauce makes a shockingly great spaghetti. Dalila Tarhuni offers healthy, made-from-scratch recipes that are simple to follow and will make your mouth water. Recipes include: Mushroom and Celeriac au Gratin Beet, Orange, and Dandelion Salad Roasted Pepper and Garlic Soup with Summer Squash Noodles and Avocado Rosemary-Orange Chicken with Spiralized RatatouilleThis cookbook will be a great addition to your cookbook collection, no matter which cuisine you prefer. What are you waiting for! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.

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