



[*Inspiralized & Beyond: Spiralize/Chop/Rice & Mash Your Vegetables into Creative, Craveable Meals*](#) by Ali Maffucci. Copyright © 2018 by Ali Maffucci. Photographs copyright © 2018 by Evan Sung. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC.

Our Summary:

You have no doubt heard about the art of turning vegetables into noodles using a [spiralizer](#). Author Ali Maffucci is the self-proclaimed face of spiralizing noodles, and in her latest cookbook, [*Inspiralized & Beyond: Spiralize/Chop/Rice & Mash Your Vegetables into Creative, Craveable Meals*](#) she shows us that spiralizing isn't just about veggie noodles anymore. This cookbook is for everyone that enjoys healthy eating. Vegan, Vegetarian, Paleo, Gluten-Free and Meat-Eaters alike all benefit from adding nutrients to your diet using these creative

and delicious recipes. To get our “five” a day – and more – Maffucci uses potato slabs to replace toast, turns broccoli into tots, and makes pizza crust out of cauliflower. With approachable recipes and easy to find ingredients, [*Inspiralized & Beyond*](#) gets you on the fast-track to delicious, healthy food.

What you need to know:

Get it: [*Inspiralized & Beyond: Spiralize/Chop/Rice & Mash Your Vegetables into Creative, Craveable Meals*](#) by Ali Maffucci. Copyright © 2018. Photographs copyright © 2018 by Evan Sung. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC, May 1, 2018, Paperback \$21.99 ([Amazon Paperback \\$14.95](#); [Kindle \\$12.99](#))

See it: 288 pages of [*Inspiralized Recipes & Beyond*](#) with full page color photographs of many finished recipes, and some step by step instructions. *Appendix A* lists recipes by categories and addresses diverse dietary preferences, culinary skills, time restraints and health goals. Nutritional information is provided for each recipe. Many options for substituting vegetables and other ingredients are given with the recipes, which gives us tremendous latitude creatively, and for our own personal taste preferences.

Make it: 125 new healthy recipes from *Breakfast to Dessert*, with many recipes that don't require a [spiralizer](#) or they give you the flexibility to buy spiralized vegetables at your grocer. Easy to follow recipes with tips for successful results. Includes an entire chapter dedicated to *Vegetarian Main Dishes* and a chapter titled *Non-Vegetarian Mains*. An appendix is included that lists the best fruits and vegetables for [spiralizing](#).

Cherie's Review:

Ali Maffucci author of two New York Times bestselling cookbooks, [*Inspiralized*](#) and [*Inspiralize Everything*](#) has once again brought her passion for healthy eating to her latest cookbook, [*Inspiralized & Beyond: Spiralize/Chop/Rice & Mash Your Vegetables into Creative, Craveable Meals*](#). Maffucci's books are dedicated to healthy cooking using [the spiralizer kitchen tool](#) that transforms vegetables and fruits into noodles. The creativity of spiralizing has truly struck a chord with so many home cooks, seeing that the possibilities of transforming food into something exciting and delicious can be fun!



In [Inspiralized & Beyond](#), Maffucci shares with us the “next phase” of her healthy eating journey, as she creatively transforms every fruit or vegetable she sees in the grocery store into something else and incorporates it into a delicious healthy meal. These recipes are a direct reflection of how she eats. Whether spiralized or non-spiralized, these recipes will inspire and satisfy you. Starting with clear instructions on how to spiralize, as well as how to use other ingredients that she lists in *Stock Up & Set Up*, Maffucci helps you prepare your kitchen and pantry for successful healthy home cooking, so you won’t find yourself ever saying, “there’s nothing to eat!”

Maffucci writes [Inspiralized & Beyond](#) with a “let’s cook” attitude that invites all of us into the kitchen to prepare meals for any or all occasions. Her non-spiralized recipe for *Zucchini Crust Breakfast Pizza with Arugula and Sweet Peppers* uses grated zucchini as the crust. Her *Three-Ingredient Matcha Pancakes with Toasted Coconut* is a wonderful low-calorie, paleo, vegetarian, dairy-free, and gluten-free breakfast recipe that has high antioxidant levels and will “change the way you do breakfast!”

Appetizers & Sides offers up fantastic and creative ways to serve vegetables for even the pickiest of eaters. *Salt & Vinegar Spiralized Potatoes* will rival those New England-style sea salt potato chips and be a perfect accompaniment to your lobster roll or just plain fun on movie night. [Inspiralized & Beyond](#) offers entertaining dishes like the *Vegan Cheese Ball*. A delicious cashew-based cheese alternative that will leave your guests wanting more, including the recipe! Covered with dried cranberries, roasted pistachios and served with Belgian endive this recipe is as beautiful as it is tasty.

[Inspiralized & Beyond](#) offers up some meat recipes as well. Maffucci’s *Beef Pho*, a wonderful beef noodle soup that uses zucchini noodles and low sodium beef broth, won’t disappoint. It is hearty and flavorful with a rich broth that uses star anise, cinnamon stick and fresh ginger to add a warm spice and authentic flavor to the dish. The recipe for *Spicy Pork Coconut Curry Soup with Daikon Noodles* uses a combination of spiralized daikon radishes and coconut milk to beautifully balance the spice of the dish. The *Mexican Corn & Chicken Chayote Pasta* is a flavor packed recipe that uses spiralized chayote, cotija cheese, fresh corn, cubed cooked chicken and spices. Easy to prepare and gluten-free!

[Inspiralized & Beyond: Spiralize/Chop/Rice & Mash Your Vegetables into Creative, Craveable Meals](#) is creative and fun and will continuously meet your tastes as they change, and your health needs as they change, too. Maffucci’s passion for making healthy eating approachable is abundant. Between the covers of this book you’ll find everything you need to maintain balanced and healthy eating, using the convenience of simple, fresh, easy to find ingredients.

Recipes to cook from [Inspiralized & Beyond: Spiralize/Chop/Rice & Mash Your Vegetables into Creative, Craveable Meals](#) by Ali Maffucci. Copyright © 2018 by Ali Maffucci. Photographs copyright © 2018 by Evan Sung. Reprinted with permission by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC.

[Shepherd’s Pie with Celeriac \(Celery Root\) and Butternut Crust](#)

[Mint Chocolate Chip Avocado Ice Cream](#)

[Cinnamon Raisin Sweet Potato Bagels with Maple Cashew Cream Cheese](#)