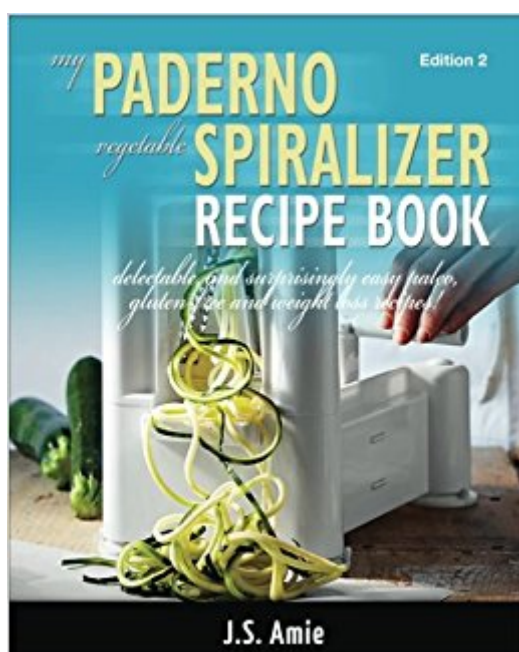


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# My Paderno Vegetable Spiralizer Recipe Book: Delectable And Surprisingly Easy Paleo, Gluten-Free And Weight Loss Recipes! (Spiral Vegetable Series) (Volume 2)



## Synopsis

The #1 Book For Paderno Spiralizers! Thank you for your feedback! We have incorporated your ideas and suggestions in the current edition! Now that you've purchased a Paderno Spiralizer, this book will teach you how to use it like a pro! My Paderno Vegetable Spiralizer Recipe Book is volume 2 of the original, and most comprehensive Spiralizer cookbook series. It contains detailed instructions showing how to use all popular spiralizers (Veggetti, Paderno, and Julienne Mandolines). If you own a vegetable Spiralizer, then this book will inspire you to create healthy meals that are tasty and popular with your family and friends. In "My Paderno Vegetable Spiralizer Recipe Book" you will learn: + How to use the Veggetti and Paderno-style Spiralizers + How to make Zucchini Noodles (Zoodles) + Detailed tips and tricks to spiralize vegetables like a pro + How to pick the best vegetables for spiralizing + How to make a variety of noodles and even spiralized "rice" Recipes Include + Gluten Free, Paleo, and Weight Loss "Pastas" + A variety of meats and vegetarian spiralized dishes + Main dishes, sides, salads, soups and desserts This book also comes with: + Free downloadable printable recipes with full color photos + A downloadable full color QuickStart guide + Access to free pre-release versions of upcoming books! Get it Today!

## Book Information

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## Customer Reviews

This is a great book for vegetable spiralizer owners, and people who are interested in substituting

vegetable "pasta" in place of traditional wheat pasta. The author, J.S. Amie, seems to have a good following on , and after reading this book I can see why!The book is broken down into two major sections: a "how to" section, and a recipe section. In the "how to" section, Amie explains the finer points of using the Paderno spiralizer (as well as other popular types of spiralizers like the Veggetti) -- how to clean it, how to use it properly, what kinds of vegetables work best, and how to prepare and cook the resulting vegetable pasta and zoodles. I didn't know you could spiralize apples, or make "rice" from Cauliflower by spiralizing it! Amie also clearly explains how to heat, boil, saute, and even stir fry spiralized veggies.The recipes focus mainly on Paleo, Gluten-Free and Weight Loss diets. My favorites are the "Rosemary Pork Ragout with Sweet Potato Pasta" (can you TASTE that in your imagination?), and the "Zucchini Pasta Ala Checca" (which is every bit as good as traditional pasta ala checca). The recipes are delicious, easy to understand, and presented clearly. I do wish there were more recipes, but on the other hand I doubt if I'll ever try all of the recipes in this book. Just like any other recipe book, I have my favorites and those are the reason I bought the book.The Table of Contents is excellent. It links (Kindle version) or shows page numbers (Paperback version) for each recipe. I cannot tell you how important this is when you're looking for that one recipe you glanced at but don't remember where...I also signed up for the author's blog and was pleasantly surprised to receive printable recipes with beautiful photographs. It looks like this author wants to provide practical instructions in the cookbook, with photos and community engagement online. It's an interesting concept. After seeing the printable recipes, I'm starting to like this approach.All around a great book for the Paderno Spiralizer, or any other vegetable spiralizer like the Veggetti.

While the recipes are very unique and imaginative, they do not utilize ingredients that are commonly found in the daily routines of cooking. So, pre- planning is called for in your shopping at the supermarket, or if you want to make a special trip to the organic food suppliers at a relatively greater expense.Our biggest objection to this book is that it assumes that you are going to supply yourself with the ancillary hand held slicers, peelers et. al. and it does nothing to describe how one really becomes proficient in their related usage. Some descriptions of the Paderno cutters and their results would be helpful because the single sheet that came with the Spiralizer does not help the first time user either. A reference to such publications could be of great help by having a bibliography or index of what to stock and what to avoid.This is a good case of proving that the old adage " Experience is the best teacher....it gives you the task first and the lesson afterwards" comes into play, and one is left with some misgivings about how often you want to drag the machine out of the cabinet and struggle with its relationship to what part of what recipe it is going to utilize so that a success rate is

ongoing. Not everyone is going to have the desire or need to have all the accessory devices that are referenced.

I'm very wary of buying cookbooks without photos for each recipe, but I wanted to check out the spiralizers. I haven't bought the Paderno spiralizer yet (mostly because of price) and was wondering if I should start with a cheapie one. I've just read through the whole book and the recipes are great. Love the curry ones. I'm amazed at suggestions such as processing cauliflower to make "rice" or "couscous" and using broccoli stalks (among many other veggie options) to make "pasta." The author's tips and comments are very helpful. She talks about Paleo, sodium, weight loss. Unlike another Kindle cookbook I have, the page/recipe divisions aren't too bad. I was looking on an iPhone 6+. I'm sure it will be better on my iPad.

I tried the Paderno Spiralizer for the first time by making the recipe for Yellow Squash Pasta with Sun-dried Tomatoes. The spiralizer itself was very easy to use, but I found the recipe a bit confusing. As someone who tracks nutritional values of what I eat, I was perplexed when the recipe said it serves 2-4, but gave exact nutritional values for a single serving--was that one of four servings or one of two? The recipe called for "4 cups of yellow squash (4-6 stalks)" and I selected small-to-medium squashes, but even three of them yielded a lot more than 4 cups. And how many ounces is "one package of sun-dried tomatoes"? There was also no guidance on how long to cut the continuous strands of squash that emerged from the spiralizer. I enjoyed the dish, and will try others in this book. Updates may follow.

I recently bought the Paderno Spiralizer and have been looking for some recipe books to help me really use my new kitchen "toy" rather than just stow it away. I have found quite a few great and affordable books for my Kindle and this is definitely one of them! So many wonderful recipes and filled with lots of info to help me know what vegetables give the best results. There is a chapter for Gluten-Free and another for Paleo. Since I bought the spiralizer in hopes of losing some weight I was pleased to see a chapter with weight loss recipes. I am famous for buying gadgets and using them to collect dust, \*smile\* but I have to say we have tried three of the recipes already and LOVED them! I find it so wonderful to be able to have the recipe available on my Kindle and to bookmark the recipes we like so that they will be enjoyed again. Great value! ã Æ MY PADERNO SPIRALIZER RECIPE BOOK: Delectable and Surprisingly Easy Paleo, Gluten-Free and Weight Loss Recipes! (Spiral Vegetable Series Book 2)

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