

# HEALTHY RICE & PASTA: YOUR GUIDE TO SPIRALIZING VEGETABLES



DR. CHERYL WINTER

VITAL HEALTH SOLUTIONS

<https://DrCherylWinter.com>

# **HEALTHY RICE & PASTA:**

## **Your Guide to Spiralizing Vegetables**

### **All Rights Reserved**

**Copyright © 2019 – Dr. Cheryl Winter. All rights are reserved.** You may not distribute this ebook in any way. You may not sell it, or reprint any part of it without written consent from the author, except for the inclusion of brief quotations in a review.

### **Disclaimer:**

This Ebook is for general information only, and not to replace the advice and guidance of a qualified healthcare specialist. Any current medical treatments that you are receiving should not be stopped or changed without the consent of your healthcare specialist. All individuals have different needs and should receive individualized evaluation and management from a qualified healthcare provider.

# **HEALTHY RICE & PASTA:**

## **Your Guide to Spiralizing Vegetables**

### TABLE OF CONTENTS

<b>What is Spiralizing &amp; Why Is It Healthy? .....</b>	<b>4</b>
<b>Spiralizing for Health Reasons .....</b>	<b>5</b>
<b>How Spiral Slicers Make Your Children Healthier .....</b>	<b>6</b>
<b>Which Vegetables Can Be Spiralized? .....</b>	<b>7</b>
<b>What Can You Make With Spiralized Vegetables?.....</b>	<b>9</b>
<b>How to Spiralize Vegetables .....</b>	<b>10</b>
<b>Additional Spiralizing Options .....</b>	<b>13</b>

## What is Spiralizing & Why Is It Healthy?

Low carb diets are nothing new. There is substantial evidence that proves rapid weight loss occurs in human beings when carbohydrates are limited or restricted. What does this have to do with spiralizing? As it turns out, you can easily add more vegetables to your diet, replacing high carb foods while also getting healthier minerals, nutrients and vitamins into your body, when you learn to spiralize.

As a definition, consider spiralizing as a fun and simple way to turn boring looking vegetables into tantalizing, tasty treats for your taste buds and your eyes. Using a spiral slicer, julienne or mandoline, you cut your food into spiral or ribbon shapes. This allows you to replace less than healthy foods like processed noodles with highly nutritious noodles made from zucchini, cucumbers and other natural foods.

The devices which create this wonderful transformation vary in shape and size. Tabletop spiralizers are powered by electricity or a hand crank. The manpower varieties are the most common, about the size of a large toaster, and function like a traditional pencil sharpener.

While you can spend a lot of money on a spiral slicer, that is not necessary. Highly efficient models which are easy to use and dishwasher safe are always available for less than \$40 or \$50 US. Some of the highest rated spiralizers are in the \$20 to \$30 US price range. Hand-held products require even less of a financial investment, but generally are not as versatile or capable as tabletop models.



## Spiralizing for Health Reasons

The act of spiralizing itself does not create health advantages. If you spiral cut potatoes and fry them in unhealthy grease, the end result is not very healthy. On the other hand, the foods that lend themselves to spiral slicing, julienne cuts and ribbon designs are super-healthy. Probably 90% or 95% of the foods you will be spiralizing are vegetables.

These are some of the healthiest foods on the planet. Getting more of them into your diet, and eating less processed food, sugar and salt, means your health is automatically impacted in a positive manner. The benefits of eating fresh vegetables include ...

- Weight loss (if you are overweight or obese)
- Lower cancer risk
- Less chance of suffering a stroke, heart attack or heart disease
- Improved resistance to brain disorders like Alzheimer's and Parkinson's
- You live longer
- Your physical health, balance, mobility skin, hair and brain all benefit



## How Spiral Slicers Make Your Children Healthier

You probably don't have to be told that children often times hate eating vegetables. You might have despised vegetables as a child yourself, and still prefer unhealthier, processed foods. When your children see you neglecting healthy vegetables in your diet, it is hard to get them to eat the foods that are good for them.

By spiralizing vegetables and fruits, you make them more visually appealing. Ribbon cut radishes and zucchini instantly attract your child's attention. Noodles made from squash and other vegetables have a taste that is similar to traditional spaghetti noodles. This means your child can eat them without knowing a healthy replacement has been made. Instead of a boring looking vegetable that your child instantly resists, you have a fun, exciting looking food that delivers a whole new texture and experience.

This means that you will be eating more healthy vegetables, because no matter your age, spiralized food is just downright fun to prepare, and to eat. As you begin to enjoy more spiral cut vegetable-based recipes yourself, your child's fear and hatred of veggies can go away, thanks to the positive lesson your own eating habits are displaying.



## Which Vegetables Can Be Spiralized?

Generally speaking, there are no "rules" regarding what you can and cannot spiralize. Even so, some vegetables deliver better results than others. Most spiral slicers, julienne peelers and mandolines (your main types of spiralizers) work best with vegetables of a medium to high density. This is why you will find cucumbers and squash at the center of many spiralizing recipes.

Most of the time you want to focus on long, thick, cylindrical vegetables, but this is not always the case. The types of vegetables you can use will depend on the type of spiral cut device you are using. This is why you should think about purchasing a spiralizer that handles a wide range of vegetables, instead of just cucumbers or zucchini.

Speaking of those two versatile veggies, they head the list of which vegetables you will be spiralizing most of the time (listed alphabetically; a couple of fruits are included). They are ...

- Apples
- Broccoli
- Butternut Squash
- Cabbage
- Carrots
- Cucumbers
- Radishes
- Onions
- Parsnip
- Pears
- Plantains
- Sweet Potatoes
- White Potatoes
- Zucchini
- Summer Squash



This is by no means a complete list. Practicing with your favorite fruits and vegetables and your spiral slicer is recommended. There is nothing that beats hands-on experience. You will find which fruits, vegetables and other food products deliver the best results for your particular needs and unique situation. However, in most cases, you will want to keep the following guidelines in mind.

- Foods with a tough core or hard exterior should be avoided.
- The same is true with hollow vegetables, and those with hard seeds.
- Aim for veggies that are at least 1.5 inches in diameter. Bigger is usually better here, yielding more product.
- You should also choose vegetables that are at least 2 inches in length, preferably longer.
- Always look for vegetables or fruits that have a solid, firm interior.
- Don't waste your time trying to spiralize juicy, soft-interior foods like peaches or oranges.

## What Can You Make With Spiralized Vegetables?

Honestly, when you begin to spiralize your food, there is literally no end to the possibilities. As mentioned earlier about cutting back on your carbohydrates, you can replace pasta and rice with no-carb/low-carb vegetables like zucchini and cauliflower. Once you experiment with a versatile spiral slicer (***we recommend some best-selling models in the last section of this report***), you will see that spiralizing lends itself to a wide range of mealtime possibilities.

You can add healthy, spiral cut vegetables to your soups, salads and sandwiches. A boring vegetable tray instantly becomes visually enticing. Making edible centerpieces that draw rave reviews for their flavor and visual impact is also possible. Here are just a few ideas of some spiralized veggie recipes to get your brain thinking about the possibilities.

- **Zucchini Noodle Spaghetti** – This is exactly what it sounds like. Instead of high carb, unhealthy, processed spaghetti noodles, you use your spiral slicer to turn healthy zucchini into delicious, nutritious low carb noodles.
- **Multi-Veggie Wrap** – Spiral, julienne and flat cut your favorite vegetables in a spiralizer. Combine them in a healthy tortilla or wrap for a nutrient rich lunch.
- **Ribbon Noodle Cucumber Pasta** – Spiral cutters with ribbon-cutting capabilities make gorgeous, flowing ribbon designs in cucumbers and other vegetables that extend your pasta making abilities past the simple noodle.

**Recipe book recommendation** – *Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals* – This book is available in paperback and Amazon Kindle formats, and is commonly referred to as, "The definitive cookbook for using a spiralizer".



## How to Spiralize Vegetables

Now that you know how healthy and delicious spiralizing can be, how do you get started? Is there one kitchen tool that works better than another to turn a simple squash into a scrumptious, spiralized masterpiece that is as healthy as it is tantalizing to look at?

To answer those questions, let's look at the different ways you can spiralize vegetables. We will also recommend a few of the most popular and effective spiralizing kitchen accessories. These are easy to use spiralizers that come highly rated by previous purchasers that are also accompanied by a minimal investment. Let's get started.



## Spiralizers and Spiral Slicers

These kitchen helpers were made specifically to turn fruits and vegetables into spiral shaped visual delights. They exist for one reason ... to spiralize food. Spiral slicers and spiralizers are inexpensive, easy to use, very fast and efficient, and simple to clean. If you are going to be spiralizing food on a regular basis, pick up one of the products below.

- **Paderno World Cuisine A4982799 Tri-Blade Vegetable Spiral Slicer**

Here are just a few reasons why you could consider this product as the "perfect" spiral slicer.

- Routinely the #1 bestseller in the large Mandolines and Slicers category at Amazon.

- Nearly 9,000 previous buyers rate it an almost perfect 4.5/5.0 customer satisfaction score

- Only costs about \$35 US

- Tabletop model that is easy to use, easy to clean and includes 3 sets of blades for straight cuts, chipping, shredding, cutting, spiral cuts and more

- Includes a 1-year warranty

- **Joyce Chen #51-0662 White Saladacco Spiral Slicer**

This wonderful tabletop product sells for around \$20 US on Amazon. You can use it to make ribbons, slices and angel hair sized noodles, as well as spirals. It is easy to use, top rack dishwasher safe, and allows you to minimize waste, since you use the whole vegetable. Buyers on Amazon have given this spiral slicer a 4 out of 5 customer satisfaction rating.

- **The Original SpiraLife Vegetable Spiralizer Spiral Vegetable Slicer and Zucchini Spaghetti Maker**

An impressive 92 out of every 100 folks that purchase this product on Amazon give it either 4 or 5 customer service stars (out of a perfect 5-star rating). It is consistently rated as one of the top 5 bestsellers in the Mandolines and Slicers category on Amazon, and is usually priced at less than \$15. It is accompanied by a cleaning tool, vegetable peeler and recipe book, making for a tremendous value.

## **Mandolines**

- **Deluxe Cook Original V-Blade Mandoline Slicer - Vegetable Slicer & Julienne Tool**

This inexpensive and versatile mandoline acts as a chopper, slicer, cutter and spiralizer. It may not be available locally, but can be purchased for quick delivery on Amazon, where it has earned a high 4.2/5.0 customer satisfaction rating. This hand-held model includes julienne, spiral and slicing options and usually sells for around \$20 US.

- **Liba Mandoline Slicer - Vegetable Slicer - Food Slicer - Vegetable Cutter - Cheese Slicer**

Also retailing for about \$20 is this mandolin slicer with surgical grade stainless steel blades. Use it to cut cheese, vegetables, fruits and other foods, creating spiral, flat and julienne cuts. A noteworthy 4.4/5.0 customer satisfaction score on Amazon and bestseller status in its product category attest to its low-cost versatility and high level of performance.

## Julienne Peelers and Slicers

- **Lakeland Sharpeel Julienne Slicer**

For ease of use and "best bargain" qualifications, this Lakeland julienne slicer can't be beat. Expect to pay less than \$10 US on Amazon for this simple but effective tool which creates "matchstick-sized strips" of vegetables, perfect for coleslaw, stir fries, salads and zucchini spaghetti.

- **OXO Good Grips Julienne Peeler**

This dishwasher safe julienne peeler includes a flip top safety cover and stainless steel blades. It carries an impressive 4.5/5.0 customer satisfaction rating on Amazon, where it retails for around \$10 US.

## Additional Spiralizing Options

The following kitchen accessories were not designed with spiralizing in mind. They can get you through a small job, but are definitely not recommended for the long-term.

### Handheld Graters, Vegetable Peelers

You may already own a hand-held grater. This is a flat metal or plastic board with different sized and angled holes throughout. It can be slender, with a handle, or simply a long, wide flat design. In a pinch, it can be used to spiralize food.

However, it's prime job, and one it does very well, is grating and zesting. The same is true for a vegetable peeler. A vegetable peeler will do a better job spiralizing, in most cases, than a hand-held grater. However, there is a lot of repetitive elbow grease that goes into the job. Spiralizers save a great deal of time and effort, and should be considered if you are going to be spiralizing a lot of food.



### Food Processor Grating, Ribbon Discs

Some food processors include an assortment of cutting discs. If yours comes with a grating or ribbon disc, this can be used to spiralize most vegetables and some harder fruits. If you do not own a food processor, you will have to make a more substantial investment for this versatile kitchen accessory than if you simply buy a food spiralizer.

There are plenty of capable food processors that you can purchase online or at your nearby big box retailer. For the best spiralizing results, consider one of the mandolines or spiral slicers mentioned above. Your financial outlay will be less, and your results will be better.

