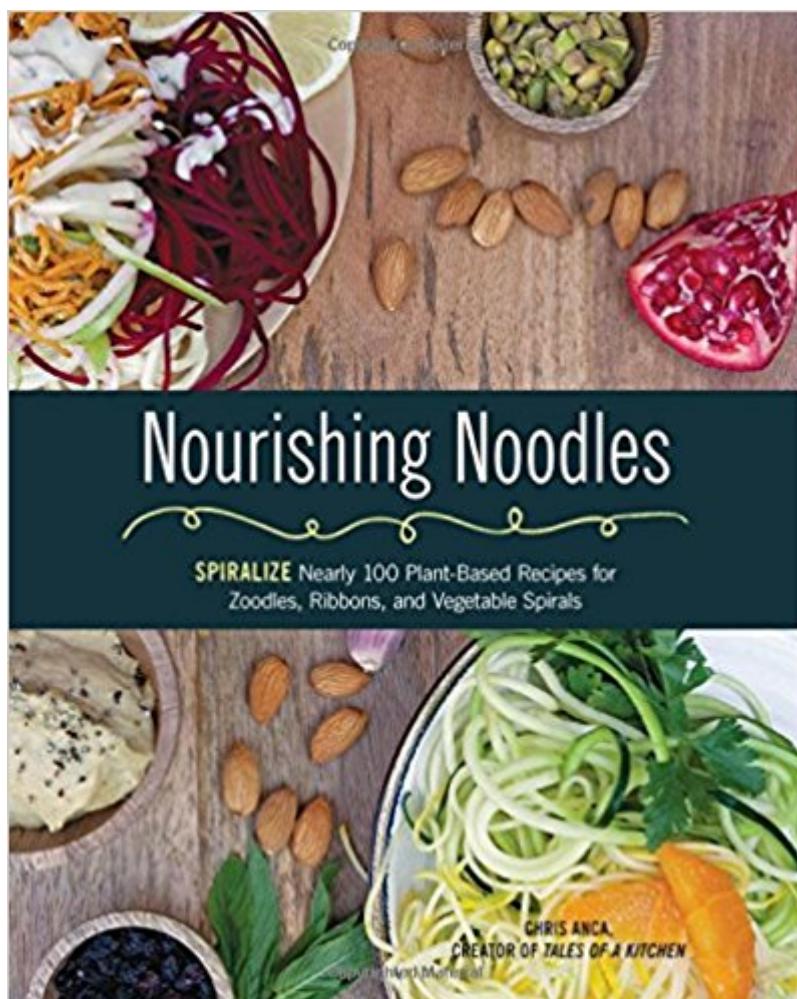


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# Nourishing Noodles: Spiralize Nearly 100 Plant-Based Recipes For Zoodles, Ribbons, And Other Vegetable Spirals



## Synopsis

Put your Spiralizer to work to create fun, meatless meals in minutes! With our increasingly busy lives, it's hard to find the time to eat healthy and to incorporate all the nourishing fruits and vegetables we need into our diets. Weeknight meals tend to be loaded with carbs that don't provide the nutrients we need for energy. So how do you get the yummy comfort of a bowl of noodles without the carbs? Author Chris Anca, founder of Tales of a Kitchen, can show you how to make delicious, nutritious vegetable noodle meals in just minutes using a spiralizer! Whether you're vegan, vegetarian, low-carb, or just looking for easy and healthy meals to add to your menu, Nourishing Noodles has all the recipes you want. Turning vegetables into noodles takes just a few minutes with a spiralizer, so these recipes are also quick and easy to make for any night of the week. From carrots and zucchinis to squash, cucumbers, and apples, you can transform your ordinary produce into a delicious bowl of noodles and dress it up with sauces, dressings, and any of your favorite add-ins. Slice into nearly 100 vegetarian recipes, including: Carrot Noodles with Zesty Garlic Sauce, Ranch Noodle Salad with BBQ Almonds, Butternut Squash Pancakes, Coconut Cinnamon Carrot Cakes and more!

## Book Information

Flexibound: 176 pages

Publisher: Race Point Publishing (May 31, 2016)

Language: English

ISBN-10: 1631061844

ISBN-13: 978-1631061844

Product Dimensions: 8.1 x 0.6 x 10 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (22 customer reviews)

Best Sellers Rank: #83,478 in Books (See Top 100 in Books) #117 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #173 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate #184 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Customer Reviews

Nourishing Noodles is one of the best cookbooks I've seen for inspiring people to use veggie noodles in new ways and try new flavor profiles. I bought a spiralizer two years ago and I am always looking for new ways to enjoy veggie noodles. Chris Anca's vegan recipes definitely offer new ways

of using spiralized noodles in their raw form. Only two recipes seem to require a dehydrator (including the delicious looking cheesy quinoa balls), and that could easily be adapted to a home oven. The cookbook is split into sections by meal type, including one section devoted to hand rolls. A large majority of the recipes are Asian-influenced, relying on ingredients like coconut milk, tamari, miso, and spring onions. There are also a few Middle Eastern-flavored recipes calling for hummus or tahini and two token zucchini-with-marinara recipes (one raw and one cooked). I found the flavor combinations to be a little odd but good in the two recipes I've tried so far, which were the lemony noodles with tahini cream sauce and the beet noodles with miso and goji berries. Chris' recipes pack a ton of flavor into her veggie noodles and it's easy to omit or cut down on a seasoning or two and still wind up with a great dish (as I did with the garlic and mint in the tahini noodles). Her recipes are written with very concise instructions. In most cases, they basically say: combine all the dressing ingredients in a blender and blend, then pour over your spiralized noodles. The front section has more detail on how to spiralize a particular vegetable or fruit. In some cases, more description would probably be helpful, for instance specifying that you should wait for the quinoa to cool before adding it to your beet salad.

Nourishing Noodles serves up inventive, easy new recipes to build healthy vegetables and fruits into any meal plan. Chris Anca's vegan recipes cut new ground, showcasing the art of spiralizing, often zucchini, though many more vegetables and fruits as well, in new and healthy ways. I have a spiralizer, but up until now have only played with zucchini. Chris offers a myriad of recipes for zucchini, including raw, sautéed and blanched, dishes like "Raw Zucchini Marinara" and "Beet, Zucchini and Apple Noodle Salad" - but she also shows us how to use that spiralizer with turnips, cucumbers, apples and more. She even has spiralizing dessert recipes, think "Coconut Cinnamon Carrot Cakes" and "Pear Noodles with Chocolate Sauce." The same creativity she brings to her well-known blog I see here in spades. The cookbook itself is organized by meal, with a spiralizing how-to, as well as a useful healthy eating definitions section, a section of basic condiments recipes such as for nut butters, homemade ketchup and even a vegan coconut "bacon", and lastly an ingredient index. The recipes themselves are cleanly laid out, lots of white space, compelling images, clear helpful instructions, and while the ingredient lists are not short, they also are not overly complex. Anyone pursuing a healthy diet these days will have most ingredients in stock, and if not, be encouraged to go on an educating hunt. The only addition I would recommend here is that unusual ingredients be marked if optional, and substitutions be suggested.

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