

SPIRAL IT

If pasta is your comfort food of choice, then you'll want to get familiar with vegetable noodles. Enjoy your favorite decadent sauces but with fewer carbs and added fiber. The technique varies slightly by model, but with most spiralizers, you simply secure the vegetable into the maker then turn the crank to create noodles. We've tried a lot of brands, but our favorite is the Inspiralizer, created by Ali Maffucci. If you don't have a spiral maker, you could use a vegetable peeler to peel long strands of noodles, although that takes more time. Also check your local supermarket for premade spiralized vegetables.

RICE IT

If you typically serve meals over rice, then learning how to rice veggies could be a boon to your cooking. Both fresh and frozen premade options exist, but it's easy to make your own. There are a couple of techniques you can use: Roughly chop then pulse the veg in a food processor until it reaches rice-size pieces. (Always use raw veg; if you put cooked veg into a food processor, you're going to get a mash!) For an authentic rice shape, spiralize the veg first then process or cut into rice-size pieces. For firmer veg like beets, both techniques work. For softer veg, like zucchini, you should spiralize first and then chop by hand so it doesn't turn to mush.



Bell pepper noodles make a colorful salad base.

Try parsnip noodles with a creamy pasta sauce.

We use spiralized turnip in our Sesame Turnip Noodles (p. 84), but the rice can added to soups and stews to add flavor and texture.

Carrot rice provides sweetness to a dish – to balance it, try it with savory spices like cumin and chile powder.

Broccoli rice makes an ideal base for a bowl; just sauté it lightly in oil with salt and pepper.

Plantain rice works well in Tex-Mex dishes. Try plantain rice and beans!

Both red and golden beets can be spiralized and made into rice – try it in our Chicken Burrito Bowls (p. 82).

Apple noodles make a gorgeous dessert – try drizzling dark chocolate over top then sprinkling with nuts or seeds.

Radish spirals make a pretty garnish for salads and tacos.

Onion spirals add visual flair to any salad. Red onions work beautifully, too!

Sweet potato noodles are a great base for pasta sauces and stir-fries.

Try tossing lightly sautéed celery root noodles with pesto for a flavorful side.

Jicama rice has a wonderfully crunchy texture. Use it as a base for fried rice or in an Asian-style salad.

It's vegetable mania around here – keep this cheat sheet handy!

SPIRALIZE THESE:

- apple
- beet
- bell pepper
- broccoli stalks
- butternut squash (just the neck)
- carrot
- celeriac
- chayote
- cucumber
- daikon
- melon
- onion
- parsnip
- pear
- potato
- radish
- sweet potato
- taro
- turnip
- yellow squash
- zucchini

RICE THESE:

- beet
- broccoli
- butternut squash
- carrot
- cauliflower
- daikon
- jicama
- parsnip
- plantain
- romanesco
- rutabaga
- sweet potato
- turnip
- yellow squash
- zucchini