






















# THE COMPLETE REFERENCE GUIDE TO SPIRALIZING VEGETABLES

Veggie/Fruit	Prep	Raw or Cooked	Cook Method	Cook Time	Best Served As	Best Blade
	Slice off ends and chop in half	Both	Saute in skillet	2-3 minutes	Pasta, Noodles	All blades
			Simmer in broth	2 minutes	Noodles	All blades
			Raw	N/A	Pasta, Noodles, Salad add-on, Slaw	All blades
	Peel, slice off ends and chop in half if large. If making rice, place noodles in food processor and pulse into rice-like bits.	Cooked	Saute in skillet	6-8 minutes	Pasta, Noodles, Inspiralized Bun	Blade C
			Boil	3-4 minutes	Pasta, Noodles	Blade C
			Simmer in sauce	5-7 minutes	Pasta, Noodles	Blade C
			Bake at 415	15 minutes	Fries, Chips	All blades
	Peel, slice off ends and chop in half. If making rice, place noodles in food processor and pulse into rice-like bits.	Cooked	Bake at 400	7-10 minutes	Pasta, Noodles	Blade C
			Saute in skillet	6-8 minutes	Pasta, Noodles	Blade C
			Simmer in broth	7-10 minutes	Inspiralized Rice	Blade C
	Peel, slice off ends and chop in half. If making rice, place noodles in food processor and pulse into rice-like bits.	Both	Boil	3-4 minutes	Pasta, Noodles	Blade C
			Simmer in sauce	5-7 minutes	Pasta, Noodles	Blade C
			Bake at 415	10-15 minutes	Fries, Chips	All blades
			Simmer in broth	7-10 minutes	Inspiralized Rice	Blade C
			Bake at 400	10 minutes	Pasta, Noodles	Blade C
			Raw	N/A	Salad add-on, Slaw	Blade C
	Slice off ends and chop in half and press in between paper towels to remove excess moisture	Raw	Press in between paper towels to remove excess moisture	Can be served immediately	Noodles, Salad add-ons	All blades
	Peel, slice off ends and chop in half if large. If making rice, place noodles in food processor and pulse into rice-like bits.	Cooked	Saute in skillet	6-8 minutes	Pasta, Noodles	Blade C
			Simmer in sauce	5-7 minutes	Pasta, Noodles	Blade C
			Simmer in broth	7-10 minutes	Inspiralized Rice	Blade C
			Bake at 415	15 minutes	Fries, Chips	All blades
	Peel and slice off ends. If making rice, place noodles in food processor and pulse into rice-like bits.	Both	Saute in skillet	5-7 minutes	Pasta, Noodles, Inspiralized Bun	Blade C
			Boil	3-4 minutes	Pasta, Noodles	Blade C
			Bake at 415	12-15 minutes	Chips	Blade A
			Simmer in broth	6-8 minutes	Inspiralized Rice	Blade C
			Bake at 400	10 minutes	Pasta, Noodles	Blade C
			Raw	N/A	Noodles, Salad add-on, Snack	Blade C
	Peel, slice off ends and chop in half. If making rice, place noodles in food processor and pulse into rice-like bits.	Cooked	Saute in skillet	6-8 minutes	Pasta, Noodles, Inspiralized Bun	Blade C
			Simmer in sauce	5-7 minutes	Pasta, Noodles	Blade C
			Simmer in broth	7-10 minutes	Inspiralized Rice	Blade C
			Bake at 415	12-15 minutes	Fries, Chips	All blades
	Peel, slice off ends and chop in half if large.	Both	Saute in skillet	6-8 minutes	Pasta, Noodles, Inspiralized Bun	Blade C
			Bake at 415	10-15 minutes	Fries, Chips	All blades
	Peel, slice off ends and chop in half. If making rice, place noodles in food processor and pulse into rice-like bits.	Cooked	Saute in skillet	6-7 minutes	Pasta, Noodles, Inspiralized Bun	Blade C
			Bake at 400	10-12 minutes	Pasta, Noodles	Blade C
			Simmer in broth	6-7 minutes	Inspiralized Rice	Blade C
			Bake at 415	10-15 minutes	Fries, Chips	All blades
	Peel, slice off ends and chop in half. If making rice, place noodles in food processor and pulse into rice-like bits.	Both	Saute in skillet	6-7 minutes	Pasta, Noodles, Inspiralized Bun	Blade C
			Bake at 400	10-12 minutes	Pasta, Noodles	Blade C
			Simmer in broth	6-7 minutes	Inspiralized Rice	Blade C
			Bake at 415	15 minutes	Fries, Chips	All blades
			Raw	N/A	Salad add-on, Slaw	Blade C
	Peel, slice off ends and chop in half. If making rice, place noodles in food processor and pulse into rice-like bits.	Both	Saute in skillet	6-7 minutes	Pasta, Noodles, Inspiralized Bun	Blade C
			Bake at 400	10-12 minutes	Pasta, Noodles	Blade C
			Simmer in broth	6-7 minutes	Inspiralized Rice	Blade C
			Bake at 415	10-15 minutes	Fries, Chips	All blades
			Raw	N/A	Salad add-on, Noodles	Blade C
	Slice off the ends, peel and chop in half. If making rice, place noodles in food processor and pulse into rice-like bits.	Cooked	Simmer in broth	6-7 minutes	Inspiralized Rice	Blade C
			Bake at 415	15 minutes	Fries, Chips	All blades
	Slice off ends and chop in half. Very difficult to spiralize, not recommended.	Cooked	Saute in skillet	6-7 minutes	Pasta, Noodles	Blade B
	Remove stem.	Both	Bake at 400	10 minutes	Snack, dessert	Blade A
			Saute in skillet	6-7 minutes	Snack, dessert	Blade A
			Raw	N/A	Salad add-on	Blade C
	Chop off the ends.	Both	Saute in skillet	6-7 minutes	Snack, dessert	Blade A
			Bake at 400	10 minutes	Snack, dessert	Blade A
			Raw	N/A	Salad add-on	Blade C
	Chop off ends of the root, peel, and chop in half if large. If making rice, place noodles in food processor and pulse into rice-like bits.	Cooked	Saute in skillet	6-7 minutes	Pasta, Noodles, Inspiralized Bun	Blade C
			Bake at 400	10-12 minutes	Pasta, Noodles	Blade C
			Simmer in broth	6-7 minutes	Inspiralized Rice	Blade C
			Bake at 415	15 minutes	Fries, Chips	All blades
	Peel to make an even skin surface.	Cooked	Saute in skillet	6-7 minutes	Noodles, Snack	Blade C
	Peel the outer papery layers of skin and chop off the ends.	Both	Saute in skillet	3-4 minutes	Addition to a stirfry or similar meal	Blade C
			Dip in egg, then breadcrumbs and fry in skillet	3-4 minutes	Onion rings or fries	Blade C
			Raw	N/A	Salad add-on, Slaw	Blade C