



Q & A with Marilyn Haugen, author of *150 Best Spiralizer Recipes*:

How would you sum up *150 Best Spiralizer Recipes* in one sentence?

150 Best Spiralizer Recipes gives you so many delicious ways to add more vegetables and fruits to your diet including many of your favorites updated for spiralizing.

What do you most want people to learn/take away from this book?

Using a spiralizer isn't just about making zucchini noodles and substituting them for your traditional wheat pasta. While that is a great option, there are also over 100 recipes that use so many different vegetables and fruits in a variety of fun and tasty dishes.

How is this book different from every other cookbook on the market?

What I love about this book is that we have organized it into chapters for Gluten-free, Paleo, Vegetarian/Vegan and Raw diets so that it is easy for anyone following those diets to jump right to the recipes they want. But anyone not on these diets will find a cornucopia of recipes they will enjoy.

How difficult is a spiralizer to use?

Spiralizers are very easy to use. Like any new kitchen tool or gadget it takes a bit of getting the hang of it. When I first started out, some of my veggies looked like little half-moons instead of the long strands and ribbons we see in the photographs. All it takes is a little bit of adjustment of your vegetable in the spiralizer to get it just right and you have perfect looking noodles.

Can I substitute another kitchen tool if I don't have a spiralizer (ie: my food processor)?

You can use a mandoline, a food processor that is fitted with blades to make julienne cuts, a stand mixer that has a spiralizer attachment, a peeler (electric or hand crank) or just a sharp knife. Several of the recipes don't require the long spaghetti-like strands so a good julienne style cut is all it takes.

Is it safe for my child use a spiralizer?

I think it is a great idea to get your children spiralizing. They will see how fun it is to make 'cool' vegetables and fruits. However, children should always be supervised when using a spiralizer since the blades are extremely sharp. I would not allow children to change blades or do the set-up, just turn the handle to make the strands appear.

How do I clean a spiralizer? Is it dishwasher safe?

I always clean my blades with a long wire brush under hot running water. Then rinse them and let air dry. Other parts of the spiralizer can be wiped down with soap and water. I would not recommend putting it in the dishwasher, but you should always check the instructions that came with your spiralizer.

What are, in your expert view, the greatest errors the average person commits when it comes to using a spiralizer?

Starting with too large of a vegetable or fruit can make it much harder to spiralize. Ideally, you should cut your items into 4 inches (10 cm lengths). This will still allow for getting long beautiful strands. Longer pieces can shift during spiralizing requiring you to stop and readjust the position of your vegetable.

What do you love most about the spiralizer?

It is such a fun 'toy' that makes nutritious meals. You put something in, crank a handle and out pops beautiful squiggly strands that you can eat - how fun is that!



What do you think are the key upcoming spiralizer trends for 2016?

I think more and more we will see traditional recipes being adapted to use spiralized vegetables and fruits. Look at the recipe for Sweet Potato Noodle Buns. Who would have ever thought we'd be substituting wheat buns with buns that can be made with vegetables. I also am seeing more types of spiralizers on the market, so I think it will be easier for the home cook to choose a spiralizer that make sense for them. Spiralizers are certainly here to stay!

How does your own health philosophy tie into this book?

Like many of us, I know I should get more vegetables into my diet, but it is hard sometimes. I am also a die-hard cheese lover – not surprising since I grew up in Wisconsin. So for me, I can get more vegetables in to my diet, cut down on the calories and still add my cheese. 'Have my cheese and eat it too?'

What would your top five tips be for someone just starting to use a spiralizer?

- 1 – Start simple. Choose an easy recipe and just experiment with getting the spiral cutting down.
- 2 – Don't go to the farmers market or grocery store and buy out everything you see. I'm guilty of starting a new project and jumping in over the top. If you buy too much, you risk produce spoiling on you which is very disheartening.
- 3 – Take a look at our pantry suggestions and make sure you have a good base that will make most of these recipes easy to make. You don't need to buy a lot of specialty ingredients to make spiralizing work for you.
- 4 – Clean your spiralizer immediately after using.
- 5 – Watch out for the sharp blades!

And, just for fun...

My last meal would be... Almost any type of shellfish with a colorful, hearty salad that has a multitude of ingredients. Let's see. Starter of steamed mussels with load of garlic – must have loads of garlic; Seared scallops; Salad with an arugula base topped with roasted root vegetables and sunflower seeds with a balsamic vinaigrette – possibly sprinkled with feta cheese. No dessert – I have plenty of other guilty passions.

The most underused vegan food in the world is... Nuts. Particularly cashews and pine nuts, among others, that make delectable cream sauces, sour creams, cheese substitutes and more. Recipes using nuts can really expand the taste and nutrient value in vegan diets.

My earliest Ayurvedic memory is... An incredible massage that I had many years ago in the Hawaiian Islands. I walked out of that massage with an amazing feeling of well-being. I was expecting the rejuvenated muscle feeling of a traditional massage but came away with a spectacular whole body experience.

My guilty food pleasure is... Did I mention cheese and more cheese?