



3-in-1 Electric Spiralizer Recipes
Delicious. Nutritious. Spiralicious.

Hamilton Beach
Good Thinking.

Healthy Cooking Made Easy.

Spiralizing is all about making easy, healthy dishes with fresh vegetables and fruits, while having fun in the process. That's what we hope you'll experience with these recipes. Whether it's Spiralizer Egg Nests for breakfast, or Garden Pasta for dinner, these recipes were thoughtfully created and tested just the way you'll use them at home: in a real kitchen made with food that's readily available at your grocery store.

With the recipes in this book and a little practice, you'll quickly master spiralizing in 3 easy steps: assemble, prep and spiralize. Plus, you can find additional helpful tips, techniques and recipes created for your 3-in-1 Electric Spiralizer online at spiralizenow.com.

Assemble



1

With sharp side up, attach disc by aligning the 2 notches in the cutting disc with 2 tabs in the base.



2

Align mark on food chamber with unlock icon on base (🔓). Rotate counter-clockwise to lock.

3

Attach motor body by rotating clockwise until locked.



4

Align ribs of food chamber with channels in adapter and slide into place.



Prep



5

Use foods that are 1-3" wide and no longer than 2 1/2". Cut flat edge on each side.



6

Push food onto the spike in the center of the disc.

Spiralize

Select desired speed and apply constant, gentle pressure.



RIBBONS

SPIRALS

GRATES

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HELPFUL HINT: If food falls over or no spirals are coming out, stop and remove food. Rinse disc, recut flat edges and try again.

Refer to Use and Care for more helpful tips and usage information, and visit spiralizenow.com for recipes and demonstration video.

Need more help? Contact us at 1-800-851-8900 or hamiltonbeach.com/customer.service.html



Zucchini Noodles with Salsa & Feta

Serves: 4-6

Ingredients:

4 medium zucchini
1 tablespoon olive oil
1 large onion, chopped
2 cloves garlic, chopped
4 pounds plum tomatoes, cored and chopped
1 small jalapeño pepper, chopped
1/2 cup fresh cilantro, chopped
1 teaspoon salt
1/2 teaspoon cumin
1/2 teaspoon coarse black pepper
3 ounces feta cheese, crumbled

Directions:

Make spirals of zucchini; set aside. In a large skillet over medium-high, heat oil. Add onion and garlic. Cook until tender, 1 to 2 minutes. Add tomatoes, jalapeño, cilantro, salt, cumin and black pepper. Cook until tomatoes are tender, about 5 minutes. Fill a large saucepan two-thirds full of water. Over high heat, boil water. Add zucchini spirals. Cook until tender, about 15 seconds. Drain and arrange on plates. Top with warm salsa and sprinkle with feta cheese.

Garden Pasta

Serves: 4-6

Ingredients:

2 medium zucchini
2 medium yellow squash
2 tablespoons olive oil
1 clove garlic, minced
2 large tomatoes, diced
2 tablespoons chopped fresh basil
1 tablespoon balsamic vinegar
1 teaspoon salt
1/2 teaspoon coarse ground black pepper
1/4 teaspoon crushed red pepper, optional

Directions:

Make spirals of zucchini and yellow squash. Fill a large saucepan two-thirds full of water. Over high heat, boil water. Add vegetable spirals. Cook until tender, about 15 seconds. Drain and cover to keep warm. In a large skillet over medium-high, heat oil. Cook garlic until tender, about 3 minutes. Add tomatoes, basil, vinegar, salt and peppers. Cook just until tomatoes are heated through. Serve over vegetable spirals.





Beets with Orange & Goat Cheese Salad

Serves: 8

Ingredients:

2 pounds fresh beets (about 6 medium), peeled
3 teaspoons salt, divided
6 tablespoons fresh orange juice
1/2 cup vegetable oil
2 tablespoons rice vinegar
2 tablespoons honey
1 tablespoon fresh thyme leaves
1 clove garlic
1/2 teaspoon coarse black pepper
Salad greens
2 medium oranges, sectioned
1/2 cup crumbled goat cheese
1/2 cup chopped walnuts, toasted

Directions:

Make ribbons of beets. Fill a large saucepan two-thirds full of water and add 2 teaspoons salt. Over high heat, boil water. Add beet ribbons. Cook until tender, 1 to 2 minutes. Chill in an ice bath. Drain and dry ribbons with paper towels. To make dressing, in a single-serve blender, add orange juice, oil, vinegar, honey, thyme leaves, garlic, remaining 1 teaspoon salt and black pepper. Blend until slightly thickened. On a salad plate, arrange fresh greens, beet ribbons and orange segments. Top with goat cheese and toasted walnuts.

Cucumber Caprese Salad

Serves: 8

Ingredients:

2 medium seedless cucumbers
1 cup red cherry tomato halves
1 cup yellow cherry tomato halves
1 cup fresh mozzarella balls, halved
Salt and coarse black pepper
1/3 cup olive oil
1/4 cup white vinegar
1 clove garlic
1 teaspoon sugar
1/2 teaspoon dried Italian seasoning
1/8 teaspoon coarse black pepper
1/8 teaspoon salt
1/4 cup fresh basil, cut in strips

Directions:

Make ribbons of cucumbers. Arrange cucumber ribbons, tomatoes and mozzarella on salad plates. Sprinkle with salt and coarse black pepper. To make vinaigrette, in a single-serve blender, add oil, vinegar, garlic, sugar, Italian seasoning, 1/8 teaspoon salt and 1/8 teaspoon black pepper. Blend until smooth and slightly thickened. Drizzle salad with vinaigrette and sprinkle with basil.





Veggie Noodle Cups

Serves: 4

Ingredients:

2 medium zucchini
2 large, thick carrots, peeled
2 cups sliced green onions
1 1/2 cups thinly sliced bok choy
1 cup shredded cooked chicken
2 cans (15 ounces each) chicken broth
2 tablespoons honey
2 tablespoons soy sauce
1 teaspoon salt
1 teaspoon coarse black pepper
1/2 teaspoon ground ginger
1/2 teaspoon dried crushed red pepper

Directions:

Make spirals of zucchini and carrots. Layer vegetable spirals, green onions, bok choy and chicken among four (12-ounce) Mason jars. In a medium microwave-safe bowl, stir chicken broth, honey, soy sauce, salt, black pepper, ground ginger and crushed red pepper. Microwave on HIGH until mixture comes to a boil, about 2 minutes. Divide chicken broth mixture evenly among jars. Serve immediately.

Test Kitchen Tips:

Jars can be refrigerated for heating later. Just skip boiling the broth and pour the mixture into jars cold. Refrigerate up to 2 days. To heat at serving time, microwave until hot, 2 to 3 minutes.

Adjust the amount of spiciness by increasing or decreasing the ground ginger and crushed red pepper.

Sweet Potato Cheesecake Bars

Serves: 40

Ingredients:

1 medium sweet potato, peeled
1 box (13.5 ounces) graham cracker crumbs
1 cup butter, melted
3/4 cup packed light brown sugar
1 1/2 cups chopped pecans
1 cup sugar, divided
1 teaspoon ground cinnamon
5 packages (8 ounces each) cream cheese, softened
5 large eggs
1 teaspoon vanilla extract

Directions:

Heat oven to 350°F. Spray a 17x10-inch baking pan with nonstick cooking spray. Make spirals of sweet potato; set aside. In a small bowl, stir graham cracker crumbs, butter and brown sugar until blended. Press into bottom of prepared baking pan; set aside. In another small bowl, stir pecans, 3 tablespoons sugar and ground cinnamon; set aside. In a large mixing bowl, beat cream cheese, remaining sugar and vanilla extract until well-blended, about 2 minutes. Add eggs, one at a time, until blended. Stir in sweet potato spirals. Spread over graham cracker mixture. Top with nut mixture. Bake until center is set, 35 to 40 minutes. Cool on wire rack. Cover and refrigerate overnight until chilled.





Spicy Cucumber Salad

Serves: 8

Ingredients:

- 6 medium cucumbers
- 1 cup thinly sliced red onion
- 1 cup chopped fresh dill
- 1 1/4 cups sugar
- 1 cup apple cider vinegar
- 1 teaspoon salt
- 1/2 teaspoon coarse black pepper
- 1/4 teaspoon dried crushed red pepper

Directions:

Make ribbons of cucumbers. In a large bowl, combine cucumber ribbons, onion and dill. In a small saucepan over medium-high heat, bring sugar, vinegar, salt and peppers to a rolling boil. Pour vinegar mixture over cucumber. Stir until well-blended. Cool at room temperature. Cover and refrigerate overnight to blend flavors.

Sweet Potato, Sausage & Spinach Parmesan Dinner

Serves: 4

Ingredients:

2 large sweet potatoes, peeled
1 tablespoon olive oil
1 pound ground hot Italian sausage
3 cloves garlic, minced
1 teaspoon salt
1/2 teaspoon coarse black pepper
1/4 teaspoon dried crushed red pepper
1 cup chicken broth
2 cups baby spinach
1 cup grated Parmesan cheese
1 cup fresh basil leaves, sliced

Directions:

Make ribbons of sweet potatoes; set aside. In a large Dutch oven over medium-high, heat oil. Cook sausage until browned and no longer pink; drain. Stir in sweet potato ribbons, garlic, salt and peppers. Add broth and cook until sweet potatoes are cooked through, 8 to 10 minutes. Add spinach, Parmesan cheese and basil to Dutch oven. Toss mixture until well-blended.





Crispy Potato Chips

Serves: 4

Ingredients:

2 medium baking potatoes
or sweet potatoes
Sea salt

Directions:

Heat oil to 375°F in deep fryer. Baking potatoes can be peeled or left unpeeled. Sweet potatoes should be peeled. Make ribbons of potatoes or sweet potatoes. Place a single layer of potatoes in deep fryer basket. Fry until potatoes are browned and crisp, 1 to 2 minutes. Lift basket to drain potatoes and transfer to a tray lined with paper towels to complete draining. Sprinkle with sea salt.

Test Kitchen Tips:

Moisture content of potatoes varies and will affect frying time. Watch potatoes closely while frying and remove when browned and crisp.

Parmesan-Crusted Tilapia

Serves: 2

Ingredients:

1 piece (2 ounces) Parmesan cheese
1/4 cup Italian seasoned Panko bread crumbs
1/2 teaspoon Italian seasoning
1/4 teaspoon ground black pepper
1 tablespoon mayonnaise
2 tilapia fillets or other white fish fillets
(about 4 ounces each)

Directions:

Heat oven to 425°F. Spray baking pan with nonstick cooking spray. Grate Parmesan cheese and place in a large resealable plastic bag. Add Panko bread crumbs, Italian seasoning and black pepper. Seal and shake bag. Spread mayonnaise on both sides of fish fillets. Add fish to bag and shake until coated with crumb mixture. Press remaining crumbs from bag onto fish. Place on prepared baking pan. Bake until fish flakes easily with a fork, 12 to 14 minutes.





Carrot Cake

Serves: 16

Ingredients:

2 cups all-purpose flour
3 large, thick carrots, peeled
1 cup chopped pecans
1 can (8 ounces) crushed pineapple in own juice, undrained
1 cup sugar
3/4 cup vegetable oil
1/2 cup packed brown sugar
2 teaspoons ground cinnamon
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
3 large eggs
Cream cheese frosting

Directions:

Heat oven to 350°F. Line the bottoms of two 9-inch baking pans with parchment paper. Grate carrots. In a large mixer bowl, beat flour, grated carrots, pecans, pineapple, sugar, oil, brown sugar, cinnamon, baking powder, baking soda, salt and eggs until blended, about 2 minutes. Pour mixture evenly between prepared pans. Bake until a toothpick inserted in center comes out clean, 25 to 30 minutes. Cool in pans on wire racks 10 minutes. Remove from pans; cool completely on wire racks. Place one cake layer on cake plate; spread top of layer with 1/2 cup cream cheese frosting. Top with remaining layer; frost side and top of cake. Garnish with finely chopped pecans, if desired. Refrigerate until ready to serve.

Zucchini Bread

Serves: 10

Ingredients:

2 small zucchini
3/4 cup butter, melted
3/4 cup sugar
1/2 cup packed light brown sugar
3 eggs, beaten
1 tablespoon vanilla extract
2 1/2 cups all-purpose flour
1 1/2 teaspoons baking soda
1 1/2 teaspoons ground cinnamon
1 teaspoon salt
1/2 teaspoon ground nutmeg
1/2 teaspoon baking powder
1/4 teaspoon ground cloves

Directions:

Heat oven to 350°F. Spray a 9x5-inch baking pan with nonstick cooking spray. Grate zucchini; set aside. In a large bowl, stir grated zucchini, butter, sugar, brown sugar, eggs and vanilla extract until well-blended. Gradually add flour, baking soda, cinnamon, salt, nutmeg, baking powder and cloves. Pour mixture into prepared baking pan. Bake until toothpick inserted in center comes out clean, 60 to 70 minutes. Cool in pan on wire rack 10 minutes.





Thai Vegetable & Chicken Salad

Serves: 4

Ingredients:

- 1 large English cucumber
- 1 large yellow squash
- 1 large, thick carrot, peeled
- 3 cups cooked shredded chicken
- 1 cup toasted sliced almonds
- 1/2 cup fresh cilantro, chopped
- 1/3 cup fresh basil, cut in strips
- 2 tablespoons sesame oil
- 2 tablespoons fish sauce
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 2 cloves garlic, minced
- 2 teaspoons grated ginger
- 2 teaspoons honey
- 1/2 teaspoon dried crushed red pepper
- 1/2 teaspoon coarse black pepper

Directions:

Make spirals of cucumber, squash and carrot. In a large bowl, stir together vegetable spirals, chicken, almonds, cilantro and basil. In a small bowl, stir the oil, fish sauce, vinegar, soy sauce, garlic, ginger, honey and peppers until well-blended. Pour over vegetable mixture and toss until well-blended. Cover and refrigerate several hours for flavors to combine or until ready to serve.

Veggie Ribbon Salad with Peanut Sauce

Serves: 6

Ingredients:

1/3 cup creamy peanut butter
2 tablespoons rice wine vinegar
1 tablespoon plus 1 teaspoon honey
1 tablespoon soy sauce
1 teaspoon lime juice
1 teaspoon fish sauce
1/2 teaspoon sesame oil
1 clove garlic, minced
1/2 teaspoon dried crushed red pepper
2 small zucchini
2 small yellow squash
1 large, thick carrot, peeled
3/4 cup chopped cilantro
1/4 cup sliced green onion

Directions:

In a large bowl, stir peanut butter, vinegar, honey, soy sauce, lime juice, fish sauce, sesame oil, garlic and crushed red pepper until well-blended. Make ribbons of zucchini, yellow squash and carrot. Add to peanut sauce and stir to blend. Sprinkle with cilantro and green onion. Toss to combine. Serve immediately.





Veggie & Sun-Dried Tomato Pesto Pizza

Serves: 6-8

Ingredients:

1 large, thick carrot, peeled
1 medium zucchini
1 medium yellow squash
1/2 cup Sun-Dried Tomato Pesto (recipe below)
1 thin-crust Italian pizza crust
8 ounces fresh mozzarella, sliced 1/4-inch thick
1/2 small red onion, thinly sliced
1/2 cup shredded Parmesan cheese

Directions:

Heat oven to 450°F. Make spirals of carrot, zucchini and yellow squash to yield about 1 cup of each. Place spirals between two layers of paper towels and squeeze to remove as much moisture as possible; set aside. Reserve any remaining spirals for another use. Spread Sun-Dried Tomato Pesto in an even layer over pizza crust. Place mozzarella slices over pesto. Arrange veggie spirals evenly over cheese. Sprinkle with red onion slices. Top with Parmesan cheese. Place pizza directly on oven rack. Bake until cheese is melted and crust is browned, 8 to 10 minutes.

Sun-Dried Tomato Pesto

Serves: 1-2

Ingredients:

2 ounces Parmesan cheese
1 cup fresh basil leaves
1/4 cup pine nuts
1/4 cup olive oil
3 tablespoons chopped sun-dried tomatoes
1 garlic clove
1/8 teaspoon salt

Directions:

Grate Parmesan cheese. Place 1/4 cup in food chopper bowl. Reserve remaining grated Parmesan for another use. To chopper bowl, add basil, pine nuts, olive oil, sun-dried tomatoes, garlic and salt. Cover and blend until almost pureed. Use in recipe above, toss with hot pasta or spread on bread.

Bacon Cheese & Tomato Breakfast Casserole

Serves: 12

Ingredients:

2 1/4 pounds baking potatoes
10 large eggs
1 cup milk
1/2 cup sour cream
1 teaspoon salt
1/2 teaspoon coarse black pepper
1 package (8 ounces) shredded cheddar cheese, divided
1 package (2.5 ounces) precooked bacon, chopped
2 cups grape tomatoes
1/2 cup sliced green onion

Directions:

Heat oven to 350°F. Spray a 13x9-inch microwave-safe baking dish with nonstick cooking spray. Make spirals of potatoes. Place potato spirals in water to keep from discoloring while spiralizing. Drain and squeeze dry with paper towels. Add potato spirals to baking dish and cover. Microwave potatoes on high until fork tender, about 3 minutes. In a large bowl on medium speed, beat eggs, milk, sour cream, salt and coarse black pepper. Add 1 cup cheddar cheese, bacon, grape tomatoes and green onion to egg mixture. Stir until blended. Pour egg mixture over potato spirals. Cover baking dish with aluminum foil. Bake in oven for 45 to 50 minutes. Uncover and top with remaining cheese. Bake until mixture is firm and cheese is melted, about 15 minutes longer.





Apple Crumb Tart

Serves: 8

Ingredients:

- 1 refrigerator pie crust, room temperature
- 1/2 cup all-purpose flour
- 1/2 cup old fashioned oats
- 3 tablespoons packed light brown sugar
- 2 tablespoons sugar, divided
- 1 1/4 teaspoons ground cinnamon, divided
- 1/4 cup cold butter, sliced
- 5 small green apples, peeled and cored

Directions:

Heat oven to 425°F. Line a large cookie sheet with parchment paper. Place the pie crust in the center of the cookie sheet and unroll. In a food processor bowl, combine flour, oats, brown sugar, 1 tablespoon sugar and 1 teaspoon cinnamon by pulsing a few times to blend. With the food processor running, add butter through the food chute and blend until crumbs form. Set aside. Make ribbons of apples. Place apple ribbons in center of pie crust, leaving 1 1/2 inches around the edge. In a small bowl, stir remaining 1 tablespoon sugar and 1/4 teaspoon cinnamon until blended. Sprinkle over apples. Fold 1 1/2-inch crust up around apple ribbons, pinching while folding. Top apple ribbons with reserved crumb mixture. Bake until crust and crumb topping are browned, 25 to 30 minutes.

Cheesy Au Gratin Potatoes

Serves: 4-6

Ingredients:

- 1 small onion, chopped
- 1 clove garlic, minced
- 5 tablespoons butter, divided
- 2 large russet potatoes
- 1 tablespoon all-purpose flour
- 1/2 teaspoon ground mustard
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 cups whole milk
- 2 cups shredded sharp cheddar cheese, divided
- 1 cup Panko bread crumbs

Directions:

Heat oven to 350°F. Spray an 8x8-inch baking dish with nonstick cooking spray. Add onion, garlic and 2 tablespoons butter. Microwave on HIGH until butter is melted and onion is tender. Make ribbons of potatoes. Arrange potato ribbons in baking dish; set aside. In a medium skillet over medium heat, melt remaining 2 tablespoons butter. Whisk in flour, mustard, salt and black pepper until smooth. Add milk. Whisk until smooth and thickened, about 4 minutes. Remove skillet from heat. Add 1 cup cheese and stir until melted. Pour cheese sauce over potatoes. Sprinkle with remaining 1 cup cheese. Using a spoon, press mixture into baking dish. In a small microwave-safe bowl in microwave oven, melt remaining 1 tablespoon butter. Stir in crumbs. Sprinkle over top of potatoes and cheese sauce. Bake in oven until potatoes are tender, cheese is bubbly and crumb topping is browned, 30 to 40 minutes.





Orange Ginger Carrot Slaw

Serves: 6

Ingredients:

1/2 cup mayonnaise
2 tablespoons orange juice
1 tablespoon apple cider vinegar
2 teaspoons orange zest
1 teaspoon salt
1/2 teaspoon ground ginger
1/2 teaspoon coarse black pepper
8 large, thick carrots, peeled
1/2 cup dried cranberries
1/3 cup sunflower seeds

Directions:

In a large bowl, stir mayonnaise, orange juice, vinegar, orange zest, salt, ground ginger and black pepper until blended. Make spirals of carrot to yield about 4 cups. Add carrot spirals, cranberries and sunflower seeds to the mayonnaise mixture. Stir until well-blended. Cover and store in refrigerator several hours or until ready to serve.

Lemon Garlic Shrimp & Veggie Pasta

Serves: 4-6

Ingredients:

2 large zucchini
2 large yellow squash
2 large, thick carrots, peeled
3/4 cup butter
4 cloves garlic, minced
1 tablespoon cornstarch
1/2 cup chicken broth plus 2 tablespoons, divided
1 pound (20 to 24 count) peeled and deveined shrimp
1/4 cup lemon juice
1 teaspoon salt
1/2 teaspoon coarse black pepper
2 tablespoons drained capers
1 teaspoon lemon zest
Chopped fresh parsley

Directions:

Make spirals of zucchini, yellow squash and carrots. Fill a large saucepan two-thirds full of water. Over high heat, boil water. Add zucchini, yellow squash and carrots spirals. Cook until tender, about 15 seconds. Drain and cover to keep warm. In a large skillet over medium-high, melt butter. Add garlic and cook until tender, 1 to 2 minutes. In a small bowl, dissolve cornstarch in 2 tablespoons chicken broth. Add to skillet with shrimp, remaining chicken broth, lemon juice, salt and black pepper. Cook until shrimp are opaque throughout and sauce is thickened, about 2 minutes. Stir in capers and lemon zest. Serve over vegetable spirals. Sprinkle with parsley before serving.





Potato and Egg Nests

Serves: 1-2

Ingredients:

1 large (10 ounces) russet potato
2 tablespoons finely chopped onion
1 tablespoon vegetable oil
1/4 teaspoon salt
1/4 teaspoon ground black pepper
2 large eggs
Chopped chives
Coarse black pepper

Directions:

Heat oven to 400°F. Make spirals of potato. Place potato spirals in paper towels and squeeze dry. Place a small (6 1/2-inch) cast iron skillet in the oven to heat for 10 minutes. In the meantime, in a large bowl, stir potato spirals, onion, oil, salt and ground black pepper until well-blended. Spray hot skillet with nonstick cooking spray. Add potato mixture to skillet and move mixture up the side. Bake until the edge is slightly brown and crisp, 23 to 25 minutes. Remove from oven and add eggs to the potato mixture. Bake until eggs are cooked to desired doneness, an additional 10 to 12 minutes. Garnish with chopped chives and coarse black pepper.

Pickled Radish Slaw

Serves: 4-6

Ingredients:

1/2 cup white vinegar
1/2 cup water
2 tablespoons plus 1 teaspoon sugar
1 1/2 teaspoons Kosher salt
1 teaspoon grated ginger
1/4 teaspoon dried crushed red pepper
10 to 12 large radishes
4 (2-inch) cubes peeled jicama
1 large, thick carrot, peeled

Directions:

In a medium bowl, stir vinegar, water, sugar, salt, ginger and crushed red pepper until sugar dissolves. Make spirals of radishes, jicama and carrot to yield 2 cups of radishes, 1 cup each of jicama and carrot. Add vegetable spirals to vinegar mixture. Reserve any remaining vegetable spirals for another use. Cover and refrigerate overnight to blend flavors.



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For more recipes, tips, tricks and how to's, visit:

[SpiralizeNow.com](https://www.spiralizeNow.com)