

Zoodles

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Zoodles are so named for a zucchini "noodle". It is a shred of zucchini that you can use in any recipe in place of a noodle or rice. It is great for a low carb diet and to cut calories. You can make your own or purchase zoodles at the store.

What Equipment Do You Use?

- Electric or manual spiralizer
- Julienne Peeler
- Mandoline

What Veggies Can You Spiralize?

Zucchini, Butternut Squash, Potatoes (shoestring fries), Carrots, Sweet Potatoes, Turnips, Beets (add beet zoodles to salads or color)

How To Cook Them?

- Eat them raw with dressing which will soften the zoodles.
- Boil them for 1- 2 minutes, do not overcook or they will get mushy.
- Pour a heated sauce over raw zoodles and they will cook slightly
- Microwave in a dish for 1 minute.
- Saute in 1 tablespoon oil for 1-2 minute and season.

What Else Can You DO with Zoodles?

- Add to a sandwich for an extra crunch
- Toss raw zoodles with jarred pesto for a nice salad. (Serve hot or cold)
- Mix in your favorite summer salad recipes.
- Swap out half of the noodles in your mac n cheese recipe to cut the carbs.
- Make your spaghetti sauce or other favorite sauce and serve over zoodles.
- Zoodles with jarred alfredo sauce, just heat and eat
- Toss with your favorite salad dressing and add mix-ins
- Toss zoodles into your scrambled eggs

Also try with your very simple vegetable peeler to make zucchini ribbons or carrot ribbons. They add a nice texture to salads . Carrots ribbons especially are not too hard to bite into. The ribbons soften in the dressing you put on them. Plus they look very pretty in your salads.

Lemon Garlic Sauteed Zoodles

Ingredients

- Zucchini (figure 1 zucchini per serving. Spiral your zucchini and set aside)
- 1 lemon (2 tbsp juice plus use the zest (optional))
- 2 garlic cloves minced
- 2 tbsp butter
- Parmesan

Directions

Step 1.

Melt 1-2 tablespoons butter in a pan or olive oil. Add garlic and saute for 2 minutes, then add the zoodles and cook for 2 minutes more.

Step 2.

Add lemon juice, zest if desired and salt and pepper to taste. Top with Parmesan cheese or fresh parsley or chives if you would like and enjoy.

Additional Ingredients:

You can also add a protein if you would like; cooked shrimp or cooked chicken pieces.

Fresh Zucchini Noodle Bowl

Ingredients

- 3 cups spiralized Zucchini
- 1 ½ cups spiralized carrots
- ½ red pepper thinly sliced
- ½ cup sugar snap peas
- 2 scallions chopped fine
- 1/3 cup cilantro chopped

Sauce

- ½ cup peanut butter
- 2 tbsp sesame oil
- 1 clove garlic minced
- 1 tsp fresh ginger
- 2 tbsp soy sauce
- 2 tbsp lime juice
- 2 tbsp water

Directions

Step 1.

Mix sauce ingredients and whisk until smooth

Step 2.

Add remaining ingredients in a bowl and toss with the dressing.

Leftovers will keep for a few days.

Zucchini Noodle Caprese

Ingredients

- 4 medium Zucchini
- 8 oz cherry tomatoes
- 8 oz small balls of mozzarella in water
- 1/8 cup olive oil (more if desired)
- 3 tbsp red wine vinegar (or enough to taste)
- salt and pepper to taste
- basil leaves cut in strips

Directions

Step 1.

Make your zucchini zoodles, cut the cherry tomatoes in half and also the mozzarella balls. Whisk olive oil and vinegar together, add garlic powder if desired.

Step 2.

Mix all of the ingredients together until well combined. Serve immediately.

Zoodles become watery in time so make this right before you serve it. 4 zucchinis will make a lot of salad so for one or two cut this recipe in half.