

How to zoodle

Zoodles, or spiralized zucchini noodles, are a fun way to get more veggies on your plate! There are a number of tools that can help you make nutrient-dense noodles from zucchini, or other vegetables, like cucumber, carrots, bell peppers, winter squash, beets, or sweet potatoes.

SPIRALIZER



There are a number of spiralizers on the market today, that make it easy to make long, curly vegetable noodles in minutes!

PEELER



Trim ends and use a vegetable peeler to slice lengthwise into long, thin ribbons. Makes a wide, pappardelle-style noodle.



A mandoline can be adjusted to cut vegetables to your desired thickness. Many come with a tool that will create zoodles with a simple push across the blade.

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GRATER



Trim ends and press firmly lengthwise along the grater for longer noodles.

zoodle salad

MEDITERRANEAN ZOODLE SALAD

MAKES 8 SERVINGS
PREP TIME: 20 MINUTES
COOK TIME: N/A

INGREDIENTS

1 garlic clove, finely minced
½ tsp. kosher salt
½ tsp. ground black pepper
1 tsp. dried oregano or 1 Tbsp. fresh
1 tsp. dried basil or 1 Tbsp. fresh
2 Tbsp. lemon juice
2 Tbsp. red wine vinegar
2 tsp. Dijon mustard
½ cup extra virgin olive oil

2 medium zucchini
1 seedless cucumber
½ red onion, thinly sliced
1 pint cherry tomatoes, halved
½ cup fresh basil, chiffonade
4 oz. crumbled feta cheese, optional

DIRECTIONS

- In a medium bowl, whisk to combine: garlic, salt, pepper, oregano, basil, lemon, vinegar, and mustard. Gradually drizzle olive oil into dressing ingredients, whisking continuously.
- Make noodles with zucchini and cucumber using a spiralizer, box grater, mandolin, or peeler.
- In a large bowl, combine the zucchini, cucumber, onion, tomatoes, and ½ of the fresh basil. Add ½ of the dressing and stir to coat; add more or less as desired. Store remaining dressing in the refrigerator in airtight container for up to 1 week.
- Garnish with remaining basil and enjoy!

ASIAN ZOODLE SALAD

MAKES 8 SERVINGS
PREP TIME: 20 MINUTES
COOK TIME: N/A

INGREDIENTS

1 garlic clove, finely minced
½ tsp. kosher salt
½ tsp. ground black pepper
1 tsp. fresh ginger, grated or minced
2 Tbsp. lime juice
2 Tbsp. seasoned rice vinegar
2 tsp. Dijon mustard
¼ cup extra virgin olive oil
¼ cup sesame oil

2 medium zucchini
1 seedless cucumber
3 scallions, thinly sliced
1 red bell pepper, thinly sliced
1 cup carrot, shredded
½ cup Thai basil, chiffonade, divided

DIRECTIONS

- In a medium bowl, whisk to combine: garlic, salt, pepper, ginger, lime, vinegar, and mustard. Gradually drizzle both oils into dressing ingredients, whisking continuously.
- Make noodles with zucchini and cucumber using a spiralizer, box grater, mandolin, or peeler.
- In a large bowl, combine the zucchini, cucumber, scallion, peppers, carrots and ½ of the Thai basil. Add ½ of the dressing and stir to coat; add more or less as desired. Store remaining dressing in the refrigerator in airtight container for up to 1 week.
- Garnish with remaining basil and enjoy!