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.

**Mandoline**

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.

**Grater**

Trim ends and press firmly lengthwise along the grater for longer noodles.
**MEDITERRANEAN ZOODLE SALAD**

**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 an airtight container for up to 1 week.
- Garnish with remaining basil and enjoy!

**ASIAN ZOODLE SALAD**

**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 an airtight container for up to 1 week.
- Garnish with remaining basil and enjoy!