

Ooodles of Zoodles

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Growing up, the only way I ate Zucchini was in Zucchini bread. I am not sure if it just wasn't widely used in general or if it was my meat and potatoes family. Of course we had corn and peas (frozen or canned) and maybe carrots once in awhile but Zucchini? Today I use zucchini regularly as it is not only delicious but it is low in calories and carbohydrates and very versatile. In addition to having zucchini as a mixed vegetable side dish, I often use it as part of a main dish like zucchini boats, zucchini lasagna (using zucchini as a replacement for the noodles which I don't miss at all) and zucchini "zoodles" which I am highlighting here.

Comparing Zoodles to Noodles

	Calories	Carbohydrates	Fiber	Time to walk off calories (for a person weighing 150 pounds)
2 cups Noodles	480	90 (or 6 carb servings)	2 grams	2 hours
2 cups Zoodles	60	12 (1 carb serving)	4 grams	17 minutes

I use a spiralizer to get my noodle shapes. If you don't know what that is, you may recall pushing Play-Doh through a little machine to get a bunch of Play-Doh looking noodles that could be used for hair or whatever. Same concept. Here are two version of my favorite Zoodle concoctions.

Sausage and Zoodles in Marinara Sauce or Shrimp and Zoodles in Pesto Sauce

Sausage and marinara zoodles: Serves one for 400 calories

Heat 2 tsp olive oil on medium heat in a sauté pan.

Add one red pepper, julienned and 2 cups zoodles**

Sauté until almost tender.

Add in 1 1/2 ounces of already cooked crumbled Italian Sausage

Add in 1/2 cup of your favorite marinara sauce (I am fond of Classico Riserva's Spicy Arrabbiata when I am not making my own)

And cook until all ingredients are hot.

Top with 1 Tablespoon shredded parmesan cheese.

Shrimp and pesto zoodles: Serves one for 396 calories

Follow the recipe above but substitute:

3 ounces of sautéed shrimp for the sausage

One cup mushrooms for the red pepper (or use both)

1/8 cup Pesto for the marinara sauce

** One small to medium zucchini produces approximately 1 cup of zoodles

