



Zoodles!

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I'm usually not one for gadgets. I tend to like practical things that I will use often. However, when I started seeing different recipes around the internet using zucchini, butternut squash or sweet potato noodles, I was intrigued!

The [Paderno World Cuisine Spiral Vegetable Slicer](#) or "The Spirilizer" has become a foodie phenomenon in the last few months. It's relatively cheap (around \$30), so I thought I'd give it a shot.

This is a great option for "pasta" if you are gluten free, lowering your carbohydrate intake or simply trying to increase your veggie intake!

It comes with 3 different blades, 2 for noodles and one for ribbon cuts.

It's very simple to use. It has suction cups on the bottom of the 4 legs so that you can easily secure it to the counter.

I first made noodles out of zucchini, this was the easiest. Just cut the ends off the zucchini (cut in half if it's a big one) and push the circle end of the blade in one end and the teeth of the spirilizer into the other side of the vegetable. Then you just turn the handle clockwise (it can help to hold on to the other handle for stability too). The zoodles will come out the other side of the blade.

Since zucchini has a high water content, you may want to get rid of some of that water before you use them (so it doesn't water down your sauce). All you need to do is lay out a few layers of paper towels (or tea towels) on a cookie sheet, spread out the zoodles and sprinkle them with a little salt (this will encourage the water to come out). Let them sit for about 30 minutes.

You can then just eat them raw, or you can toss them in with your sauce and let it cook together for a few minutes (which is what I did).

The next one I tried was butternut squash. This one was a little more difficult, but still pretty simple. The blades on the spirilizer are very sharp!

You can do this with many vegetables, carrots, beets, apples, basically anything that is somewhat straight and solid. I think I'm going to try sweet potatoes next! Uh, swoodles?