Comfort Food Recipes Made With Zoodles

Zoodles are a way of making noodles for your meals without all the added carbs of actual pasta noodles. Theya re typically made with zucchini, but some other vegetables can also be turned into these mock noodles. They help to reduce the carbs, fat, and calories of your meals so that you can make your favorite comfort food that is a lot healthier. You will need a spiralizer in order to make zoodles. Here are some different recipes to try out.

**Chicken Noodle Soup**

The first type of comfort food you can make and incorporate zoodles is chicken noodle soup. Naturally, you aren’t going to use regular pasta noodles, but add in your spiralized veggies instead. This is much healthier and allows you to enjoy this popular comfort food completely guilt-free. It is even easier when you do it in the slow cooker. Just add your spiralized veggies to the pot with water, chicken stock, poultry seasoning, celery, carrots, onion, chicken breasts, and other seasonings you want to use.

**Shrimp Scampi**

Shrimp scampi is a type of dish that combines pasta with seasonings and cooked shrimp, but another way to make this is with zucchini noodles. You will typically season your shrimp first and cook them fully, then combine in a baking dish with your zoodles, chicken broth, lemon juice, tomatoes, onion, and any other veggies you want. To make it a little hotter, like shrimp scampi often has, add some hot sauce to it as well.

**Greek Noodle Salad**

Greek salad doesn’t usually come with noodles, but this version turns it into a full, comfort food meal that incorporates zoodles instead of regular pasta. The bed of zoodles is actually replacing the lettuce that is typically used in Greek salad. All of the other ingredients are the same, including kalamata olives, cucumbers, tomatoes, peppers, feta cheese, and extra virgin olive oil. Some seasoning recommendations include Italian seasoning and garlic powder, with a little bit of lemon juice.

**Avocado Pesto Noodles**

This pasta is typically made with regular linguine pasta combined with a homemade avocado pesto. You can make your own version that is much healthier by using zucchini and spiralizing some noodles from them. After they are sprialized, add some olive oil to a pan and heat them up for a couple minutes to get them tender. To make your pesto, add lemon juice, olive oil, salt and pepper, garlic, basil, avocadoes, lemon juice, and pine nuts to a food processor and grind it up to a sauce consistency. Coat the noodles with the pesto.