

Yummy Fresh Zoodle Salad



INGREDIENTS

2 Tbsp. rice vinegar
 1 Tbsp. chopped fresh basil
 2 Tbsp. olive oil
 ¼ tsp. garlic powder
 ¼ tsp. salt
 ¼ tsp. pepper
 1 large zucchini
 ½ ripe avocado, cubed
 1 cup cherry tomatoes, halved
 (optional – ½ cup fresh mozzarella pearls) (*omit for V)



NUTRITION FACTS *6 servings*

Calories: 56	Total Carbohydrate: 3 g
Fat: 4.7 g	Dietary fiber: 1 g
Sodium: 6 mg	Protein: 1 g

DIRECTIONS

1. Mix vinegar, oil, and seasonings into large bowl.
2. Using a spiral veggie slicer (for 'thick' noodles), spiralize the zucchini into noodles.
3. Add noodles to bowl with dressing, along with avocado, tomatoes and cucumber. Add cheese if desired. Toss to coat. Enjoy!