

Recipe for



Zucchini Noodle Pasta

SERVES 1

PREP TIME/TOTAL

TIME Approx 5 min/ 10 min

NUTRITION INFORMATION

Total Calories 364

Fat 14.8 g

Protein 17.4 g

Carbohydrates 43.5 g

Fiber 16.1 g

INGREDIENTS

3 large zucchini squash

1 tbsp basil

1 medium vine tomato chopped

1/2 medium onion chopped

1 red bell pepper chopped

1 cup of spinach

1 cup of arugula

Dressing ingredients: 2 tbsp chopped basil, 1 tsp oregano, 1 tbsp lemon juice, 2 tbsp balsamic vinegar, 1/4 Avocado, 1 tbsp hemp seeds

DIRECTIONS

Use zoodle maker/spiralizer to spiralize 3 large zucchini into one bowl

Chop remaining vegetable ingredients and place into bowl with zucchini noodles.

Combine all of dressing ingredients into separate jar or bowl and mix

Mash avocado with a fork

Pour the dressing on top of the chopped ingredients and noodles and toss