

Spiraling Zucchini with Edamame and Avocado Salad

Ingredients

- 2 medium zucchini/summer squash
- 1 lemon
- 1 T olive/avocado oil
- Kosher salt to taste
- Black pepper to taste
- ½-1 avocado
- ⅓ c shelled/cooked edamame (frozen will work)
- 1 basil leaf minced
- 1 tsp minced chives

Instructions

- Use a spiralizer or thinly slice the zucchini.
- Place spiraling zucchini in a large mixing bowl.
- Drizzle with olive oil and lemon juice add salt/pepper to your taste.
- Dice the avocado into bite size pieces add to bowl along with edamame.



Nutrition Information: 1 serving (half recipe)
254 calories: 18 g fat, 20 g carb (9g fiber, 5 g sugar) 8 g protein 20 mg sodium



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