

# ZUCCHINI NOODLE SALAD WITH MARINATED CHERRY TOMATOES



DIFFICULTY

EASY



TIME

35 MIN



SERVES

4

## INGREDIENTS

### Marinated "Tomato Sauce":

1 pint Sweet Cherry Tomatoes, cut in half (*or 2 cups Diced Heirloom Tomatoes*)  
2 tbsp. Balsamic Vinegar  
2 tbsp. Olive Oil  
1 tsp. Garlic, minced  
6 Basil Leaves, cut "chiffonade" (*or thinly cut ribbons*)  
Sea Salt and Freshly Ground Pepper, to taste

### Zucchini Noodles:

4-6 each Small Zucchini (*about 6 inches long*)  
1 tbsp. Extra Virgin Olive Oil (*the higher the quality the better*)  
1/4 tsp. Sea Salt  
Juice of 1/2 Lemon  
4 tbsp. Pinenuts, toasted (*at 325 degrees for 5 minutes*)  
Additional Basil, cut "chiffonade" (*or thinly cut ribbons*), for garnish

## DIRECTIONS

1. Combine all ingredients except the pinenuts for marinated tomatoes and let sit for at least 15 minutes. The tomatoes can be marinated up to a day
2. With a wide mouth peeler, cut long strips off Zucchini until you hit seed pocket area. Rotate a quarter turn and continue to peel off "noodles"
3. Combine Zucchini Noodles with Lemon Juice, Olive Oil and Salt
4. Mound Zucchini Noodles on a plate. Top with Marinated Tomatoes
5. Top with Basil, Toasted pinenuts and freshly ground pepper

## NUTRITION FACTS PER SERVING

Calories: 249    Fat: 11g    Carbohydrates: 36g    Protein: 4g



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