



Zucchini, Avocado and Strawberry Salad

Shine 365
Marshfield Clinic

PREP TIME: 25 minutes • **SERVINGS:** 4-6 (1 serving = 1 cup)

INGREDIENTS

- 2 medium zucchinis
- 1-1/2 cups hulled and chopped fresh strawberries
- 1 ripe avocado, diced
- A few sprigs of roughly chopped cilantro
- 1 small jalapeño (optional)
- 1/3 cup finely chopped red onion (optional)
- 1 tablespoon maple syrup or honey
- Juice of 1/2 lime or 2 tablespoons

INSTRUCTIONS

Spiralize zucchini to make large zucchini noodles. Roughly chop to reduce length of noodles. Use a vegetable peeler as an alternative to a veggie spiralizer for creating zucchini strips.

In a large bowl, combine zucchini noodles, strawberries, avocado, cilantro, jalapeño and red onion.

In a small bowl, whisk together maple syrup and lime juice. Add salt and pepper if desired.

Pour small bowl of dressing over the large bowl of salad and toss to combine. Serve as a side salad.

Prep notes: If you're preparing this salad in advance, add your zucchini noodles at the last minute to prevent them from getting soggy.

For a hearty salad: Use 2 avocados.

NUTRITION INFORMATION

Each serving (1 cup) contains: 90 calories; 2g protein; 5g fat; 4g fiber; 14g carbohydrate; 7g sugar; 7mg sodium.