

FRESH GARDEN SPIRALIZED SALAD

Ingredients:

- 1 zucchini or crook neck squash
- ½ cup cherry tomatoes
- 1 green onion
- ½ cup arugula
- ½ cup basil leaves
- 1 lemon, juiced
- 1-2 tablespoons of extra virgin olive oil
- Salt and pepper



Directions:

1. Using a spiralizer tool, cut squash to fit in the tool to create “spaghetti” strands and place in the salad bowl (you can also use a vegetable peeler to make thin strands)
2. Cut tomatoes into quarters and add to bowl
3. Finely dice the green onion and add to bowl
4. Tear up the arugula and basil into small pieces and add to bowl
5. Cut lemon and squeeze the juice over the ingredients in the bowl
6. Drizzle extra virgin olive oil over all ingredients and toss well
7. Add salt and pepper to taste