

Low-carb Asian Salad with Zucchini

Ingredients

- 1 med. zucchini thinly spiralized
- 16 oz (2 cups) shredded cabbage
- 2 oz (¼ cup) sunflower seeds (shelled)
- 2 oz (¼ cup) sliced almonds
- 1 oz (2 Tbsp) avocado oil
- 1 cup white vinegar/cider vinegar/rice vinegar

Instructions

1. Cut spiralized zucchini smaller
2. Combine cabbage, sunflower seeds, almonds
3. Stir in zucchini
4. In a small bowl, combine oil & vinegar, salt and pepper to taste
5. Pour dressing over vegetables, stir, let chill

Makes 10 servings

Nutrition analysis:

Cals 95
Carbs 5.5 g
Protein 3 g
Fats 7.5 g
Fiber 2 g

Exchange system: Count as 1 fat, 1 veggie

Adapted from: <https://lowcarbyum.com/spiralized-zucchini-asian-salad/#wprm-recipe-container-21686>

Author: Lisa MarcAurele