

CHOICE RECIPE

# Zucchini Noodle Salad

*A taste from Choices' Family Cooking Series*

## Ingredients:

1 cup	Basil
2	Zucchini
1	Lemon, zested and juiced
2 Tbsp	Olive Oil
pinch	Salt and pepper

**Serves 4 as a side**



***Directions on reverse.***



## Directions:

1. Cut the zucchini into julienne strips using a julienne peeler. Put the strips of zucchini into a large mixing bowl.
2. Into the zucchini bowl, add the lemon zest, lemon juice, olive oil, salt and pepper and mix well to cover the zucchini. Garnish with fresh torn basil.

## Nutrition Bites:

**Involving children**, grandchildren, nieces and nephews **in the cooking process** is a great way to get them excited about eating healthy food, while instilling good eating habits for a lifetime.

September to December 2015, join the Choices Nutrition Team for the **Family Cooking Series** of four cooking classes focusing on uniting the family in the kitchen and around the table.

Taking place in Kelowna, Kitsilano, and White Rock stores each month. See [choicesmarkets.com](http://choicesmarkets.com) for details, menus, and registration.