



ZUCCHINI NOODLE SALAD WITH TURKEY BACON & TOMATO

By Dr. Cindy Tanzar
(Standard/Maintenance)

Zucchini doesn't have to be cooked to be eaten. It actually tastes great in a raw salad and adds a nice crunch. Bacon, lettuce and tomato are an all-time favorite sandwich, so why not create a healthy salad twist on an American favorite? We substitute uncured turkey bacon instead of bacon, along with a lightly-flavored dressing, but you could also use one of the Genesis Fat Burning Salad Dressings for a creamy dressing (think of a BLT with mayo... hold the bread!).

This recipe can vary slightly depending on the size of your zucchini; however, you will have approximately 3 2-1/4 cup servings. One serving will cover your raw vegetable, fat and 2 oz of protein for one meal. Just add another ounce of protein on the side.



INGREDIENTS

3 medium zucchini, spiralized
1 Tbsp avocado oil
6 slices uncured turkey bacon *



1-1/2 cups grape tomatoes, halved
1/4 cup fresh basil, cut into ribbons
3 Tbsp extra virgin olive oil
1 Tbsp fresh lemon juice
1/4 tsp garlic powder
1/4 tsp Pink Himalayan salt
1/8 tsp black pepper

INSTRUCTIONS

Heat a large skillet, add avocado oil and fry turkey bacon until brown and caramelized on both sides. Set aside to cool, then cut into small pieces.

In a large bowl, place the spiralized zucchini, turkey bacon, tomatoes and fresh basil.

In a small bowl or measuring cup, add the olive oil, lemon juice, garlic powder, salt and pepper. Whisk until well combined. Pour over the zucchini salad and toss lightly. Serve immediately.

NOTE: This recipe is best eaten the same day, but can be eaten a day later – however, you may have to drain it some, as the zucchini starts to break down and become watery.

*Applegate Farms turkey bacon is best (if you can find it), but we allow uncured turkey bacon with no sugar added. There are, however, brands that do contain such a small amount of raw sugar (like Simple Truth from Kroger, etc), that it doesn't even register as having any sugar on a serving. Do the best with what you can find utilizing the "Good, Better, Best" principle. Just don't accept that any turkey bacon with sugar is okay.