

SPIRALIZED ZUCCHINI AND CUCUMBER SALAD

(from the Bewitching Kitchen, inspired by Skinny Kitchen)

2 zucchini, ends trimmed, cut on a spiral cutter
1/2 English cucumber, end trimmed, cut on a spiral cutter
juice and zest of 1 lemon
1 Tablespoon olive oil or to taste
1 avocado, cut in pieces
handful of grape or cherry tomatoes, sliced in half
fresh cilantro
salt and pepper to taste

Use a spiralizer or a mandolin fitted with a julienne blade and cut the zucchini into very thin, spaghetti-like strands. Do the same for the cucumber, but place it over paper towels to drain excess liquid. To make it easier to serve, trim the strands cutting with scissors or a sharp knife, so that they are about 8 inches long. Place both veggies in a large serving bowl. Reserve.

In a small bowl, make a quick emulsion whisking the olive oil and lemon juice, a touch of salt and pepper. When it's all emulsified, add the lemon zest.

Drizzle the dressing all over the strands of zucchini, and toss to coat. Allow it to sit at room temperature for 5 to 10 minutes. Add the avocado pieces, the tomatoes, toss gently to combine. Sprinkle cilantro, adjust seasoning, and serve.