 **Zucchini, Avocado, Tomato Salad**

*Serves 4*

**Ingredients**

2 medium zucchini, spiralized

1 cup cherry tomatoes, halved

1 avocado, diced

¼ cup olive oil

2 tbsp lemon juice

2 cloves garlic, minced

¼ cup chopped basil

Salt and pepper to taste

Optional: Chickpeas

**Directions**

1. Cut zucchini into noodles using a spiralizer or buy already prepared zucchini noodles. Place in a strainer and sprinkle with salt. Allow to drain for 10-15 minutes then rinse.
2. Whisk together olive oil, lemon juice, and garlic. Season with salt and pepper to taste.
3. Place zucchini noodles, tomatoes, and avocado in a bowl and mix together. Drizzle dressing on top and combine. Refrigerate for 30 minutes before serving.

**Nutrition**

*146 cals, 3g C, 2g P, 13g F*