



LUNCH



Nutrition Facts*

Calories	800cal
Protein	8g
Total Fat (0g trans fat)	72g
Carbohydrates	38g
Sugar	17g
Sodium	91mg

Nutritionist Approved

Grain-free lifestyles are on the rise, and this recipe is a delicious and nutritious meal that falls perfectly in this category. It also offers healthy fats and free of white sugar, as it is sweetened with maple syrup.

*This nutrition information is provided as an estimate only, and individual results may vary due to natural fluctuations in fresh produce or with product choices.



CITRUS AND ZUCCHINI RIBBON SALAD

BY CHEF MICHELANGELO COLELLA

VEGAN /
DAIRY-FREE /
GLUTEN-FREE
YIELDS 2 SERVINGS

This salad, made with light, crunchy zucchini ribbons and tangy citrus, is a refreshing choice either for a light lunch or as a healthy side dish for dinner. This mouth-watering salad with a touch of sweetness is sure to be a hit.

INGREDIENTS

For the Salad

2 zucchini
1 avocado (cubed)
1 orange (segmented)
1 grapefruit (segmented)
¼ radicchio (roughly cut)
1 cup baby spinach
2 tbsp. sunflower seeds
2 tbsp. pumpkin seeds
Sea salt (to taste)
Black pepper (to taste)

For the Dressing

½ clove garlic (chopped)
1 tbsp. shallot (chopped)
1 tbsp. maple syrup
¼ cup lemon juice
½ cup extra virgin olive oil
Sea salt (to taste)
Black pepper (to taste)

METHOD

- For the salad:** Using a vegetable peeler, peel zucchini into "ribbon"-like strands and place into mixing bowl. Add avocado, orange, grapefruit, radicchio, baby spinach, sea salt and pepper. Mix thoroughly.
- For the dressing:** In a small mixing bowl add garlic, shallots, maple syrup, lemon juice, salt and pepper. While whisking, slowly stream in olive oil to emulsify.
- Add dressing to salad and mix until evenly coated. Split salad evenly onto 2 flat plates. Sprinkle half of the sunflower seeds and half of the pumpkin seeds onto each plate. Enjoy!

