



Sesame zoodles (OP I)

Serving: 1

Veg

Ingredients

- -3 tbsp cilantro, finely chopped
- -1 tsp. seasoned vinegar
- - $\frac{1}{2}$ tsp. toasted sesame oil
- -2 cloves garlic, crushed with press
- -1 tsp. crushed red pepper
- - $\frac{1}{2}$ tsp sugar (optional)
- -1 medium zucchini, (spirals)
- - 1 tsp sesame seeds (for garnish)

Preparation Method

- -In a large bowl, whisk cilantro, vinegar, oil, garlic, red pepper, sugar, and $\frac{1}{2}$ teaspoon salt.
- -Add zucchini; toss until well-combined. Garnish with sesame seeds
- -Serve immediately .