



Cold Sesame Zucchini Noodles



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Entire recipe: 137 calories, 7.5g total fat (1g sat. fat), 576mg sodium, 15g carbs, 4g fiber, 8.5g sugars, 7g protein

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Prep: 10 minutes

Chill: 15 minutes



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Ingredients

1 tbsp. reduced-sodium/lite soy sauce
1 1/2 tsp. plain rice vinegar
1 1/2 tsp. [powdered peanut butter](#)
1 tsp. sesame oil
Half a packet no-calorie sweetener (like the kind by Truvia)
1/4 tsp. crushed garlic
1/8 tsp. ground ginger
10 oz. (about 1 large) zucchini
2 tbsp. chopped scallions
1 tsp. sesame seeds
Optional topping: crushed red pepper

Directions

In a small bowl, combine soy sauce, vinegar, powdered peanut butter, sesame oil, sweetener, garlic, and ginger. Whisk with a fork until uniform.

Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (Or simply peel zucchini into super-thin strips, rotating the zucchini as you slice it.) Roughly chop for shorter noodles.

Place zucchini noodles in a medium bowl. Add sauce, and toss to coat. Cover and refrigerate until chilled, at least 15 minutes.

Stir well, and top with scallions and sesame seeds.

MAKES 1 SERVING

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