



Cold Sesame Zucchini Noodles



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

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](#)/defatted peanut flour
1 tsp. sesame oil
Half a packet natural no-calorie sweetener
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: red pepper flakes

Directions

To make the sauce, in a small bowl, combine soy sauce, rice vinegar, powdered peanut butter/peanut flour, sesame oil, sweetener, garlic, and ginger. Using a fork, whisk until uniform.

Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, peel zucchini into super-thin strips, rotating the zucchini after each strip.) 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.

Give mixture a stir, and top with scallions and sesame seeds.

MAKES 1 SERVING

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