

Zucchini Julienne With Lemon and Chive

Adapted from the Cancer's Survivors Guide

- 1 medium zucchini (green or yellow)
- 1 tablespoon plain *Silk Soy Creamer or half and half*
- 1 tablespoon half-and-half
- 2 teaspoons freshly squeezed lemon juice (or more to taste)
- 1/2 tablespoon minced fresh chives
- 1/8 teaspoon sea salt

Serves 3

1. Cut ends off zucchini. Using a mandolin vegetable slicer, cut zucchini into julienne strips.
2. Add remaining ingredients and refrigerate 30 minutes before serving.
3. Serve on a lettuce leaf garnished with chives.

NUTRITION PER SERVING

Serving size 1/4 cup

Calories 32

Protein 2 g

Carbohydrate* 5 g

(*no added sugars)

Fiber 1.2 g

Soluble fiber 0.2 g

Fat 1 g

Saturated fat 0.5 g

Cholesterol 3 mg

Sodium 161 mg

Potassium 287 mg

Calcium 27 mg

Omega-3 ALA 70 mg

Bonus:

Vitamin C (23% DV)

Copper (7% DV)

Vitamin K (6 mcg)

With permission from Smart 4 Your Heart by Margaret Pfeiffer

www.smart4yourheart.com