

Zucchini Noodle Caprese

I love a good Caprese salad, but it's not something that works year round. You need good tomatoes to make it happen, since there are typically only two ingredients.

I generally don't buy tomatoes in the grocery store, unless they are cherry tomatoes. These are even kind of hit or miss, but sometimes you get some good ones. My last grocery trip turned into such a day. I lucked out and got some sweet and juicy cherry tomatoes that were just bursting with tomato flavor, so I decided to make a Caprese salad.

To make it more substantial, I added some zucchini noodles I had in the fridge, and it really made it delicious. A quick dressing made with Ava Jane's Kitchen extra-virgin avocado oil and I had a somewhat untraditional, but still delicious salad. A sprinkling of coarse Colima sea salt and fresh ground black pepper finishes it off nicely.

Unless you can get some good tomatoes right now, this may be a recipe you want to hold onto. Zucchini and tomatoes tend to grow together, so this is a perfect summer recipe — it's cool and refreshing and requires no cooking.

Ingredients:

Dressing:

1/2 cup Ava Jane's Kitchen extra-virgin avocado oil
Juice of 2 lemons
1 clove garlic
1 small handful fresh basil leaves
Pinch of salt and pepper

Salad:

4 medium zucchinis, cut into noodles using a spiral slicer or julienne peeler
1 pint cherry tomatoes, halved
4 ounces fresh mozzarella cheese, torn into bite sized pieces
Fresh sliced basil
Colima sea salt
Fresh ground black pepper

Directions:

To make the dressing, put everything in a blender and blend until smooth.

Toss the salad ingredients in a large bowl and toss with the dressing. Sprinkle with the Colima sea salt and black pepper. Serve immediately.