

A Wellness Minute Recipe

Zucchini Lime Coconut Salad with Avocado Pistachio Dressing



INGREDIENTS

- 3 zucchini - sliced very thin
- 2 limes
- 1 tablespoon extra virgin olive oil
- Fresh pepper to taste
- 2 tablespoons shredded organic unsweetened coconut
- 2 tablespoons cilantro, freshly sliced

DRESSING

- 1 avocado, cubed
- ½ cup shelled pistachios
- 1 tablespoon fresh squeezed lemon juice
- ½ tablespoon extra virgin olive oil
- ½ tablespoon filtered water

DIRECTIONS

1. Place sliced zucchini in a mixing bowl, add the juice from 2 limes. Mix thoroughly and spread onto a serving platter.
2. Drizzle 1 tablespoon extra virgin olive oil over the zucchini and season with fresh pepper to taste.
3. Mix together coconut and cilantro thoroughly and sprinkle over the zucchini.

TO MAKE DRESSING:

1. In a food processor or blender, add dressing ingredients: avocado, pistachios, extra virgin olive oil and water. Pulse to blend.
2. Dollop dressing over the zucchini.