

Burst Tomato Zucchini Spaghetti with Avocado Sauce

3 cups yellow and red cherry tomatoes

2 zucchinis, spiralized

Avocado Sauce:

1 avocado

1/4 cup olive oil

1/2 teaspoon Himalayan Sea salt

1/2 cup fresh flat leaf parsley

3–4 green onions (green parts)

1 garlic clove

Juice of 1 lemon

Freshly ground pepper, to taste



1. Pulse all sauce ingredients together until smooth. Set aside.

2. Heat the cherry tomatoes in a large skillet over medium high heat. Gently shake the pan to get them moving. Continue cooking until tomatoes are roasty-looking and the skins are split or loosened. Remove from heat and set aside.

3. Add the zucchini to the same pan and toss for 1-2 minutes, until tender-crisp. Add the avocado sauce. Toss until combined. Season with salt and pepper, top with reserved tomatoes and serve immediately.

Serving Size = 2 cups of zoodles and 2 teaspoons avocado sauce