



## Cold Sesame Zucchini Noodles



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

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**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](#)  
1 tsp. sesame oil  
Half a packet no-calorie sweetener (like the kind by Truvia)  
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: crushed red pepper

### Directions

In a small bowl, combine soy sauce, vinegar, powdered peanut butter, sesame oil, sweetener, garlic, and ginger. Whisk with a fork until uniform.

Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (Or simply peel zucchini into super-thin strips, rotating the zucchini as you slice it.) 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.

Stir well, and top with scallions and sesame seeds.

**MAKES 1 SERVING**

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