

Clean Eating Homemade Italian Dressing

Ingredients

6 small zucchini, spiralized *(CleanFoodCrush.com/Spiralizer)

1 small red onion, sliced

1 pint organic cherry tomatoes

1 green bell pepper, chopped

1 orange bell pepper, chopped

1/2 cup black olives

12 oz. marinated artichoke hearts, drained

Fresh chopped parsley as garnish

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1/2 cup apple cider vinegar

1/4 cup extra virgin olive oil

1/2 Tbsp garlic powder

1/2 Tbsp onion powder

1/2 Tbsp Italian herbs

1/2 tsp dijon mustard, no sugar added

1/2 tsp dried basil

1/4 tsp ground black pepper

1/4 tsp. sea salt

1/4 tsp. raw honey (optional)

Instruction

Dressing Instructions:

Combine all dressing ingredients in a small mixing bowl and whisk well to combine. Note: It's best to let this sit (sealed, refrigerated) for 24 hours before using. This gives the herbs time to infuse. Shake well before dressing the salad.

Salad Instructions:

Gently combine zucchini noodles with dressing.

Gently combine remaining ingredients.

Taste test, adjust seasoning if needed.
Enjoy immediately.