



Zesty Zucchini Rotini Salad

Ingredients:

1 packet IP Rotini

2 tsp olives oil (plain or infused)

1 cup raw zucchini
(cut into match stick pieces)

2 fresh lemon wedges

Fresh Dill

1/2 cup red onion (sliced thin or cubed)

1/2 cup red peppers (sliced thin or cubed)

Directions:

Mix all the all the vegetables with the juice from the lemon and allow to marinate in frig until zucchini is to desired tenderness (1-2hrs, overnight is fine)

Cook and cool IP Rotini according to packet directions.

Add cooled Rotini to the vegetables add the olive oil and toss with dill. Enjoy!

Recipe created by Karen DiBlasio, coach of Dr.Zumbado's Lifestyle Community