

Zucchini & Cherry Tomato Salad with Balsamic Vinaigrette



6 Ingredients, 2 serves, 10 Minutes Total Time

Salad ingredients:

1 handful baby kale (if you can't find this, use big kale chopped up, or spinach)

1 handful cherry tomatoes, halved

1 small zucchini, grated

Balsamic Vinaigrette:

2 tbsp balsamic vinegar

1 tbsp extra virgin olive oil

1-2 tsp seeded mustard

Instructions

- Mix salad ingredients together in a large bowl.
- Mix together vinaigrette ingredients and toss with the salad.

Optional: Add about 200g Protein of your choice.

Warnings

****ZUCCHINI:** (peeled is moderate salicylate, skin on is high salicylate). One veg serve allowed on SIBO phase 1, and 1-2 serves on phase 2. (3/4 cup = one SIBO serve of zucchini).

****KALE:** (curly kale is high oxalate, lacinato/dino, cooked and drained is low oxalate)

****BALSAMIC VINEGAR:** (must be sugar free to ensure SCD compliance)

****MUSTARD:** (if you are on the SCD or GAPS diets, check the ingredients or make your own)

Nutritional Information (per serving)

Calories 124

Total Fat 7g

Saturated Fat	1g
Cholesterol	--
Sodium	85mg
Total Carbohydrate	12g
Dietary Fibre	2g
Sugars	7g
Protein	4g
Calcium	81mg
Iron	1mg
Magnesium	46mg
Phosphorus	94mg
Potassium	622mg
Vitamin C	68mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	2mg