



Salmon & Avocado Zoodles

Ingredients

- 1 zucchini, spiralized with SpiralEZ
- 1 slice bacon
- 4oz salmon fillets (skin removed)
- salt
- pepper
- olive oil
- 1 cloves garlic (minced)
- 1 handfuls salad greens
- 4 cherry tomatoes (sliced)
- avocado (slices)
- green onion (chopped)

Nutrition

Calories 570		
Calories from Fat 380		
		% DAILY VALUE*
Total Fat	42g	65%
	Saturated Fat 10g	50%
	Trans Fat	
Cholesterol	80mg	27%
Sodium	720mg	30%
Potassium	1380mg	39%
Protein	30g	59%
Total Carbohydrate	16g	5%
	Dietary Fiber 6g	24%
	Sugars 8g	16%

* Percent Daily Values are based on a 2000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs.

Step

1. Heat a slightly oiled frying pan on a medium-high heat, crisp the bacon and transfer to a paper towel-lined plate, leaving behind as much bacon dripping as possible.
2. Salt and pepper the salmon, covered, for 4 minutes.
3. Flip and cook another 2 minutes. Transfer to the plate with the bacon.
4. Heat a drizzle of olive oil over high heat and stir in the garlic.
5. Season the zucchini with salt and pepper and add to the pan.
6. Cook for 2-3 minutes, stirring frequently.
7. Layer the remaining ingredients on top: a small handful of salad greens, sliced tomatoes, avocado, a slice of bacon, the salmon, and green onion.
8. Ready to serve.