

# THE CULINARY

*Playground*



## Caprese Zoodle Salad

### Dressing

3 T olive oil  
1 T balsamic vinegar  
1 t Dijon mustard  
1/2 garlic clove, minced  
Salt and freshly ground pepper

Add ingredients to mason jar and shake.

### Salad

1/2 large Zucchini  
1/2 Summer Squash  
1/4 cup Fresh Mozzarella  
Handful Colorful Grape Tomatoes  
Fresh Basil, snipped

Cut zucchini and squash into noodle-shaped strands using a spiralizing tool.

Cut long noodles in half to make them more manageable.

Place "zoodles" in a bowl and add mozzarella, tomatoes and basil.

Drizzle desired amount of dressing over salad and toss gently to coat.

Marinate salad in refrigerator for at least 10 to 15 minutes before serving.