

# Raw Zucchini And Cucumber Pasta

Delicious raw pasta dish. Works really well with fresh basil.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

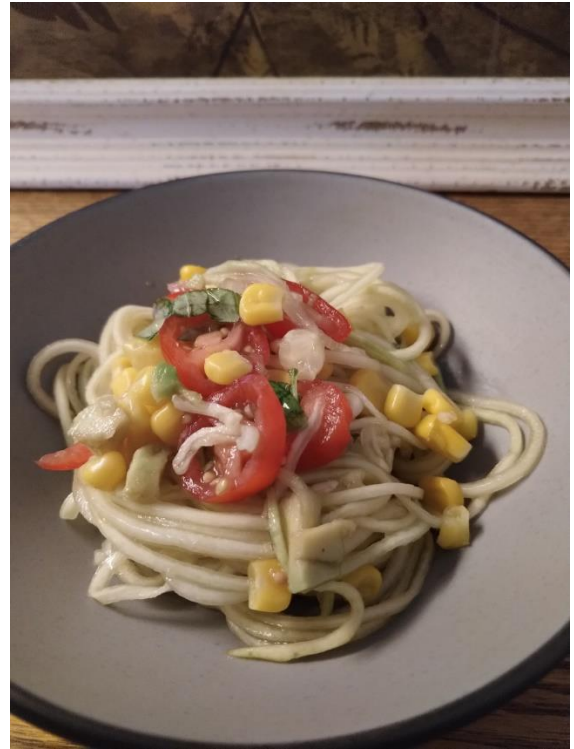
Cooking time: 0 mins

Category: Entrees

Complexity: Simple to moderate

Vegan experience: Absolute beginner

Preparation style: Raw



## Ingredients

Zucchini, raw	1 medium
Cucumber, raw, without peel	1 medium
Tomato raw (includes cherry, grape, roma)	6 grapes
Corn (sweet, yellow, raw)	1 ear, medium (6-3/4" to 7-1/2" long) yields
Scallions or spring onions, tops and bulb, raw	2 medium - 4 1/8" long
Cayenne	0.2 teaspoon
Basil, fresh	8 leaves
Avocado, black skin (hass)	1 each
Tamari sauce	3 tablespoons
Cider vinegar	1.5 tablespoon

## Instructions

1. Peel zucchini and cucumber and use a spiralizer to make into noodles. If you don't have a spiralizer, you can use a peeler or grater, but a spiralizer works best. Place spiralized noodles in a large bowl.
2. Standing the corn upright use a sharp knife to slice the kernels from the top down. If you don't have fresh corn, you can use frozen and thaw or warm slightly on the stove. Add to the noodle bowl.
3. Finely slice scallions. Slice grape or cherry tomatoes. Chop about 8 leaves of fresh basil. Add to the noodle bowl. Add a dash of cayenne and gently mix.
4. To make the dressing peel, remove pit and chop avocado in a small bowl. Mash with a fork. Stir in tamari and apple cider (or rice) vinegar.

5. Add the dressing to the noodle bowl. Gently stir until combined.

Enjoy immediately or store in fridge for up to two days.