



WHAT'S FOR DINNER?

Fresh and fragrant, this light and easy Zucchini Spirals with Eggplant and Mango Salsa is a festive feed. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go locations, this meal is a perfect paring of ingredients for a taste sensation and a healthy treat.

ZUCCHINI SPIRALS & EGGPLANT WITH MANGO SALSA



Nutritional Facts:

Zucchini and eggplant together are a great source of dietary fiber, antioxidants, potassium, magnesium, iron, and copper. While avocado is a great source of protein, Omega 3 fatty acids, potassium, vitamins C, E, K, and B6 vitamins. Mangos are also high in antioxidants, manganese, vitamins A, C, B6, and K, as well as folate. All this nutritional value helps digestive and heart health; blood sugar, blood pressure and cholesterol levels; reduces inflammation; boosts immune function and energy levels, as well as protect against osteoporosis, cancer, and diabetes.

Ingredients

- 1/4 cup vinegar
- 1 tablespoon honey
- Salt and pepper to taste (1/4 teaspoon each)
- 1 clove garlic, pressed or minced
- 1 teaspoon chili flakes
- 1 & 1/2 tsp toasted sesame oil
- 1 lime zest and juice
- 1 tablespoon soy sauce or ponzu sauce
- 1 Large Eggplant, cubed into bite sized pieces
- 1 avocado, flesh cubed into bite sized pieces
- 1/2 red onion, thinly sliced, soaked in water for at least 10 minutes, then drained
- 1 large mango, cubed
- ½ cup chopped basil and cilantro
- 2 zucchinis, spiralized into noodles (or use 8oz soba noodles)

Instructions

1. Salt eggplant for 30 minutes, rinse off the salt and drain off excess water. Chop into cubes, drizzle with oil and grill for roughly 5 minutes on each side. Set aside
2. Combine the vinegar, honey, salt and pepper, garlic, chili flakes, toasted sesame oil, lime zest and juice. Stir and set aside.
3. Toss together the grilled eggplant, avocado, onion, mango, basil, cilantro, and the dressing. Spoon over the top of the zucchini noodles.

Serve, Eat & Enjoy!

Recipe adapted from www.tastespace.wordpress.com

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