

EWG's Tip:

Get creative! Try other vegetables as noodles, like carrots, beets or even sweet potatoes! What fun sorts of unexpected noodles can you come up with?



Basil and Mint Summer Squash 'Noodles'

3 large yellow summer squash, cut into thin strands with a vegetable peeler or spiral slicer (spiralizer) or julienned

1 large celery stalk, thinly sliced

1 tbsp fresh basil, finely chopped

2 tsp extra virgin olive oil

2 tsp lemon juice, freshly squeezed

1 tsp fresh mint, finely chopped

½ tsp lemon zest, freshly grated

¼ tsp ground cumin

Pinch red pepper flakes

Salt and pepper, to taste

A terrific summertime staple that's full of flavor and fiber without any grains. Did you happen to notice the simple directions for this recipe? Combine ingredients and serve. **It's as easy as it gets.**

In a large bowl, combine all the ingredients, toss to coat, and serve.

Serves 2



Amie Valpone founded TheHealthyApple.com and wrote the best-selling cookbook "Eating Clean: The 21-Day Plan to Detox, Fight Inflammation & Reset Your Body." She is a Manhattan Celebrity Chef and Culinary Nutritionist. Amie recently healed herself from a decade of chronic illness; she shares her story of how clean eating and detox saved her life, and inspires you to clean up your food, too.

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