

Zucchini Noodle Greek Salad

Grated zucchini subs for the noodles in this take on a Greek salad from Simple Cooking with Heart.

Ingredients

 **Servings** 6

5 cups grated **zucchini** (from approximately 2 medium-large zucchini)

2 medium **cucumbers**, peeled and chopped into bite-size pieces (about 4 cups)

3 medium **tomatoes**, chopped into bite-size pieces (about 4 cups)

1/4 small red onion (thinly sliced)

1/4 cup pitted **black olives**, like Kalamata, finely chopped

1/2 teaspoon dried oregano

1/8 teaspoon freshly ground black pepper

2 1/2 tablespoon red wine vinegar

2 tablespoon canola oil

OR

2 tablespoon safflower oil

2 tablespoon reduced-fat feta cheese crumbles

Directions

 **Tip:** Click on step to mark as complete.

Place a box grater into a large bowl and grate enough zucchini for 5 cups.

Prepare the remaining vegetables: Peel the cucumbers and chop into bite-size pieces; add to the bowl. Chop the tomatoes into bite-size pieces, slice the red onion, and finely chop the olives. Add everything into the bowl.

In a small bowl, add the dressing ingredients: dried oregano, black pepper, vinegar, and oil. Whisk together with a fork. Pour dressing onto the salad and use a spatula or tongs to toss to combine together.

Serve and sprinkle feta cheese on top of each salad portion.

Quick Tips



Tip: Serving size 1 2/3 cups

Cooking Tip: Any food that is naturally salty, like olives and feta cheese in this recipe, bring enough sodium to a dish than extra salt isn't needed.

Keep it Healthy: A new delicious trend is substituting zucchini for noodles, called "zoodles." For this salad, a grater is used to turn the zucchini into small pieces. If you enjoy this, consider investing in a spiralizer, which turns the zucchini into long noodles that can be used in place of pasta for recipes like spaghetti.

Tip: When using a small quantity of olives like 1/3 cup, it's cheaper to first look at your grocery store's salad bar or even olive bar versus buying an entire jar. Compare the prices of both and choose the cheaper option.

 Calories

90 Per Serving

 Protein

3g Per Serving

 Fiber

3g Per Serving

 Cost Per Serving

\$1.83

Nutrition Facts

Calories	90
Total Fat	6.0 g
Saturated Fat	0.7 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	3.5 g
Cholesterol	1 mg
Sodium	90 mg
Total Carbohydrate	8 g
Dietary Fiber	3 g
Sugars	5 g
Protein	3 g

Dietary Exchanges

2 vegetable, 1 fat