



Zucchini-Noodle "Pasta" Salad



1/6th of recipe (about 3/4 cup): 73 calories, 3.5g total fat (1g sat. fat), 319mg sodium, 7.5g carbs, 1.5g fiber, 4.5g sugars, 3.5g protein

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Prep: 15 minutes

Chill: 1 hour



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Ingredients

1 1/4 lbs. (2 - 3 medium) zucchini
1 cup cherry tomatoes, halved
1/2 cup finely chopped red onion
1/2 cup reduced-fat feta cheese
1/4 cup sliced black olives
1/3 cup light Italian dressing

Directions

Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, peel zucchini into super-thin strips, rotating the zucchini as you slice it.) Roughly chop for shorter noodles.

Place zucchini noodles in a large bowl. Add all remaining ingredients *except* dressing, and mix well.

Add dressing, and stir to coat.

Cover and refrigerate 1 hour, or until chilled.

MAKES 6 SERVINGS

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