



Zucchini-Ribbon Salad



1/4th of recipe (about 1 cup): 79 calories, 3g total fat (1.5g sat fat), 285mg sodium, 9.5g carbs, 2.5g fiber, 5g sugars, 5.5g protein

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Prep: 20 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

2 large zucchini, ends removed
1 cup cherry tomatoes, halved
1/2 cup crumbled reduced-fat feta cheese
1/3 cup finely chopped red onion
2 tbsp. fat-free Italian dressing

Directions

Use a veggie peeler to peel zucchini lengthwise into super-thin strips; rotate zucchini after each strip to yield a width similar to fettuccine. Place in a large bowl.

Add all remaining ingredients. Gently toss to mix. Cover and refrigerate until chilled, at least 1 hour. Eat up!

MAKES 4 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.