



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

Prep: 20 minutes



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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

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