

Mediterranean Zoodle Salad

Total time: 30 minutes

Servings: 5 servings

INGREDIENTS

FOR THE SALAD

2 zucchini, rinsed and cut into noodle-shaped strands using a spiralizing tool.

1/4 cucumber, chopped

10 cherry tomatoes, halved

1/4 C red onion, thinly sliced

2 oz feta cheese, crumbled

5 oz spinach

FOR THE VINAIGRETTE

2 Tbsp olive oil

2 Tbsp lemon juice

1 tsp dried oregano

Salt and pepper to taste

DIRECTIONS

- Place the spinach in a large bowl.
- Add the "zoodles" and top with cucumber, tomatoes, red onion, and feta cheese.
- Whisk (or shake in a jar) olive oil, lemon juice, oregano, salt, and pepper together until dressing is smooth.
- Pour over "zoodle"mixture and toss to coat.
- Allow flavors to marinate in the refrigerator for 10 to 15 minutes..