

Go Greek Cucumber-Noodle Salad

Prep: 15 minutes

Chill: 15 minutes

Ingredients:

28 oz. seedless cucumber (about 2 large or 6 small cucumbers; see HG Tip)

2 cups cherry tomatoes, halved

1/2 cup chopped red onion

1/2 cup reduced-fat crumbled feta cheese

1/3 cup light vinaigrette dressing

1/4 cup sliced kalamata or black olives



Directions:

Using a spiral vegetable slicer, like the Veggetti, cut cucumber into spaghetti-like noodles. (If you don't have a spiral veggie slicer, peel cucumber into thin strips, rotating the cucumber after each strip.) Roughly chop for shorter noodles.

Place cucumber noodles in a large bowl, and pat dry to remove excess moisture.

Add all remaining ingredients. Gently toss to mix. Cover and refrigerate until chilled, at least 15 minutes.

MAKES 6 SERVINGS

HG Tip: Some cucumbers are extra thick, so make sure to get ones that will fit in your spiralizer (if using).

Nutrition Information: Per Serving

1/6th of recipe (about 1 1/4 cups):

90 calories

4 g total fat

11 g carbs

4 g protein