



Go Greek Cucumber-Noodle Salad



1/6th of recipe (about 1 1/4 cups): 92 calories, 4g total fat (1g sat. fat), 321mg sodium, 10.5g carbs, 1.5g fiber, 6g sugars, 3.5g protein

Prep: 15 minutes

Chill: 15 minutes



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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).

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