



## 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



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

### 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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.