



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 2*

Prep: 15 minutes

Chill: 15 minutes



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

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).

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.