



## Nutty Summer Spiral Salad



**Developed by Hungry Girl. Brought to you by [Green Giant®](#)!** For a money-saving coupon, [click here!](#)

1/6th of recipe (about 1/2 cup): 90 calories, 4.5g total fat (1g sat fat), 157mg sodium, 8.5g carbs, 2.5g fiber, 6g sugars, 2.5g protein

**Green Plan [SmartPoints®](#) value 2\***

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

**Purple Plan [SmartPoints®](#) value 2\***



**Prep:** 5 minutes    **Cook:** 5 minutes

**Chill:** 15 minutes

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### Ingredients

Two 12-oz. bags [Green Giant Veggie Spirals Zucchini](#)  
1 cup shredded carrots  
1/3 cup [Maple Grove Farms of Vermont Fat Free Raspberry Vinaigrette](#), or more for topping  
1/4 cup crumbled feta cheese  
1 oz. (about 1/4 cup) chopped pecans

### Directions

Microwave both bags of Veggie Spirals together for 5 minutes, or until thawed.

Thoroughly rinse with cold water in a strainer.

Place Veggie Spirals in a large bowl, and thoroughly pat dry.

Add carrots, vinaigrette, and 2 tbsp. feta. Mix well. Cover and refrigerate until chilled, at least 15 minutes.

Top with pecans and remaining 2 tbsp. feta.

**MAKES 6 SERVINGS**

**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.