



Zucchini-Noodle "Pasta" Salad



1/6th of recipe (about 3/4 cup): 73 calories, 3.5g total fat (1g sat fat), 319mg sodium, 7.5g carbs, 1.5g fiber, 4.5g sugars, 3.5g protein

Green Plan [SmartPoints](#)® value 2*

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

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

Prep: 15 minutes

Chill: 1 hour



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

Ingredients

1 1/4 lbs. (2 - 3 medium) zucchini
1 cup cherry tomatoes, halved
1/2 cup finely chopped red onion
1/2 cup reduced-fat feta cheese
1/4 cup sliced black olives
1/3 cup light Italian dressing

Directions

Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, peel zucchini into super-thin strips, rotating the zucchini as you slice it.) Roughly chop for shorter noodles.

Place zucchini noodles in a large bowl. Add all remaining ingredients *except* dressing, and mix well.

Add dressing, and stir to coat.

Cover and refrigerate 1 hour, or until chilled.

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**.