Greek Zoodle Salad

Makes four servings. Each serving has 80 calories, 5 grams (g) fat, 1 g protein, 6 g carbohydrate, 1 g fiber and 350 mg sodium.

Prep time: 10 minutes

DIRECTIONS:

Spiralize 2 zucchini. A peeler may be used if necessary.

Add onion, cucumber, tomatoes and olives.

Pour dressing on top.

Toss to combine.

INGREDIENTS:

2 zucchini
1/4 c. red onion, diced
1/4 English cucumber, sliced
10 cherry tomatoes, halved
10 Kalamata olives, pitted & sliced
1/4 c. Greek dressing
Salt and pepper to taste