



## Nutrition Facts

Per Serving\*

**Calories** 91

**Total Fat** 6.9 g

Saturated Fat 2.6 g

**Cholesterol** 12.6 mg

**Sodium** 169.3 mg

**Total Carbohydrates** 5.7 g

Dietary Fiber 1.7 g

Sugars 2.4 g

**Protein** 3.4 g

Vitamin A 9%

Vitamin C 36%

Iron 7%

\* Based upon a 2,000-calorie diet

# Zucchini and Feta Salad

Makes 4 servings

## Ingredients

2 zucchini, very thinly sliced into rounds  
(can be yellow or mixed squash)

1 lemon, zest and juice

2 ounces feta cheese, crumbled

1 teaspoon dried dill

1 tablespoon fresh mint, chopped

1 tablespoon olive oil

1 tablespoon rice vinegar

Salt and pepper to taste

## Instructions

1. Mix all ingredients together. Can be made in advance and refrigerated or served at room temperature.
2. Serve with salmon, grilled poultry or meats, or on sliced tomatoes.

### Diabetes Care and Education

a dietetic practice group of the  
**right.** Academy of Nutrition  
and Dietetics

Recipe reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics

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