

Summer Squash Ribbon Salad



This recipe showcases a different texture of summer produce – turning the raw vegetables into beautiful ribbons tossed in a light and creamy yogurt herb dressing.

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| YIELD 8 SERVINGS | PREP TIME 15 MIN | TOTAL TIME 15 MIN |
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INGREDIENTS

For the Dressing:

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|--------|--|
| ½ cup | Greek yogurt, plain non-fat or low-fat |
| 1 each | Lemon, juiced (about 3 Tbsp juice) |
| 1 Tbsp | Olive Oil |
| 1 Tbsp | Water |
| 1 Tbsp | Fresh herbs, chopped, or use 1 tsp dried (any combination of Basil, Dill, Thyme, Parsley, or Rosemary) |
| ½ tsp | Kosher Salt |
| ¼ tsp | Black Pepper, ground |

For the Salad:

| | |
|--------|--|
| 3 each | Summer Squash or Zucchini, any combination |
| 2 each | Cucumber |
| 2 each | Carrots |
| 1 each | Tomato or 1 cup cherry tomatoes |

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Make the dressing: mix all ingredients together in a bowl and set aside. If using dried herbs, allow the dressing to rest for about 30 minutes to allow the herbs to “bloom”.
3. Using a vegetable peeler with each vegetable lying flat on the cutting board, shave ribbons lengthwise from the squash, zucchini, cucumber and carrots. You may need to flip the vegetable over as you get closer to the center of the vegetable. Place the ribbons in a large bowl.
4. Dice the tomato (or cut the cherry tomatoes in half, if using) and add to the vegetable ribbons.
5. Pour the reserved dressing and toss gently to coat. Serve immediately or chill for up to 2 hours, allowing the flavors to blend.

CHEF'S NOTES

Summer squash and zucchini are delicious served raw, especially when peeled into thin ribbons. You can use any combination of vegetables to make the ribbons, the goal is to have about 6 cups of peeled vegetables. This recipe can also be customized with different dressings – homemade pesto or a vinaigrette would also be delicious! This low calorie, simple side dish would make a great addition to any summer BBQ menu.

Nutrition Facts

8 servings per container

Serving Size about 1 cup (211 g)

Amount per serving

Calories **60**

% Daily Value *

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 0.64mg **4%**

Potassium 400mg **9%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

