

# Simple Zucchini and Yellow Squash Salad

## Ingredients:

Makes: 4 servings (1 cup per serving)

- 1 Zucchini, sliced into half moons
- 1 Yellow squash, sliced into half moons
- 1/4 Red onion sliced very thin
- 2 tomatoes, cut into wedges

## Dressing:

- 3 Tablespoons olive oil
- 2 Tablespoons apple cider vinegar
- 1/2 Tablespoon Italian seasoning
- 1 teaspoon sugar
- 1/4 teaspoon salt

Recipe taken from: <https://lowcarbbyum.com/summer-squash-taco-casserole/>  
Photo taken from: <http://www.cgepmd.com/2016/10/>



## Method:

1. Whisk together the olive oil, apple cider vinegar, Italian seasoning, sugar, and salt in a large bowl and set aside.
2. Add the zucchini, yellow squash, tomatoes and red onion to the dressing and toss to coat.
3. Serve immediately or store in the refrigerator.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 Cup (185g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 8g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Sugar Alcohol 0g	
<b>Protein</b> 2g	4%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0.54mg	4%
Potassium 376mg	8%
<small>*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.</small>	

## Tips on Yellow Squash

*This institution is an equal opportunity provider.*



### How To Store:

Refrigerate unwashed squash in a plastic bag for up to a week.



### How To Use:

Grilled, baked into breads, sliced into salads or sautéed.



### Health Benefits:

Eye and cell health, heart health, lowers the risk of some cancers.