

# Zucchini Salad

## Ingredients

- Juice of 1 medium lemon
- 2 teaspoons extra-virgin olive oil
- 1 medium garlic clove, minced, or ½ teaspoon bottled, minced garlic
- ¼ teaspoon pepper
- 4 large zucchini, grated (or sliced into ribbons with a vegetable peeler if desired)
- ¼ cup crumbled, low-fat feta cheese
- 2 tablespoons fresh dillweed, chopped, or 2 teaspoons dried dillweed, crumbled
- 2 tablespoons finely chopped red onion
- 1 tablespoon fresh parsley, chopped, or 1 teaspoon dried parsley
- ¼ cup fat-free plain Greek yogurt (optional)

## Directions

1. In a small bowl, for the dressing, whisk together the lemon juice, oil, garlic, and pepper. Set aside.
2. Put the zucchini in a medium bowl. Stir in the feta, dillweed, onion, and parsley.
3. Pour the dressing over the salad, tossing to coat.
4. Cover and refrigerate for at least 2 hours to overnight before serving.



# Urban Farming Institute

## What we do

- One of the largest agricultural facilities in Broward County.
- A preceptor site for the Nova Southeastern University Registered Dietician Nutritionist Graduate Level Programming
- Built over 70 community gardens in Broward County, including hydroponics and raised garden beds.
- A place where the community learns how to grow healthy food while enhancing their local environment



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