ZUCCHINI NOODLE "PASTA" SALAD

From eatingwell.com

This healthy zucchini noodle salad has all the flavors you love in a classic pasta salad but we've swapped in zoodles for wheat pasta, which makes the salad lighter, lower in carbs and gluten-free. Serve it with grilled chicken or fish for a light and healthy summer dinner.

Total: 15 mins | Active: 15 mins

INGREDIENTS

- 5 tablespoons extra-virgin olive oil
- 3 tablespoons red-wine vinegar
- 2 tablespoons chopped fresh oregano
- 2 teaspoons Dijon mustard
- ¼ teaspoon crushed red pepper
- 1 small shallot, chopped
- 1 clove garlic, grated
- 16 ounces spiralized zucchini noodles *(see Tip)*
- 3 cups halved cherry tomatoes
- ⅓ cup pitted Kalamata olives
- ¾ cup shaved Parmesan cheese, divided

DIRECTIONS

Whisk oil, vinegar, oregano, mustard, crushed red pepper, shallot and garlic in a large bowl. Add zucchini noodles, tomatoes, olives and half the Parmesan; toss gently to coat. Divide evenly among 4 bowls; sprinkle with the remaining Parmesan.

TIPS

Look for a package of fresh zucchini noodles in the produce department, or make your own zucchini noodles.

NUTRITION FACTS

Per serving: 299 calories; total carbohydrate 12g; dietary fiber 3g; total sugars 5g; protein 7g; total fat 25g; saturated fat 5g; cholesterol 13mg; vitamin a 1230iu; vitamin c 17mg; folate 20mcg; sodium 480mg; calcium 176mg; iron 1mg; magnesium 21mg; potassium 627mg