Zesty Zucchini and Feta Ribbon Salad

Fresh zucchini ribbons tossed with creamy feta, olive oil, lemon, and herbs for a light, low-carb salad perfect for lean muscle maintenance.

Servings: 2 **Time:** 10 minutes

Ingredients

- 2 medium zucchinis
- 4 oz crumbled feta cheese
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 tbsp chopped fresh mint
- Salt to taste
- Freshly ground black pepper to taste

Instructions

1. Wash and trim the ends off the zucchinis.
2. Using a vegetable peeler or mandoline, shave the zucchinis into thin ribbons.
3. Place zucchini ribbons in a large bowl.
4. In a small bowl, whisk together olive oil, lemon juice, lemon zest, salt, and pepper.
5. Pour dressing over zucchini ribbons and toss gently to coat evenly.
6. Add crumbled feta and chopped mint, then give a light toss to combine.
7. Serve immediately or refrigerate for up to 1 hour before serving for a chilled option.

powered by dishgen