



RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



Greek Zoodle Salad

Featured Item: Tomatoes

Serving Size: 1/2 cup • Yield: 9

Fun Facts:

- We love tomatoes so much in Ohio that tomato juice is our state drink!

Try It!

- Chop fresh tomatoes, chop fresh herbs, and mix together to make a salsa.

INGREDIENTS - SALAD

Zucchini, Spiralized:	3
Cucumber, Sliced:	1 cup
Cherry Tomatoes, Local, Sliced:	1 cup
Red Onion, Diced:	1/4 cup
Feta Cheese Crumbles:	3/4 cup
Black Olives, Sliced:	1/2 cup

INGREDIENTS - DRESSING

Extra Virgin Olive Oil:	1/2 cup
Red Wine Vinegar:	1/4 cup
Lemon Juice:	1 tablespoon
Garlic, Minced:	1 teaspoon
Dijon Mustard:	1 teaspoon
Kosher Salt:	1/4 teaspoon
Dried Oregano:	1 1/2 teaspoon
Black Pepper:	1/4 teaspoon



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DIRECTIONS

1. Wash and prepare all vegetables. Quarter and slice cucumbers into pieces. Spiralize zucchini, if needed. Slice grape tomatoes in half. Dice red onions. **
2. Combine all dressing ingredients in a bowl. Whisk together until blended.
3. To make salad, combine all vegetables, cheese, and dressing in a bowl. Toss until all the vegetables and cheese are coated with dressing.
4. Serve.

** Best practice is to use local produce and feta cheese.

** Use fresh zucchini and spiralize. (2-3 zucchini yields 2 1/2 cups of spiralized zucchini)

** If a spiralizer is not available, purchase pre-spiralized zucchini.

Source: Pisanick Partners, LLC.