



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: 50

HACCP Process #2:

Same day service

Child Nutrition Credit:

.5 Cup of Other

INGREDIENTS - SALAD

| | |
|-----------------------------|--------------------|
| Zucchini, spiralized LOCAL: | 4 qt |
| Cucumber, seedless: | 1 qt diced |
| Tomatoes, grape: | 1 qt sliced |
| Red Onion: | 1 1/2 C |
| Black Olives: | 3 C |
| Feta Cheese: | 1 qt |

INGREDIENTS - DRESSING

| | |
|--------------------|------------------|
| Olive Oil EVO: | 2 C |
| Vinegar, Red Wine: | 1 1/2 C |
| Lemon Juice: | 1/3 C |
| Garlic, minced: | 2 Tbsp |
| Mustard, Dijon: | 2 Tbsp |
| Salt, Kosher: | 1 1/2 tsp |
| Oregano: | 2 Tbsp |
| Pepper, Black: | 3/4 tsp |



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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.