

Lemon Zucchini Salad

Recipe Type: Side dish

Serves: 6

Prep Time: 5 minutes

Cooking Time: none

C means cup T means tablespoon t means teaspoon oz means ounce

What you need:

- 2 large or 4 small zucchinis, cut lengthwise
- 1 T parsley, diced (optional)
- 2 T lemon juice or 1 fresh lemon
- 2 T olive oil
- ½ t salt
- ½ t pepper
- ½ t Italian seasoning

What to do:

1. Wash your hands.
2. Put the zucchini into a large bowl.
3. Mix in the parsley.
4. Mix the lemon, olive oil, salt, pepper and Italian seasoning in a small bowl and pour over the zucchini.
5. Enjoy!



This is a picture of 1 serving.

Nutrition Facts

6 servings per container

Serving size 1/2 Cup (108g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1mg 6%

Potassium 268mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FK= 4.8