Sweet and Sour Zucchini Salad

This recipe is a great way to use up the abundance of zucchini that is available during the summer months. It goes well with whatever is being prepared on the grill. Zucchini is a great vegetable and I often use it interchangeably with salad recipes that call for cucumbers since it does not seem to weep as much.

1/2 cup cider vinegar
5 Tbsp. sugar (using an artificial sweetener such as sucralose would also be suitable saving 30 calories per serving)
1/4 tsp salt
1/2 tsp black pepper
2 Tbsp. canola oil
3 medium zucchini, sliced
1 medium yellow summer squash, sliced
1 medium red onion, thinly sliced
1 red bell pepper diced
1 cup celery, diced

Combine cider vinegar, sugar, salt, pepper, and canola oil and blend well
Place zucchini, onion, bell pepper, and celery in a medium bowl
Pour oil vinegar mixture over vegetables and refrigerate for 4-8 hours stirring occasionally to coat vegetables well

Other Possible Add-ins
Cherry tomatoes
Grilled chicken

Simple recipes like this are a great way to get kids involved in food preparation and increases the likelihood of them eating the food they have prepared.