

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

Nutrition Facts	
Serving Size 1/8 recipe	
Servings Per Container 8	
Amount Per Serving	
Calories 92	Calories from Fat 31.5
% Daily Values*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 95mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 1g	2%

*Percent Daily Values are based on a 2,000 calorie diet.

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.

