



Summer Squash Salad

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 zucchini, thinly sliced
- 1 squash, thinly sliced
- ½ cup cherry tomatoes, halved
- ½ red onion, thinly sliced
- 1 orange bell pepper, thinly sliced
- 1/3 cup olive oil
- Juice of 1 lemon
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- ½ teaspoon honey
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ dried thyme

DIRECTIONS

1. Add zucchini, squash, tomatoes, onion, and bell pepper in a bowl.
2. In a mason jar, add olive oil, lemon juice, garlic, mustard, honey, salt, pepper, and thyme. Mix well to combine.
3. Pour the vinaigrette over the vegetables and mix.

Nutrition Facts

| | |
|-------------------------------|--------------|
| 4 servings per container | |
| Serving size | 1 cup |
| Amount per serving | |
| Calories | 220 |
| % Daily Value* | |
| Total Fat 19g | 24% |
| Saturated Fat 2.5g | 13% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 180mg | 8% |
| Total Carbohydrate 11g | 4% |
| Dietary Fiber 3g | 11% |
| Total Sugars 6g | |
| Includes 1g Added Sugars | 2% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 34mg | 2% |
| Iron 1mg | 6% |
| Potassium 423mg | 10% |

*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.

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