

# Mediterranean Zucchini Salad

*Created by Kristy Regan for the NCMN SIBO Lab*

This recipe is adapted from [The Roasted Root](#).

## Ingredients

- 4 small/medium or 2 medium/large zucchini
- 1 cup organic cherry tomatoes, halved
- 1 can artichoke hearts in water, squeezed dry and quartered
- ½ cup pitted and halved Kalamata olives
- Zest of 1 organic lemon
- 3 Tablespoons garlic flavored oil
- 3 Tablespoons fresh lemon juice
- 1 Tablespoon white wine vinegar
- Salt and Pepper to taste
- 2 Tablespoons fresh minced parsley
- 1 cup crumbled feta cheese, aged 30 days (optional)

## Instructions

1. Wash the zucchini and peel if desired.
2. Using a spiralizer, process the zucchini into noodles and add to a large bowl.
3. Add the tomatoes, artichoke hearts and olives to the bowl.
4. In a separate small bowl, whisk together the lemon zest, juice, oil and vinegar.
5. Pour the dressing over the salad and mix. Salt and pepper to taste.
6. Top with crumbled feta cheese and parsley and serve.