

MEDITERRANEAN MARINATED VEGETABLE SALAD



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Ingredients

Yields: 6, 1 c servings

- 2 large tomatoes, cut into wedges
- 1 green and 1 yellow pepper, coarsely chopped
- 1 zucchini, cut lengthwise in half, sliced
- ¼ c red onion wedges
- ½ c fat-free Italian Dressing
- 2 tbsp chopped fresh basil
- 2 cloves garlic, minced
- ½ c low fat feta cheese

Directions

1. Combine tomatoes and vegetables in large bowl.
2. Mix dressing, basil and garlic. Pour over vegetable mixture; toss to coat
3. Add cheese; mix lightly.
4. Refrigerate 1 hour before serving.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup	60	1.3 g	4 g	8 g	327 mg

Carbohydrate Exchanges: 1