Raw Vegetable “Pasta” with Tomatoes and Herbs

Try this delicious “pasta” made from strips of summer squash and zucchini tossed with tomatoes, olive oil and fresh basil and oregano for a dish packed with bright flavors.

Ingredients

Mediterranean Squash “Pasta”

1 zucchini squash, shaved thinly lengthwise with a vegetable peeler
1 yellow squash, shaved thinly lengthwise with a vegetable peeler
1 cup fresh spinach leaves
Sea salt and pepper to taste
½ cup cherry or grape tomatoes, halved
1/3 cup oil packed sun dried tomatoes
2 scallions
½ cup feta cheese
½ clove garlic crushed
1 tablespoon basil finely chopped
1 teaspoon oregano

In a large bowl, gently toss together all ingredients. Transfer to a platter and serve immediately.

Nutrition Values

Calories 372
Fat 22 g
Cholesterol 67 mg
Calcium 551 mg
Carbohydrate 31.4 g
Sodium 999 mg
Protein 19 g
Fiber 10.3 g