

THE CULINARY

Playground



Greek Zoodle Salad

1 tablespoon extra-virgin olive oil

1 tablespoon fresh lemon juice (quarter of medium sized lemon)

Fresh garlic minced, to taste

$\frac{1}{4}$ teaspoon dry oregano

Big pinch salt and ground black pepper to taste

Fresh parsley, roughly chopped or torn

$\frac{1}{2}$ zucchini

$\frac{1}{8}$ cup English cucumber, chopped

4 grape tomatoes, halved, or more to taste

5 pitted kalamata olives, halved, or more to taste

$\frac{1}{8}$ cup thinly sliced red onion

$\frac{1}{8}$ cup crumbled feta cheese

Whisk olive oil, lemon juice, garlic, oregano, salt, and pepper together in a bowl until dressing is smooth.

Cut zucchini into noodle-shaped strands using a spiralizing tool.

Cut long noodles in half to make them more manageable.

Add zoodles to bowl and top with cucumber, tomatoes, olives, red onion, and feta cheese.

Gently toss veggies with dressing. Top with parsley.

Marinate salad in refrigerator for at least 10 to 15 minutes before serving.