

# ITALIAN ZUCCHINI PASTA SALAD

YIELDS: 3-4

15 MIN PREP TIME

- 2 medium zucchinis
- 1 cup quartered artichoke hearts, drained, patted dry
- 1/2 red onion, sliced thinly
- 1 cup halved cherry tomatoes
- 1/2 cup halved medium black olives

## For the dressing:

- 1.5 tablespoons red wine vinegar
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons lemon juice
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried parsley
- 1/4 teaspoon dried basil
- 1/8 teaspoon red pepper flakes
- salt and pepper, to taste

## INSTRUCTIONS

1. Slice your zucchinis halfway through lengthwise and then spiralize them, using Blade B. If you do not have a spiralizer, you can use a vegetable peeler to create long strips of zucchini “pasta” or mandolin to create round chips of zucchini “pasta”
2. Place your zucchini noodles in a bowl with the artichoke hearts, tomatoes, red onion and black olives.
3. Pour the dressing over the pasta salad and toss to combine thoroughly. Refrigerate for at least 15 minutes (best if left for 3-4 hours) to let the dressing soften the zucchini. Transfer to a serving bowl.