

MEDITERRANEAN MARINATED VEGETABLE SALAD

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 120

Total Carbohydrate: 7 g

Total Fat: 8 g

Dietary Fiber: 1 g

Saturated Fat: 3 g

Protein: 4 g

Sodium: 260 mg

Ingredients

2 large tomatoes, cut into wedges

1 each green and yellow pepper, coarsely chopped

1 zucchini, cut lengthwise in half, sliced

¼ cup red onion wedges

½ cup Kraft Zesty Italian dressing

2 Tbsp. chopped fresh basil

2 cloves garlic, minced

1 cup Kraft Natural Italian Style Cheese Crumbles



OSF[®]
HEALTHCARE

Directions

1. Toss tomatoes, peppers, zucchini and onions in large bowl.
2. Combine dressing, basil and garlic. Pour over vegetable mixture; toss to coat.
3. Add cheese; mix lightly. Refrigerate at least 1 hour before serving.
4. Make ahead: Store salad in refrigerator up to 24 hours before serving.