

What's to Eat: Healthy, Low Cost & No Cook Zucchini Salad

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TALLAHASSEE, Fla. (WTXL) -- On this Friday morning, this What's to Eat includes some important words: healthy, low cost and no cook!

Chelesea Marshall-Hirvela, a program assistant for the Family Nutrition Program through the University of Florida IFAS Extension, joined us on WTXL Sunrise to teach us how to make zucchini salad.



Zucchini Salad

This simple recipe includes ingredients you can find at a local farmers market. Marshall-Hirvela recommends making half your plate fruits and vegetables. This will let you eat a variety of colors, and absorb all those vital nutrients in each.

Click the thumbnail to watch how it's made and get more of Marshall-Hirvela's advice.

Here's her recipe:

Ingredients:

- 1 medium size zucchini (about 8 inches long)
- Green onion
- 1 small green pepper
- 1 tomato
- 2 Tablespoons sugar
- 1 Tablespoon vegetable oil
- 1/4 cup vinegar

Instructions:

Wash, peel, and chop zucchini. Wash and chop green onion, green pepper and tomato, and combine all of the vegetables.

To make the dressing, combine sugar, oil and in a jar and shake well. Pour dressing over vegetables and toss gently. Cover and chill.

Serving Size: 1 /2 cup; Serves: 4

Tips:

- This salad can be prepared a day in advance and be stored in the refrigerator.*
- If zucchini is fresh and tender do not peel,*
- When chopping green onion, chop all of the onion including the top*

You can catch What's to Eat every Friday morning at 6:30 on WTXL Sunrise.