



Nutty Summer Spiral Salad



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1/6th of recipe (about 1/2 cup): 90 calories, 4.5g total fat (1g sat. fat), 157mg sodium, 8.5g carbs, 2.5g fiber, 6g sugars, 2.5g protein

Prep: 5 minutes **Cook:** 5 minutes

Chill: 15 minutes



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Ingredients

Two 12-oz. bags [Green Giant Veggie Spirals Zucchini](#)
1 cup shredded carrots
1/3 cup [Maple Grove Farms of Vermont Fat Free Raspberry Vinaigrette](#), or more for topping
1/4 cup crumbled feta cheese
1 oz. (about 1/4 cup) chopped pecans

Directions

Microwave both bags of Veggie Spirals together for 5 minutes, or until thawed.

Thoroughly rinse with cold water in a strainer.

Place Veggie Spirals in a large bowl, and thoroughly pat dry.

Add carrots, vinaigrette, and 2 tbsp. feta. Mix well. Cover and refrigerate until chilled, at least 15 minutes.

Top with pecans and remaining 2 tbsp. feta.

MAKES 6 SERVINGS

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