

Zucchini slaw



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

6

Serving size

1/6 of prepared recipe

Time to make

25 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

Sweet and Tart Dressing

- 1/2 cup white vinegar
- 1/2 cup sugar
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon poppy seeds

Slaw

- 2 medium zucchini, unpeeled, cut into 2-inch sticks
- 2 yellow summer squash, unpeeled, cut into 2-inch sticks
- 2 carrots, cut into 2-inch sticks
- 4 green onions (white and green parts), cut into 2-inch sticks
- 1 bell pepper, any color, cored, seeded and cut into 2- inch sticks
- 1/4 cup chopped fresh flat-leaf parsley leaves

Directions

1. Combine the dressing ingredients
2. In another bowl, combine the prepared vegetables and drizzle with dressing.
3. Season with salt and pepper to taste.
4. You can chill the slaw if you wish, but serve shortly after adding dressing so veggies don't get soggy.

Tips and variations

- Cucumbers or cabbage would go well with this slaw.
- Add a grated or chopped crunchy apple.

Nutritional info

Calories

106

Total fat

0.5 g

Saturated fat

0.1 g

Cholesterol

0 mg

Sodium

218 mg

Total carbohydrates

24.3 g

Dietary fiber

2.4 g

Protein

1.9 g

Total sugar

21.2 g

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