

# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



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WeightNoMoreDC



## MASHED ZUCCHINI SALAD

Stabilization & Maintenance

### Ingredients

1-1/4 pounds zucchini, cut into 1" thick slices  
1 TBS fresh lemon juice  
1 TBS extra-virgin olive oil  
1/2 TSP Morton's Lite Salt  
1/2 TSP caraway seeds  
1/2 TSP ground coriander  
1/2 TSP harissa  
1 garlic clove, crushed  
4 TBS crumbled Feta cheese

### Instructions

1. Place zucchini in a large saucepan. Cover with water to 1" above zucchini.
2. Bring to a boil, and cook 20 minutes or until zucchini is very tender. Drain. While zucchini is still in colander, coarsely mash zucchini with a fork. Drain.
3. Combine juice and next 6 ingredients (juice through garlic) in a bowl. Stir with a whisk.
4. Add zucchini. Toss well. Sprinkle 1 TBS of crumbled feta on each serving.

**Portion-Per-Serving Information:** (Yields 4 servings)

Serving = 1/2 cup + 1 TBS cheese = 1 V, 1/2 M

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Note: Great to serve with pita, or *in* pita.