

WHAT YOU NEED:

- 2 medium zucchini
- ½ ripe medium avocado, cut into cubes
- ¼ cup reduced-fat (2%) plain yogurt
- 1 clove garlic, finely chopped
- 1 shallot, finely chopped (or 2 Tbsp. red onion)
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. chopped fresh parsley
- ½ cup sliced celery
- ½ cup thinly sliced red bell peppers
- ½ cup thinly sliced red onion
- ½ cup sliced cucumber
- 6 cups shredded spinach
- ½ cup halved cherry tomatoes
- ¼ cup crumbled feta cheese
- ¼ cup pitted Kalamata olives

HOW TO MAKE:

1. Using a veggie peeler, cut zucchini into lengthwise strips about ¼in thick. Turn zucchini slightly after cutting each strip to work around the outside, stop when you hit seeds. Discard core. Cut slices lengthwise into in ribbons.
2. Place avocado, yogurt, garlic, shallot, lemon juice, and parsley in a blender; cover. Blend until smooth. Evenly divide dressing between 4 one-quart Mason jars.
3. Layer celery, bell peppers, onion, cucumber, spinach, tomatoes, cheese, olives, and zucchini on dressing in jars.
4. Serve immediately or refrigerate up to 3 days.

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MASON JAR
GREEK
ZUCCHINI
SALAD