

GRILLED ZUCCHINI GREEK SALAD

INGREDIENTS

- 2 large zucchini about 10 inches long
- 2 medium tomatoes
- 1/4 cup olives
- 1/4 cup crumbled feta cheese
- olive oil, to brush on zucchini
- 1 1/2tsp. Greek seasoning – basil, cilantro, salt, pepper, garlic, lemon juice, red pepper, paprika
- 1/8 cup home made dressing
- fresh ground black pepper to taste



DIRECTIONS

- Heat grill to medium high.
- Cut tomatoes into large chunks and put in colander. Sprinkle with salt and let tomatoes drain while the zucchini cooks.
- Cut ends off zucchini. Slice into circles or coin slices, or cut lengthwise. Brush both sides of zucchini with olive oil and sprinkle with seasoning. Place on medium hot grill and cook about 5 minutes, or until starting to brown and barely starting to soften. Turn zucchini over, and cook about 3 minutes more. Zucchini should still be slightly firm
- Put zucchini and drained tomatoes in salad bowl. Pour salad dressing over. Top with Kalamata olives and crumbled feta”

COLESLAW WITHOUT MAYO

INGREDIENTS

- 1 to 2 cabbage, either green or purple or both
- 5 carrots
- 6 green onions
- Rice vinegar or white vinegar
- Agave syrup
- Salt and pepper



DIRECTIONS

- Thinly slice the cabbage. (Using a mandoline helps in this case.)
- Julienne or chop carrots. Thinly slice green onions, and combine in a bowl
- Add 1/4-1/2 cup rice vinegar. Sprinkle with agave, salt, and pepper to taste.