

ZUCCHINI, MINT, & FETA SALAD

Serves 2-4



Ingredients:

- 1 zucchini or summer squash
- 1/2 medium sweet onion
- 1 clove garlic, minced
- A few leaves of fresh mint, chopped
- 1 tablespoon lemon juice
- 1/4 cup olive oil
- 1/4 cup crumbled feta cheese
- Pinch of salt and pepper



Instructions:

1. Wash hands and all vegetables 🥕
2. Cut the zucchini into bite-size pieces and thinly slice the onion, set both aside
3. In a large bowl, mix together the minced garlic, chopped mint, lemon juice, olive oil, feta cheese, salt, and pepper 🥕
4. Add zucchini and onions to the large bowl and combine 🥕

🥕 = kid-friendly step



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WHY SUMMER SQUASH?

- Summer squash is a very good source of vitamin C.
- Vitamin C is great for your immunity and wards off various cancers and heart disease.
- Summer squash is a good source of the antioxidants lutein and zeaxanthin.
- Lutein and zeaxanthin are great for your eyes overall health as they protect against age-related macular degeneration and cataracts.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers' markets across Minnesota.

For more information:
www.mfma.org



Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit:
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