

# Zoodles Gone Mediterranean Serves: 4

Serve with a slice of whole-grain bread or over a serving of cooked whole-grain pasta, brown rice or quinoa.

2 medium **zucchini or summer squash**

Remove and discard the ends. Using a spiralizer or a mandolin, make spaghetti-like noodles out of the zucchini or squash. To keep the noodles from being unmanageably long, cut into 6-inch strands. Place in a large bowl and set aside.

**Go vegetarian and skip this step or...**

If not going vegetarian, in a large skillet, add olive oil over medium heat.

1 Tbsp **olive oil**

Brown the sausage for about 5 minutes. When done, set aside to cool slightly.

4 **sausage links** (chicken or turkey),  
sliced and cut in half

2 Tbsp **balsamic vinegar**

Add to a small bowl, mason jar or mini food processor.

2 Tbsp **olive oil**

Whisk, shake or blend to combine and set aside.

1 tsp **red wine vinegar**

1/4 tsp **dried oregano**

1/4 tsp **dried thyme**

1/4 tsp **paprika**

1/2 tsp **garlic powder**

1/4 cup **chopped fresh basil**,  
about 10 leaves (or 1 tsp dried basil)

2 cups **cherry tomatoes**, cut in half

Add to the bowl with the zucchini noodles. Add slightly cooled cooked sausage (if using) and dressing and stir to combine. Serve at room temperature.

1 can (4 oz) **black olives**, sliced or chopped

Enjoy!

1/2 cup **sliced green onions** (green tops included)

1/2 cup **chopped fresh parsley**

**QUICK TIP:** Veggie noodle possibilities are endless... visit [EatRealAmerica.com](http://EatRealAmerica.com) and search “spiralizer” to find more great-tasting ideas!

**Nutrition Information for 1 1/2 cups (with the sausage):**

Calories: 240 • Fat: 19 g • Sat Fat: 3 g • Chol: 45 mg • Fiber: 4 g • Protein: 7 g • Total Carb: 13 g • Sugars: 7 g • Sodium: 410 mg