

Zucchini Salad with Yogurt and Walnuts

This is a very delicious appetizer with fresh zucchini. If you have no time to prepare a full meal, this snack is the best. You can serve it as a salad, and also as a dip. Great with white bread.

Recipe by [Marta Cabrera](#) | Created on **Mar 12, 2022**

Ingredients

- 2 tablespoons olive oil
- 2 zucchini, grated
- 2 cups plain yogurt
- 2 tablespoons walnuts, chopped
- salt and pepper to taste

Directions

- Heat the oil in a skillet over high heat. Cook and stir the grated zucchini for 3 minutes, stirring constantly. Remove from heat and let cool.
- Mix the zucchini with the yogurt and walnuts, and season with salt and pepper.

Nutrition Facts

Serving: **4 servings** | Calories: **170.5 kcal** | Carbohydrates: **11.1 g** | Protein: **7.7 g** | Saturated fat: **2.4 g** | Cholesterol: **7.4 mg** | Sodium: **91.9 mg** | Fiber: **0.9 g** | Sugar: **9.7 g**

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