



BODYBUILDING.COM™

Roasted Zucchini With Spinach and Feta

Prep time: 10 min. Cook time: 20 min.

Serving size: 1 bowl

Recipe yields 1 serving

Ingredients

2 zucchinis

6 cups spinach leaves

2 oz. feta cheese

1 tbsp chopped Tarragon,

1 tbsp chopped chives

1 tbsp chopped dill

1 tbsp chopped parsley

2 tsp apple cider vinegar

1 tbsp olive oil

Coarse sea salt to taste

Directions

1. Preheat the oven to 400 degrees F.

2. Cut the zucchini into 1/2-inch chunks and toss with a little bit of olive oil.

3. Arrange zucchini chunks on a roasting pan and sprinkle with salt. Roast until lightly brown and tender, about 15-20 minutes.

4. Let cool slightly and toss with the remaining ingredients. Season to taste with sea salt.