

Zucchini Carpaccio Salad

This recipe is adapted from [Smitten Kitchen](#)

(makes lunch/dinner salads for two or three people, more if you're serving it as a side)

Ingredients

1 1/2 pound zucchini (about 3 small/medium)

1 ounce parmesan, coarsely grated or shaved with a vegetable peeler (about 1/2 cup)

3 Tablespoons olive oil

Juice of one lemon

freshly ground black pepper and salt, to taste

Instructions

1. Use a vegetable peeler to create zucchini ribbons*
2. Put zucchini in a large bowl. Drizzle with olive oil and lemon juice. Mix to combine (I usually do this with my hands to keep the zucchini ribbons from breaking).
3. Sprinkle with parmesan and black pepper.
4. ENJOY!

A couple of notes that you might find helpful...

*The original recipe tells you to toss zucchini ribbons with 1 teaspoon salt in a large colander set over a bowl and let drain 20 minutes. Rinse zucchini slices well, then drain, pressing gently on slices to extract any excess liquid. Pat zucchini slices dry with a kitchen towel. I regularly skip this step. Sometimes the salad is a little more liquid-y (technical term, I know) than others, so if you're creating this dish for an occasion and want to make sure it's not watery, this step might be useful to you.

*Also, Deb says that she often prepares the zucchini up to this point ahead of time. She says that once drained well, they keep in the fridge for a few days in a container so you can use them here or elsewhere. I haven't tried this yet, but I have noticed that when I make my salad ahead of time it is more watery (see above), so I bet these steps in combination will solve for that.

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