

## Summer Squash Salad

Makes 4 servings



### Ingredients

- 4 small zucchini
- ¼ cup of pine nuts - toasted
- 3 tbsp of extra virgin olive oil
- 1 tbsp of lemon juice
- ¼ of sea salt - fine
- Pepper to taste
- ½ cup of mint leaves
- Garnish - cheese shavings - grana padano, parmesan or asagio
- Mint sprigs for garnish

### Directions

- ☞ Toast raw pine nuts in a small skillet on medium high heat. Stir gently as the pine nuts start to brown
- ☞ When slightly browned, remove from heat and let cool.
- ☞ Slice the squash into paper-thin slices using a mandolin or other slicer.
- ☞ Stack the mint leaves, roll them together lengthwise and slice crosswise to make very thin slivers
- ☞ Combine the oil and lemon juice in a small bowl and whisk together. Whisk in the salt and pepper
- ☞ Pour this dressing over all other contents in another bowl. Let mixture stand for at least 10 minutes to soften the squash and develop the flavors.
- ☞ In serving dish or on four individual salad plates, garnish with shavings of cheese made with a vegetable peeler and a few sprigs of fresh mint.

### Nutrients (approximately)

130 Calories per serving,  
Fat 11.2g, Saturated Fat 1.6g, Cholesterol 0mg, Sodium 49.9mg,  
Carbohydrates 6.7g, Fiber 2.2g, Sugars 3.4g, Protein 2.5g

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