

# Zucchini Salad with Shaved Parmesan

*From EatingWell: July/August 2010*

**Makes 6 servings** | **Active Time:** 45 minutes | **Total Time:** 45 minutes

## Ingredients

- 1 medium lemon
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 2 pounds small zucchini, cut into lengthwise slices about 1/2 inch thick
- 1/2 cup sliced almonds, toasted (see Tips)
- 1/3 cup thinly shaved Parmigiano-Reggiano cheese (see Tips)

## Preparation

1. Bring a small saucepan of water to a boil over medium-high heat. Remove the peel from lemon with a vegetable peeler, making sure not to include any white pith. (Reserve the lemon.) Cut the peel into thin slivers. Add to the boiling water and cook until soft, 4 to 5 minutes. Drain and set aside to cool.
2. Squeeze the juice from the lemon into a small bowl. Add oil, pepper and salt and whisk to combine. Set aside.
3. Preheat grill to medium-high or place a grill pan over medium-high heat until hot.
4. Oil the grill rack (see Tips) or the grill pan. Grill zucchini slices, turning once, until tender, 6 to 8 minutes.
5. Arrange the zucchini on a platter and drizzle with the reserved lemon dressing. Serve sprinkled with almonds, cheese and the lemon peel.

## Nutrition

**Per serving :** 135 Calories; 10 g Fat; 2 g Sat; 6 g Mono; 4 mg Cholesterol; 8 g Carbohydrates; 5 g Protein; 2 g Fiber; 181 mg Sodium; 452 mg Potassium

## Tips & Notes

- **Make Ahead Tip:** Prepare through Step 4, cover and refrigerate the zucchini, lemon peel and dressing for up to 1 day. Bring to room temperature before serving.
- **Tips:** To toast sliced or chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

- Use a vegetable peeler to shave thin curls or slivers off a block of hard cheese like Parmigiano-Reggiano.
- To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

[http://www.eatingwell.com/recipes/zucchini\\_parmesan\\_salad.html](http://www.eatingwell.com/recipes/zucchini_parmesan_salad.html)