



Herbed Zucchini Salad

Serves 4-6 portions

Ingredients:

- 1 pint cherry tomatoes (red and yellow), sliced in half lengthwise
- 1 large zucchini, washed and cut into 1/2" slices
- 1 shallot, sliced and soaked in 2 Tablespoons lemon juice (substitute with 1/3 cup chopped red onion)
- 1/2 cup chopped fresh herbs (chives, Italian parsley, and/or basil)

Dressing

- 1/4 cup extra virgin olive oil
- 2 teaspoons sumac (or lemon juice)
- Pinch smoked paprika (optional)
- 1 teaspoon garlic powder (or two cloves garlic, peeled and minced)
- 1 Tablespoon extra lemon juice
- Sea salt and crushed black pepper, to taste
- Lemon slices, to garnish

Procedure:

- 1) Wash and slice tomatoes and zucchini. Place in a large serving bowl.
- 2) Slice your shallot (or red onion) and soak in 2 Tablespoons lemon juice. Set aside.
- 3) Chop your herbs and place in a small bowl. Toss together.
- 4) Combine your olive oil, sumac, paprika, garlic, salt, pepper, and lemon to juice together in a bowl. Whisk together. Pour over your tomatoes and zucchini and toss to incorporate.
- 5) Drain shallot slices, and discard the lemon juice. Add shallots and herbs to salad, and toss again.
- 6) Garnish with extra lemon slices and salt/pepper to taste.
- 7) Serve right away, or store in an airtight container for up to 3 days.

Wellness in the Schools teaches kids healthy habits to learn and live better.