

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



SHAVED ZUCCHINI WITH HONEY

Inspired by Christopher Kimball for 177 Milk Street
Yield: 4 servings

Ingredients

- 3 teaspoons grated lemon zest, plus 3 Tablespoons juice
- 3 Tablespoons extra virgin olive oil*
- ¼ teaspoon honey, such as US Grade A Mountain Forest Honey Light Amber*
- ½ teaspoon kosher sea salt*
- ¼ teaspoon ground black pepper*
- 1 pound zucchini (2 medium zucchini)
- 1 ounce grated Parmesan cheese*, plus more to serve
- ½ cup lightly packed mint leaves, torn
- ½ cup lightly packed basil leaves, torn
- ½ cup pumpkin seeds* or sunflower seeds roasted and salted*

*365 Everyday Value® products are found exclusively at Whole Foods Market®.

Instructions

In a large bowl, whisk together the lemon zest and juice, oil, honey, salt and pepper. Set aside.

Holding each zucchini by the stem, use a Y-style peeler to shave the zucchini from top to bottom into ribbons; rotate the zucchini as you go, and stop shaving when you reach the seedy core. Discard the cores.

Whisk the dressing to recombine, then add the shaved zucchini, grated cheese, mint and basil and toss. Gently toss until evenly coated. Transfer to a serving plate and sprinkle with shaved Parmesan and pepitas or sunflower seeds.

Sponsors



In affiliation with

