



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

ZOODLES WITH TOMATOES & HERBS



This salad is easy and delicious as well as pretty to look at!



00 HR 55 MINS



Serves 3 to 4



Featuring

[Avila Farms](#)

[Cheng & Susan Farm](#)

[J&M Farms](#)

INGREDIENTS

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- 2 medium zucchini
- 1/2 bunch fresh basil
- 1/2 bunch of fresh parsley
- 1 garlic clove
- White balsamic vinegar
- Olive oil
- 1 pint of mixed yellow and Sungold tomatoes
- Parmesan cheese (optional)

METHOD

Using a peeler, shave the skin off the zucchinis from top to bottom, until you reach the seeded core. Place the ribbons in a bowl and salt them with a few pinches of salt. Set aside for 15 minutes.

Meanwhile, mince the garlic and heat a saute pan on medium heat with a tablespoon of olive oil. Saute garlic, then add the tomatoes. Cook tomatoes for two to three minutes until tomatoes start to blister.

Strain out liquids from the zucchini ribbons. Combine one part olive oil with two parts vinegar, salt, and pepper. Tear basil into pieces and roughly chop parsley. Combine all ingredients, garnishing with herbs, and plate. Enjoy with freshly grated Parmesan.