

Zucchini Salad with Tomato and Basil: Cooking for Karina

1 or 2 medium **zucchini**, washed and sliced in slices slightly less than 1/2 inch thick
(I used round 8-ball zucchini, which are perfect for this, but you can use regular zucchini)
Salt, for drawing water out of zucchini (I used kosher salt)
3-4 ripe **tomatoes**, sliced 1/2 inch thick
1/4 cup basil, cut into thin chiffonade (about 12 large basil leaves)
sea salt to taste (I used rosemary salt)

Dressing:

1/4 cup top quality extra virgin olive oil
2 T top quality balsamic vinegar

1. Wash zucchini and slice slightly less than 1/2 inch thick, then put in colander in single layer. Sprinkle on a generous amount of table salt and let sit for 30 minutes. After 30 minutes, shake off each zucchini slice and wipe dry with a paper towel.
2. While zucchini drains, slice tomatoes and chiffonade basil. (If you have large lettuce-leaf basil like I do, you can fold the leaves over for easier slicing.) Wisk together olive oil and balsamic vinegar.
3. To arrange salad, make a layer of zucchini slices on the plate, then a layer of tomato slices. Get creative here with the arrangement, depending on how big your zucchini and tomato slices are in proportion to each other. I put two tomatoes on each zucchini slice since I had the big slices of zucchini.
4. Drizzle a generous amount of balsamic vinaigrette over each salad. You may not need all the dressing. Season with sea salt, then sprinkle with basil strips and serve immediately. Be sure to get some of the zucchini, tomato, basil, and vinaigrette in each bite for optimum eating pleasure.

Vegetable	Refrigerate?	Freeze?	Approximate Storage Life	Comments
Bell Pepper	YES	Place in single layer on baking sheet, freeze then place in container	4-6 DAYS	Unwashed, bagged or crisper
Carrots	YES	YES	2 Weeks	Remove Greens, keep bagged, do not store next to apples
Corn	YES	YES	3-5 Days	Best if used or frozen within 3 Days
Eggplant	YES	YES	3-5 Days	Keep in crisper
Leeks	YES	Only Recommended for use in soups	1-2 Weeks	Unwashed & untrimmed, bagged or in crisper
Lettuce	YES	NO	1 Week	Washed and lightly wrapped in paper towel in crisper or bag
Parsley	YES	Tightly wrapped in foil	1-2 Weeks	Stems can be placed in glass of water
Potatoes	NO	Blanched, partially cooked or fried	2-3 Weeks	Cool, dark place
Red Onion	NO	YES	1-2 Months	Store in dry, cool place
Summer Squash	YES	YES	4-6 Days	Unwashed, keep dry in crisper or bag

ZUCCHINI EMBRACED EGGPLANT, ZUCCHINI AND GRILLED PEPPER DICE WITH CAPERS

from Lucullian Delights

Rather large zucchini
Bell pepper
Eggplant
Garlic, optional
Salted capers
Chili pepper, optional
Salt
Olive oil

1. Put the salted capers in tepid water to soak.
2. Slice zucchinis lengthwise into thin slices. I did it by first dividing the zucchinis into halves and then carefully slicing these with a mandoline.
3. Braise the slices for a couple of minutes on each side in a little olive oil. Put them on kitchen towel paper to drip off any excess fat.
4. Grill the bell pepper, I did it over my gas rings but you can do it in the oven under the grill or in a normal non-stick pan, just cut the pepper into large flat pieces and press them down with a lid until the skin is burnt and easy to remove. (We did like that when we lived in a student flat in Sweden and only had an electric stove.) Remove the blackened skin and dice the bell pepper.
5. Dice the rest of the zucchini, the eggplant and sauté them in olive oil together with the garlic and chili pepper if you use that until golden.
6. Add the capers and bell peppers.
7. Form rings with the long zucchini slices and fill these up with the vegetables.
8. Serve.

You can serve this with rice or with whatever your body tolerates.