

Simple Zucchini Ribbons Salad

This salad made with ribbons of zucchini is so simple and yet so tasty. The zucchini ribbons are layered with Manchego cheese and drizzled with olive oil and apple cider vinegar.



Before I get into this week post, today early morning, I

received the news that my friend is now resting...I know that she is in peace and there is no more suffering...no matter how I comfort myself that it is better...still hurts a lot...so I will just keep what I had scheduled to post...

I really want to share this simple recipe that I learned while in North Carolina with my friend before Autumn arrives... This is a super simple salad...contains mainly zucchini and yet so good...very refreshing. Isn't so interesting that the texture and almost the flavor of any vegetable, fruit, meat, poultry and fish can change according the way that the item has been cut, chopped, sliced, minced, grated...and so on.

I was in love with this salad from the moment I tried it...yes, it sounds like a love story...my friend niece husband is a fabulous cook and on our first dinner, they made lasagna and this zucchini salad, which I adapted slightly...there is no secret...just a few ingredients and voila...you have a beautiful ribbons of zucchini salad. Since I came back I already made this salad many many times...and I am still "in love" with it! Not to mention that this salad is great served with any dish.

Ingredients:

- 1 medium size organic zucchini, regular or yellow
- Fresh parsley to taste
- 1 tablespoon extra virgin olive oil
- 1 tablespoon apple cider vinegar
- Fresh grind salt and black pepper
- Manchego cheese, thinly sliced to taste (or Parmesan)



ZUCCHINI RIBBONS SALAD

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Method:

Slice the zucchini into thin ribbons and place in a medium bowl.

Add the olive oil, vinegar, salt and pepper. Gently mix until all the zucchini ribbons are coated. Cover and place in the refrigerator for approximately 30 minutes, so the zucchini ribbons are slightly wilted.

In the meantime, chop parsley and slice the cheese.

Add the parsley to the zucchini ribbons and mix until all the parsley are even distributed.

Add the slices of cheese and mix again.

Serve cold.

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I hope you enjoy this simple salad made with only a few ingredients...for more salad like this please check on Zucchini Noodle Salad recipe.

Curiosity Corner

Curiosity Corner 101314Did you know that parsley is a good source of vitamin K? Moreover, parsley contains more iron than spinach and more vitamin C than orange. So parsley is more than a decorative herb... go ahead and feel free to add parsley to your next dish.

***Thank you for stopping by Color Your Recipes...have
a colorful week!***