

## The Farm at St. Joe's

### Zucchini Ribbon Salad

#### Ingredients

1 cup cherry tomatoes, halved  
¼ cup chopped basil, thinly sliced  
2 tablespoons red wine vinegar  
1 tablespoon extra virgin olive oil  
3 cloves garlic, minced  
1 lb zucchini  
Sea salt  
Fresh black pepper



#### Directions

- 1) In a large mixing bowl, mix the tomato, basil, vinegar, olive oil and garlic. Add a pinch of salt and some fresh black pepper. Set aside and let this sit.
- 2) Using a vegetable peeler, remove the outside skin of the zucchini and discard. Then use the peeler to peel the zucchini into long ribbons, turning the zucchini as you go to get more thin pieces.
- 3) Add the zucchini to the bowl and mix with the tomato mixture. Serve immediately to keep the salad crunchy or let it sit to create a slaw-like salad. Optional: garnish with additional fresh basil.

#### Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

*If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.*

#### Like this Recipe?

Learn more by taking a cooking class at the Women's Health Center. For a full list of upcoming classes, visit [stjoeshealth.org/classes](http://stjoeshealth.org/classes).

Check out our blog for updates and market times at [stjoefarm.org](http://stjoefarm.org)



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