



INSTITUTE FOR PEAK HEALTH

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Shaved Zucchini Salad

Recipe by Alex Guarnaschelli

Ingredients:

- 2 medium green zucchini
- 2 medium yellow squash
- Salt, to taste
- ¼ cup extra-virgin olive oil
- Juice of 3 limes
- Juice of 1 lemon
- ½ cup freshly grated parmesan cheese

Instructions:

1. Thinly slice the green and yellow zucchini and lay the slices out on a large serving platter.
2. Season with salt to taste. Drizzle with olive oil, then sprinkle lime and lemon juice over the slices.
3. Top with the parmesan cheese and serve.