



Mexican Raw Zucchini Salad

Zucchini is a delicious veggie to eat raw – it has a mild buttery flavor and soft crunch. Below is a delicious simple recipe for preparing a raw zucchini salad, with many variations to play with. Note that there are no quantities given, so you can experiment with this recipe and customize the flavor to your taste.

All ingredients should be organic and fresh!

Ingredients

- Zucchini
- Sesame or sunflower oil
- Whole Salt – either Himalayan, Sea Salt, or Real Salt
- Freshly ground black pepper
- Ground cumin and/or coriander (go light on these)
- Chopped fresh hot peppers (serranoes or jalapenos) – optional!

Method

- Chop the zucchini into either thin round slivers, 1-2” matchstick shapes (julienne), or spiralize.
- Place in a large enough bowl so there is room to toss well.
- Drizzle with preferred oil and toss thoroughly, to fully coat the zucchini in oil.
(It’s important to toss very well, so the oil forms a thorough oxygen barrier to preserve the freshness.)
- Sprinkle lightly with salt, pepper, spices and options peppers – toss well. Sprinkle more, and toss again.
- Cover tightly and store in the frig – will stay fresh for 4-5 days.

Variations

1. Add lemon juice and/or lemon zest after the oil, but before the salt and spices... toss well to distribute.
2. Prepare the same recipe using yellow crookneck summer squash instead of (or in addition to) zucchini.
3. Add more/different spices, such as scallions, garlic, cocoa (for mole flavor), pumpkin or sesame seeds.
4. Make a huge batch and eat it all week – adding some meat and avocado for a complete meal.