ZUCCHINI SLAW

SERVES 6

INGREDIENTS

2 medium zucchini, unpeeled, cut into 2-inch sticks
2 yellow summer squash, unpeeled, cut into 2-inch sticks
2 carrots, cut into 2-inch sticks
4 green onions (white and green parts), cut into 2-inch sticks
1 bell pepper, any color, cored, seeded, and cut into 2-inch sticks
¼ cup chopped fresh flat-leaf parsley leaves

DIRECTIONS

Combine vegetables and drizzle with one of the dressings below. Season with salt and pepper to taste.

You can chill the slaw if you wish, but serve shortly after dressing it so veggies don’t get soggy.

Sweet and Tart Dressing

½ cup white vinegar
½ cup sugar
1 teaspoon black pepper
2 teaspoons salt
Large pinch poppy seeds

Ginger Peanut Dressing

¼ cup honey
¼ cup vegetable or olive oil
1 Tablespoon peanut butter
1 Tablespoon soy sauce
1 teaspoon crushed red pepper
1 teaspoon dark sesame oil
½ teaspoon salt
½ teaspoon ground ginger
1 clove garlic, minced

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Variations

- Cucumbers or cabbage would go well with this slaw.
- Add a grated or chopped crunchy apple.
- Use 1 teaspoon of fresh ginger root, minced instead of ground ginger.
- Substitute cilantro for parsley if using the Ginger Peanut Dressing.

SIMPLY GOOD EATING

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