



## Fresh Summer Squash Salad

By Chef Veera Gaul, Ph.D.



### Ingredients

(\* indicates my preferred ingredients – see notes for alternatives)

- 1 lb zucchini
- 1 lb yellow squash
- 1 cup parsley (loosely packed)
- 1 serrano chili, deseeded and thinly sliced
- 4 spring onions, sliced fine
- 2 cloves garlic, minced (optional)
- 1 ½ teaspoons kosher salt (divided)
- 3 tablespoons O&V [Lavender Vinegar](#) \*
- ¼ cup O&V [Provencal Herb Oil](#) \*
- ½ cup roasted almonds, roughly chopped
- 1 teaspoon minced thyme
- ¾ teaspoon fresh ground pepper

### Preparation

Thinly slice the zucchini and squash into rounds and place in a large bowl.

Add the parsley, serrano chili, spring onions, vinegar, garlic (if using), and one teaspoon of salt to the bowl and toss well. Let stand for a minimum of 15 minutes at room temperature.

Separately, mix together the EVOO, minced thyme, roasted and chopped almonds and pepper. Toss with the squash mixture and taste. Add the remaining salt to taste as needed.

Serve at room temperature

Serves 4-6

Active time: 15 minutes Total Time: 30 minutes

### Notes

\* My preference is to use the [Provencal Herb EVOO](#) but you can certainly use a nice, high quality [Unflavored EVOO](#). I recommend adding more of the minced thyme and another herb of choice to the oil if you do that. The [Lavender vinegar](#) from South Africa is amazing and has just the right amount of acidity and zing, but feel free to experiment with other flavored vinegars of your choice or a plain [red wine vinegar](#)

All highlighted products are available at [Oil & Vinegar stores](#).

Categories: Soups & Salads, Easy Side, No-Cook Squash, Zucchini Salad, Tuscan Herb EVOO, Cabernet Red Wine Vinegar, Unflavored EVOO, Raw Squash Salad, BBQ Side,