



## ZUCCHINI STRANDS WITH BASIL

Serves 4

1 pound zucchini  
3/4 tsp. kosher salt  
1 Tbs. olive oil  
1 clove garlic, finely chopped  
2 Tbs. coarsely chopped basil  
Freshly ground black pepper

Cut the stems and bottoms off the zucchinis and slice them on a mandoline into long spaghetti-like strips, or shred them on the large holes of a box grater. Toss them with the salt, then put them in a colander. Let the zucchini sit for 15 minutes at room temperature, then gently squeeze the strands in your hands to extract some of the water.

Heat the olive oil in a large skillet over medium-low heat. Add the garlic to the pan and stir until it loses its raw fragrance but does not brown, less than 1 minute. Add the zucchini, basil, and a few grindings of pepper and toss with tongs just until heated through, about 1 minute.

**Adapted from The Herbfarm Cookbook by Jerry Traunfeld, Scribner 2000**

FARM FRESH RECIPES from our PUGET SOUND FRESH FARMS and CHEFS

[www.pugetsoundfresh.org](http://www.pugetsoundfresh.org)

This recipe is being suggested as a great method for preparing Puget Sound Fresh ingredients. Please follow safe food-handling practices and check for possible food allergies before preparing and serving any food item.