

RECIPE

Zucchini Ribbons with Burst Tomatoes



Zucchini is one vegetable that is often mistreated - steamed, roasted, boiled, or stewed to within an inch of its life, usually leaving it soggy, slimy, limp, and just sad.

I was once told that the word "squash" is from a Native American language, and means "eaten raw". Whether that is true or not, I decided to try eating zucchini without cooking it - and I am so grateful that I did! Fresh, firm, and flavorful, when prepared properly, raw zucchini offers a new replacement for pastas in many of my meals.

This recipe pairs raw zucchini ribbons (tips in the recipe) with one of my favorite tomato treatments - Burst Cherry tomatoes.

Zucchini Ribbons with Burst Tomatoes

2 cups cherry tomatoes
2 Tbsp olive oil
1 tsp kosher salt
1 zucchini

In a large skillet over medium-high heat, toss together the tomatoes, oil and salt. Cook, tossing regularly, until the tomatoes split, then reduce the heat to medium and put a cover on the pan. Cook until the tomatoes have released a good amount of juice, and remove the lid. Continue to cook until the tomatoes have mostly cooked down and the juices have thickened.

While the tomatoes cook, use a Spiralizer, or "Vegetti", to cut the zucchini into ribbons. If you do not have a spiralizer, cut the zucchini in half, length-wise, and use a vegetable peeler to shave long ribbons of zucchini. Place into a serving bowl or plate.

Pour the hot tomatoes over the zucchini and serve immediately.