



### **Swirling Summer Zucchini Sauté**

Fresh, thinly cut zucchini strands form into curls, covered with sweet tangy dressing

2 medium sized fresh zucchinis

1 teaspoon salt

2 Tablespoons oil

1 clove garlic, thin sliced

1/8 teaspoon red pepper

1/4 teaspoon sumac

1/8 teaspoon dried mint leaves

1 Tablespoon white Balsamic vinegar

1/4 cup coarse chopped smoked almonds

1/4 cup fresh thyme leaves and flower buds

Garnish: Additional thyme flower buds

- Using a mandoline, spiralize zucchini, slice into smaller curls; cut ends into quarters.
- Place sliced spiralized zucchini in a colander. Set in the sink or over a bowl; toss with 1 teaspoon salt. Let zucchini stand 10 minutes; then squeeze well to remove as much excess moisture as possible (do not rinse)

- Heat oil in skillet over medium heat. Add garlic, red pepper, sumac, and mint leaves. Stir often until fragrant but not browned, about 2 minutes.
- Add vinegar; cook for 1 minute; stir in zucchini; cook tossing occasionally until crisp tender, about 3 minutes; fold in smoked almonds and zucchini quarters.
- Garnish with additional thyme flower buds as desired. Serve warm or room temperature. Yield: serves 4

**Cook's Note:** Use a mandolin or spiralizer peeler. You will have two small rounds of zucchini left over from cutting with the mandolin. Cut into quarters and add to dish. Do not overcook the zucchini or it will become too limp.

**About the Recipe:** Fresh zucchini form into small vegetables curls and team well with the bright flavor of lemony sumac, mint, and fresh thyme. Snip off the tiny flower buds of thyme to use as garnish to add a summery surprise.