



# Warm Summer Squash Salad

## Ingredients

- 3 lbs. assorted zucchini
- 1/4 cup sliced natural almonds
- 1 tablespoon olive oil
- 2/3 cup Parmesan cheese, shaved
- salt and pepper to taste

Makes 10 1/2-cup servings

## Directions

1. Cut the ends off of zucchini and julienne using a Japanese mandolin or grater.
2. Warm oil in sauté pan with almonds. When almonds are light brown, add squash and remove from heat.
3. Toss the squash with almonds and oil, seasoning with salt and pepper.
4. Place on serving dish. Top with cheese and serve.

## Nutrition Facts

Serving Size: 4 oz. (148g)  
Servings: 1

Amount Per Serving

**Calories** 90      Calories from Fat 50

% Daily Value\*

**Total Fat** 6g      9%

Saturated Fat 1.5g      8%

Trans Fat 0g

**Cholesterol** less than 5mg      2%

**Sodium** 160mg      7%

**Total Carbohydrate** 5g      2%

Dietary Fiber 2g      7%

Sugars 2g

**Protein** 4g

Vitamin A 6%      Vitamin C 40%

Calcium 10%      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** ZUCCHINI W/SKIN, PARMESAN CHEESE, OLIVE OIL, ALMONDS, SALT, PEPPER.  
**Allergen Alert!**

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