

Zucchini Salad with Tomato and Basil

This recipe caught my eye and thought it was a beautiful, light dish.

[Courtesy Kalyn's Kitchen](#)

1 or 2 medium zucchini, washed and sliced in slices slightly less than 1/2 inch thick

(I used round 8-ball zucchini which are perfect for this, but you can use regular zucchini)

salt, for drawing water out of zucchini (I used kosher salt)

3-4 ripe tomatoes, sliced 1/2 inch thick

1/4 cup basil, cut into thin chiffonade (about 12 large basil leaves)

sea salt to taste (I used [rosemary salt](#))

Dressing:

1/4 cup top quality extra virgin olive oil

2 T top quality balsamic vinegar

Wash zucchini and slice slightly less than 1/2 inch thick, then put in colander in single layer.

Sprinkle on a generous amount of table salt and let sit for 30 minutes. After 30 minutes, shake off each zucchini slice and wipe dry with a paper towel.

While zucchini drains, slice tomatoes and chiffonade basil. (If you have large lettuce-leaf basil like I do, you can fold the leaves over for easier slicing.) Whisk together olive oil and balsamic vinegar.

To arrange salad, make a layer of zucchini slices on the plate, then a layer of tomato slices. Get creative here with the arrangement, depending on how big your zucchini and tomato slices are

in proportion to each other. I put two tomatoes on each zucchini slice since I had the big slices of zucchini.

Drizzle a generous amount of balsamic vinaigrette over each salad. You may not need all the dressing. Season with sea salt, then sprinkle with basil strips and serve immediately. Be sure to get some of the zucchini, tomato, basil, and vinaigrette in each bite for optimum eating pleasure.