

## **Zucchini Salad with Lemony Mint Dressing**

### **Serves 1-2**

Its said that mint is to Greeks as basil is to Italians. Growing up, I lived in a small Greek community Tarpon Springs - where mint grew wild in our yard. My yia yia would use it for sauces, soups, on meats and in desserts...you name it. I remember seeing small bouquets of herbs, including mint, hung and drying around her kitchen. Her house smelled like a mélange of mint, oregano, olives and incense with an occasional hint of mothballs.

My father would crush fresh mint between his fingers then fan it near our noses to teach us to enjoy the fragrance and he said to clear our sinuses; then he had us nibble the leaves to freshen our breath. My mother would make mint tea when needed to soothe an upset stomach. Mint was an important part of our family's history.

And so, I love using mint in my own cooking. I find it adds fresh flavor and a delicious, exotic taste. There is nothing like mint.

### **Veggies**

- 1 zucchini spiralized or cut into thin strips
- 1/4 purple onion thinly sliced
- 1/2 red bell pepper diced
- 6 small tomatoes cut into halves
- 6 Greek olives

### **Lemony Mint Dressing**

- 1 tablespoons olive oil - I like Kalamata olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon fresh mint finely chopped
- 1/4 teaspoon dried oregano
- 1/2 teaspoon unrefined sea salt
- 1/8 teaspoon black pepper

### **Directions**

Prep the veggies and place in small bowl or serving dish. In a separate bowl, whisk together all of the dressing ingredients. Toss veggies with dressing. Allow the salad to sit a few minutes in the refrigerator to chill and for the zucchini to soak up the dressing. Keeps well in the fridge for 24 hours.