

Zucchini Almond Salad

By Audrey Plant

Ingredients

1 cup sliced raw almonds
5 cloves garlic, peeled and minced
1/2 teaspoon sea salt
1/4 cup tablespoons extra-virgin olive oil, divided
6 medium zucchinis, sliced into matchsticks
1 teaspoon kosher salt
1/2 teaspoon fresh ground pepper
1/2 teaspoon garlic powder
1/2 cup sweet piquanté peppers, drained and sliced thin
2 tablespoons fresh mint, minced

Instructions

1. In a large sauté pan over low-medium heat, preheat the pan with 2 tablespoons of olive oil. Add almonds and garlic, and stir frequently until slightly golden brown, about 3-4 minutes. Remove almonds and garlic onto a paper towel-lined plate. Sprinkle with sea salt and set aside.
2. Wipe out the large sauté pan, making sure there are no bits of garlic or almonds left in the pan. Preheat the pan with the remaining 2 tablespoons of olive oil on medium-high heat.
3. Add zucchini and saute for 2-3 minutes until slightly cooked through. Season with salt, pepper, and garlic powder.
4. Stir in sweet piquanté peppers. Remove from heat. Plate zucchini on a serving platter or dish. Cool for 5 minutes before serving.
5. Sprinkle almonds over top and garnish with fresh mint. Serve immediately while the zucchini is slightly warmed through.