

Zucchini and Snow Pea Salad

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This dressing can be made two hours ahead and chilled.

2 medium zucchini, thinly sliced
3/4 teaspoon salt
1/2 pound snow peas
1 1/2 teaspoons sesame seeds
1 tablespoon soy sauce
2 tablespoons unseasoned rice vinegar
1 teaspoon sugar

Place the zucchini in a large sieve. Sprinkle with the salt and let drain for 30 minutes.

In a pot of boiling, salted water, blanch the snow peas for 1-1/2 minutes. Plunge the peas into cold water. Drain and then pat dry.

Rinse the zucchini and pat dry.

In a small skillet, toast the sesame seeds for 2 minutes or until golden. Cool.

In a large bowl, stir the soy sauce, vinegar and sugar until the sugar dissolves.

Toss the dressing with the veggies and sesame seeds.

Per Serving (excluding unknown items): 202 Calories; 3g Fat (13.2% calories from fat); 13g Protein; 35g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 2649mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 5 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.