



Lemony Zucchini Salad

Prep time: 20 min | Serves: About 6 – 8

Start by quartering the zucchini lengthwise and then cutting crosswise into 1/4" thick slices. Next you will cut the romaine leaves and red onion (which is optional, I left the onion out) into thin slices or bite sized pieces, chop the fresh basil and place everything in a large bowl along with the chickpeas, drained and rinsed.

You'll need to blanch the lima beans before adding them. To do so, place them in boiling water for about 2 minutes and then rinse them under cold water to halt the cooking process.

Next add the parmesan cheese. I used shaved but you can use a block and cut or break it into small chunks.

Once all the 'dry' ingredients are in the bowl, add the lemon juice, oil, red pepper flakes, salt and pepper and toss gently to combine. After you taste it, you may decide to add more oil, lemon juice, salt or pepper depending on your preference. Garnish with fresh basil sprigs or more parmesan cheese. Enjoy!

INGREDIENTS

- 1 zucchini
- 1/2 cup fresh or frozen lima beans, blanched
- 1/2 cup drained canned chickpeas, rinsed
- 1/2 small red onion, thinly sliced
- 2 to 3 romaine leaves, cut into thin strips
- 1 ounce parmesan cheese, shaved or chunks
- 1 tbsp chopped fresh basil
- 4 1/2 tsps fresh lemon juice
- 2 tbsp extra-virgin olive oil
- 1/8 tsp red pepper flakes
- 3/4 tsp coarse salt
- fresh ground pepper, to taste