

# SUMMER SALAD WITH ORANGE-GINGER DRESSING

Zucchini and yellow squash are bountiful during the summer months, but usually come in the grilled variety. Try them fresh and crisp in this summer salad with a light and delicious citrus-scented vinaigrette that won't leave you feeling heavy in any way. I used a mandoline slicer, which did most of the work, but I don't mind julienning vegetables by hand even if it is more time-consuming.

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## INGREDIENTS

½ red bell pepper, julienned  
1 carrot, julienned  
½ medium zucchini, julienned  
½ yellow squash, julienned  
½ head of Napa cabbage, thinly sliced

## ORANGE-GINGER DRESSING

1 teaspoon white sesame seeds  
1 teaspoon black sesame seeds  
2 tablespoons tahini  
3 tablespoons tamari  
2 tablespoons rice vinegar  
½ tablespoon honey  
½ tablespoon sesame oil  
2 teaspoons orange zest  
1 teaspoon ginger, minced (use a zester if you have one)  
2 tablespoons avocado oil

## MAKES TWO DINNER OR FOUR SIDE SALADS

- 1 Cut the bell pepper in half. Remove the ribs, seeds, and any white filaments. Slice the bell pepper into very thin, long strips. Place in a large serving bowl.
- 2 Set a mandoline slicer to julienne-mode, and slice the carrots, zucchini, and yellow squash. Alternatively, you could use a julienne peeler. (If you have neither, then cut the carrot into 1-inch pieces. Then cut about ¼-inch planks lengthwise. Lay the planks flat and cut long strips. Repeat for the zucchini and yellow squash.)
- 3 Wash and dry the Napa cabbage. Remove the thick ribbing. Lay several leaves together cut into thin slices.
- 4 In a dry skillet toast the white and black sesame seeds for 1-2 minutes or until the white seeds turn golden. Set aside in a plate.
- 5 To make the vinaigrette, combine whisk together tahini, tamari, rice vinegar, honey, sesame oil, orange zest, minced ginger, and avocado oil.
- 6 Combine the vegetables in a large serving bowl. Toss with dressing and top with the sesame seeds.