ZUCCHINI TWISTS

Using a vegetable peeler, slice zucchini into long slices. Place in a heavy bowl; pour boiling water over the slices, then drain. Refresh with cold water until the zucchini is cool. This makes the vegetable pliable.

Trim away stem end and cut zucchini into halves or suitable lengths. *Carrots* may be sliced the same way and boiled 1 minute before being rinsed with cold water. Make a number of these twists to add to salads.

Make a lengthwise slit in the center of the piece of zucchini, being careful not to cut through the ends. Fold one end of the zucchini under and through the cut in the zucchini. The vegetable will twist naturally.
Use the long, tender cucumbers that have very few seeds and a tender skin. Wash under cold water and trim off one end to a slight point. Cut around the cucumber, holding the knife at an angle so a coil is formed.

When 2 full coils have been completed, the cucumber flesh to separate the coils from the cucumber. Continue cutting around the cucumber until there are sufficient coils for the garnish.

Take one end of the coil and curl it around to form a loop. Do the same with the other end. Use to garnish sliced cold meats or for a decorative border for egg and rice dishes or salads. A fresh cherry, when in season, can be placed in the loops.