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## Thoughtful Food

# Zucchini Ribbons Add Flavor and Texture to this End-of-Summer Salad

By Susie Iventosch



Zucchini Ribbon Salad

Photo Susie Iventosch

This time of year home gardeners seem to discover a plethora of zucchini popping up in their veggie gardens. There are only so

many ways to prepare zucchini, and we've tried many of them from simply sautéing or grilling it to making zucchini pancakes, zuc-

chini bread and even chocolate-zucchini cake.

This is yet another fun way to serve it, by using the zucchini raw as a base for salad. I used my potato peeler to cut the zucchini into ribbons and then tossed the zucchini with arugula and tomatoes — another bountiful crop this time of year. From there, you can add whatever cheese or nuts you like. I used toasted pine nuts and crumbled goat cheese. A store-bought dressing will do, but there is a simple recipe for homemade shallot vinaigrette below.

Also, mark your calendars for the seventh annual Orinda Olive Festival, which will be held from 11:30 a.m. to 4:30 p.m. on Oct. 2 in the Wagner Ranch Nature Area. We will provide more information about the event in the next issue.

## Zucchini Ribbon Salad

(Serves 4)

### INGREDIENTS

- 1-2 medium zucchini, ends trimmed and cut into ribbons with a mandolin or a potato peeler
- 2 cups arugula leaves
- 4 tomatoes, cut into small wedges or to desired size
- 1/3 cup crumbled goat cheese
- 2 tablespoons pine nuts, toasted

### Dressing

- 1 shallot, finely chopped and caramelized in 1 tablespoon olive oil
- 1 tsp. Dijon mustard
- 1/4 cup red wine vinegar
- 2 Tbsp. champagne vinegar
- 1/2 cup extra-virgin olive oil
- 1/2 tsp. dried thyme, or 1 teaspoon fresh thyme minced
- 1/2 tsp. salt (I almost always use Himalayan pink salt these days)
- 1/2 tsp. freshly ground black pepper

Place all ingredients in a container with a tight-fitting lid. Shake well and refrigerate until ready to use.

### DIRECTIONS

Place arugula in a salad bowl and put the zucchini ribbons on top. Arrange tomato wedges around the edges for presentation. Sprinkle pine nuts and goat cheese crumbles over the top. Drizzle dressing over and toss.

Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.



## Doing College

# More Doesn't Necessarily Mean Better in the Application Process

By Elizabeth LaScala

As a college admissions advisor in Lafayette I am often asked "If 10 percent of applicants are accepted to the most selective schools, doesn't that mean I will have a better than 1 in 10 chance of getting into one of them if I apply to all of them?"

Many college-bound high school students would like to think this was true, but unfortunately, applying to more highly selective schools (schools with ultra-low acceptance rates) does not increase your chances of being accepted to one of them. If we college advisors could dispel the "more is better" myth and guide students toward selecting colleges that are their best matches, families would enjoy far less stress and far better results every spring.

College admissions rates have little to do with the probability you will be admitted to any school. If a college has a 10 percent admit rate and someone applies with a 3.7 GPA or even a 4.0, middling essays, a few extracurricular activities but nothing remarkable, and no legacy, athletic or other "hook," he would not have a 1 in 10 chance of admission. This student likely would have a zero chance of admission. No matter how many schools with low admit rates that student applies to, there is very little chance of admission. A 10 percent admit rate does not mean every applicant has a 1 in 10 chance of admission. It means that 100 (or slightly fewer) of 1000 applicants could be offered admission; 900 will not.

Each college application is unique. Each application to each college that a student has on her list

is independent of each of the other applications submitted. Admissions officers at highly selective colleges will expect to see high quality as a foundation to any application. A serious candidate is expected to provide a very strong high school transcript, test scores that positively correlate with the excellence achieved on the transcript, well-written, well-conceived essays that show an authentic voice and respond fully to the prompt, and a sincere, consistent demonstrated interest in their school. Other factors include a very strong record of extracurricular involvements that build upon the applicant's special abilities and talents (sometimes known as "hooks") and personal and career-related interests. For the most selective schools, talents and achievements should be recognized beyond the local and regional levels.

It should be noted, however, that each admissions office considers how these achievements and strengths relate to the type of class that college is constructing that cycle. Most highly selective colleges craft classes with eyes towards having a diversity of students with a variety of academic interests and talents. When so many applicants have the same interests — for example, going pre-law or pre-med or pursuing a degree in engineering — it would not be surprising for an admissions office to choose those who present the best credentials as well as the strongest hooks.

College advisors can best help their students by analyzing and understanding admissions trends as well as the cultures at highly

selective schools. They can also help them to understand that, even when their credentials are strong, they must present them well and with authenticity in essays and interviews. College advisors can help their students to understand the level of competition that they face from peers nationally and worldwide that they do not know. Most important, independent educational consultants can help their students to understand that their best matches will include colleges where the odds of gaining admission are far more in their favor, and they can enjoy four happy, successful and productive years.



Elizabeth LaScala, PhD, brings decades of admissions expertise to personally guide each student through applying to well-matched colleges, making each step more manageable and less stressful. She has placed hundreds of students in the most prestigious colleges and universities in the U.S. Reach her at (925) 385-0562 (office) or (925) 330-8801 (mobile), or online at [www.doingcollege.com](http://www.doingcollege.com) or [Elizabeth@doingcollege.com](mailto:Elizabeth@doingcollege.com).



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