**ZAP (Zed Attack Proxy)** is a **free and open-source penetration testing tool** maintained by the **Open Web Application Security Project (OWASP)**. It helps identify security vulnerabilities in web applications, including APIs, GraphQL, and SOAP. Here are some resources to learn more about ZAP:

1. [**OWASP ZAP Tutorial: A Simple Way to Detect Vulnerabilities**](https://www.toobler.com/blog/zap-penetration-testing-simple-tutorial): This tutorial provides a straightforward introduction to ZAP and its concepts.
2. [**Guide to ZAP Application Security Testing**](https://www.stackhawk.com/blog/guide-to-zap-application-security-testing/): Learn how to run automated scans and uncover vulnerabilities using ZAP.
3. [**ZAP Penetration Testing Tutorial to Detect Vulnerabilities**](https://toobler.medium.com/zap-penetration-testing-a-simple-tutorial-to-detect-vulnerabilities-e9a8311182a9): Explore ZAP’s functionality step by step.
4. [**OWASP ZAP - Devopedia**](https://devopedia.org/owasp-zap): Discover automated pen testing with ZAP and its role in continuous integration.
5. [**Hands-On Lab: Penetration Testing with OWASP ZAP**](https://medium.com/@lexuspaigelott/hands-on-lab-penetration-testing-with-owasp-zap-941df55b6505): Dive deeper into manual testing and explore web applications using ZAP.

Remember, ZAP is a powerful tool, so take your time to explore its features and enhance your security testing skills! 🛡️🔍