

## Seasonal Eating

# Warm Zucchini Salad

(serves two)

- 2 small zucchini (courgettes)
- 4-6 small very ripe cherry tomatoes
- 2-4 Tbs sweet butter
- 1-2 Tbs peppery olive oil
- pinch of salt
- good grinding of pepper
- a small handful of fresh basil leaves, finely chopped.



Melt the butter until it froths in a nonstick frying pan and add the zucchini, sliced in rounds about 1/2 to 3/4 cm thick. You will probably need to cook them in a few lots, as you want them to be in a single layer. After a few minutes, turn over the slices. They should be just starting to brown. Remove when they are tender but not cooked to the point of falling apart and drain on a paper towel. While you are cooking, you may notice the butter has browned a bit - this is fine and adds a nutty flavor, but don't let the butter burn. You may need to add a bit more butter as you finish cooking the last of the zucchini. To assemble the salad, spread the zucchini out on a platter and sprinkle with cherry tomato slices and basil. Drizzle the olive oil over the salad and lastly sprinkle with a bit of salt and pepper. You can prepare this before you make the rest of dinner and just set it aside. For this reason, it's perfect for a dinner party as you can prepare it completely in advance.

# Zucchini

Zucchini is a summer squash. It is a hybrid of the cucumber. Zucchini is a highly nutritious and versatile vegetable. Virtually fat and sugar free, zucchini is a great source of fiber, protein, folate, iron, magnesium, phosphorus, potassium, zinc, copper, and vitamin A, C, and B6. Zucchini is delicious grilled, or as a supplement to any casserole because it absorbs flavors well. Like cucumber, zucchini is a wonderful weight loss food. In addition, nutrients in zucchini have cancer prevention, eyesight, and cholesterol reducing benefits. You can even eat zucchini blossoms, which are a colorful and decorative addition to any plate.