

Zucchini

Good source of potassium and Vitamin B6
& excellent source of Vitamin C



Zucchini Rounds

2 zucchini
¼ tsp. salt
¼ tsp. freshly ground black pepper
2 oz. sun-dried tomatoes, packed in oil (about 24)
3 oz. goat cheese, but can substitute another type

2 T. chopped fresh chives
2 T. extra-virgin olive oil

Slice zucchini into 1/4-inch-thick rounds. There should be about 24. Place a sun-dried tomato on each slice, top with a pinch of goat cheese. Sprinkle tops with chopped chives, and drizzle with olive oil. Makes 3 servings.

Grilled Vegetable Couscous

4 zucchini, cut into ¼" slices
2 yellow squash, cut into ¼" slices
1 small red onion, cut into ½" thick slices
1 red bell pepper
2 T. olive oil
Salt and pepper
1 box instant couscous
3 oz. crumbled feta or goat cheese

1 T. minced lemon zest
3 T. lemon juice
2 T. olive oil
2 cups halved cherry or grape tomatoes
½ cup chopped fresh parsley
¼ cup chopped green onions

Slice zucchini into ¼" slices. Toss in a bowl with Italian dressing. Place on a hot grill and grill about 4-5 minutes or until grill marks appear and the zucchini is slightly limp. Makes 3 servings.

Layered Zucchini Bake

1 large zucchini, sliced
2 medium tomatoes, sliced
1 large onion, sliced
2 green or red peppers, sliced

1 pound of bacon, cut up and pre-cooked in the microwave
2 cups shredded cheddar cheese
Season salt

In an 11 x 14 pan, start layering your vegetables, beginning with zucchini slices. Sprinkle some seasoning salt on top of the zucchini slices. Next, add the tomato slices... then the onion slices. The next layer is the green or red peppers. Then, layer on the bacon. Last, sprinkle on the shredded cheddar cheese to cover the other layers. Bake uncovered at 350°F for 45 minutes, or until cheese starts to brown. Best served hot. Makes 6 servings.

Grilled Zucchini

1 large zucchini
¼ cup Italian-style salad dressing

Slice zucchini into ¼" slices. Toss in a bowl with Italian dressing. Place on a hot grill and grill about 4-5 minutes or until grill marks appear and the zucchini is slightly limp. Makes 3 servings.

Potato and Zucchini Hash

1 ½ pounds russet potatoes (2 to 3)
2 T. extra-virgin olive oil
1 medium yellow onion, cut into ½" wedges
5 thyme sprigs

Coarse salt and pepper
1 medium zucchini, quartered lengthwise and thinly sliced

Preheat oven to 475°F. Rinse potatoes; peel and cut into ½" pieces under cold running water. Drain and thoroughly pat dry. On a rimmed baking sheet, combine potatoes, olive oil, onion and thyme. Season with salt and pepper. Roast until potatoes are just tender, about 15 minutes. Add zucchini; toss to combine and roast until zucchini is tender and potatoes and onion are browned, about 10 minutes. Makes 4 servings.

Quinoa-Zucchini Cakes with Summer Herbs

1 cup quinoa, soaked in water for 5 minutes
2 cups stock
Handful of chopped mushrooms
1 small tomato or pepper, chopped
1 cup zucchini, shredded
¼ cup sunflower seeds or slivered almonds

Handful of fresh herbs (basil, parsley, cilantro), chopped
Coarse salt and pepper
2 eggs
¼ cup bread crumbs
Cooking oil

Drain and rinse the quinoa to remove the bitter flavors from the outer coating. Add all the ingredients to a pot and bring to a boil. Cover tightly, reduce heat to low and cook for 15 minutes. To make cakes, stir the eggs and bread crumbs into the quinoa mixture. Form little cakes about 2" in diameter x ¼" thick, and refrigerate for 15 minutes. In a heavy skillet, heat a thin layer of oil over medium-high heat. Pan-fry the cakes a couple minutes per side, until the outside is crispy and light golden-brown. Makes 6 to 8 servings.

Zucchini Steaks

2 to 3 red sweet peppers
3 cloves garlic
1 tsp. fine sea salt
¾ cup extra-virgin olive oil
2 T. cider vinegar

¾ tsp. black pepper
6 medium zucchini (about 2 ½ lbs.)
1 ½ cups chopped mixed fresh herbs, such as parsley, cilantro, basil, dill or oregano

For grill, place peppers on the rack directly over medium heat. Cover and cook 12 minutes or until blackened and blistered, turning occasionally. Transfer to a bowl. Cover bowl with a plate or plastic wrap. Let peppers stand 20 minutes. Discard skins, seeds, and cores, and slice peppers thinly. Set aside. Using a chef's knife, mince and mash garlic with ¼ tsp. of salt to a paste. Transfer to a large bowl. Add ¼ cup oil, 1 T. vinegar, and ½ tsp. pepper; whisk to combine. Halve zucchini lengthwise, then coat with marinade in bowl. Transfer zucchini to grill rack (do not wash bowl). Grill, covered, 8 to 10 minutes or until tender, turning occasionally. Transfer zucchini to serving platter. For chimichurri, in marinade bowl stir together reserved peppers, herbs remaining oil vinegar, salt and pepper. Spoon chimichurri over zucchini. Makes 6 main dish or 12 side dish servings.

Zucchini with Fettuccine and Pecans

¾ cup coarsely chopped pecans
1 (12 oz.) package fettuccine
2 T. butter
2 t. olive oil

1 lb. small zucchini, shredded
2 garlic cloves, minced
1 cup freshly grated Asiago cheese
¼ cup thinly sliced fresh basil

Heat pecans in a small nonstick skillet over medium-low heat, stirring often, 6-8 minutes or until toasted and fragrant. Prepare fettuccine according to package directions. Melt butter with olive oil in a large skillet over medium-high heat; add zucchini and garlic. Sauté 4-5 minutes or until zucchini is tender. Toss with hot cooked fettuccine, pecans, cheese and basil. Season with salt and pepper. Serve while warm. Makes 6 servings.