

Recipes... ZUCCHINI



NOTES & TIPS: Zucchini are a variety of vegetable marrow, a summer squash. They are tender and tasty when young, but most varieties are tasteless when large and overgrown. When buying zucchini, look for squash that is firm and heavy for its size. Do not wash until ready to use. Peeling is not necessary and the skin is thin and very fragile.

OVEN FRIED ZUCCHINI STICKS

Canola or olive oil cooking spray
1/2 cup whole-wheat flour
1/2 cup all-purpose flour
2 tablespoons cornmeal
1 teaspoon salt
1/2 teaspoon freshly ground pepper
1 1/2 pounds zucchini (about 3 medium), cut into 1/2-by-3-inch sticks
2 large egg whites, lightly beaten

Preheat oven to 475°F. Coat a large baking sheet with cooking spray. Combine flours, cornmeal, salt and pepper in a large sealable plastic bag. Dip zucchini in egg white, shake in the bag to coat, and arrange, not touching, on the baking sheet. Coat all exposed sides with cooking spray.

Bake on the center rack for 7 minutes. Turn the zucchini and coat any floury spots with cooking spray. Continue to bake until golden and just tender, about 5 minutes more. Serve hot.

ZUCCHINI SLAW

1 1/2 pounds zucchini (3 medium), grated
1 medium sweet onion, such as Vidalia or Walla Walla, very thinly sliced
1 1/2 teaspoons coarse kosher salt
1 small red bell pepper, diced
1/4 cup cider vinegar
3 tablespoons frozen apple juice concentrate
2 tablespoons chopped fresh basil
Salt & freshly ground pepper to taste

Place zucchini and onion in a colander set over a bowl. Add salt and toss to coat. Let drain at room temperature for 30 minutes. Rinse vegetables and squeeze to remove as much moisture as possible.

Transfer vegetables to a medium bowl. Add bell pepper, vinegar, apple juice concentrate and basil; toss well. Season with salt and pepper. Serve immediately.

ZUCCHINI NOODLES

4 small zucchini
1 cup prepared pasta sauce or creamy low-fat salad dressing

Run a vegetable peeler down the length of zucchini, creating long strips ("noodles"). Steam or microwave for 2 minutes; toss with pasta sauce or salad dressing.

ZUCCHINI WITH PARMESAN

2 teaspoons extra-virgin olive oil
2 pounds zucchini (about 4 medium), sliced 1/4 inch thick
1/8 teaspoon salt

Recipes... ZUCCHINI



Freshly ground pepper to taste
1/2 cup finely shredded Parmesan cheese (1 ounce)

Heat oil in a large nonstick skillet over medium heat. Add zucchini and cook, stirring every 2 to 3 minutes, until tender and most of the slices are golden brown, about 25 minutes. Reduce heat to medium-low, sprinkle with salt and pepper; stir to combine. Sprinkle with cheese, cover and cook until the cheese is melted, 1 to 2 minutes more. Serve warm.

CHOCOLATE ZUCCHINI BREAD

1/2 cup chopped walnuts (1 3/4 ounces)
1 cup all-purpose flour
1 cup whole-wheat flour
1/4 cup unsweetened cocoa, preferably Dutch-process
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
3 large eggs, lightly beaten
1 1/2 cups sugar
3/4 cup unsweetened applesauce
1/4 cup canola oil
1 teaspoon vanilla extract
1 ounce unsweetened chocolate, melted
2 cups grated zucchini (1 medium)

Preheat oven to 325°F. Coat two 8 1/2-by-4 1/2-inch loaf pans with cooking spray.

Spread walnuts in a pie pan and bake until fragrant, 5 to 7 minutes. Set aside to cool.

Whisk all-purpose flour, whole-wheat flour, cocoa, baking powder, baking soda and salt in a large bowl.

Whisk eggs, sugar, fruit-based fat replacement (or applesauce), oil, vanilla and melted chocolate in another large bowl until blended. Add to the dry ingredients and stir with a rubber spatula until just combined. Fold in zucchini and the reserved walnuts. Spoon the batter into the prepared pans, smoothing the tops.

Bake the loaves 55 to 60 minutes, or until the tops are golden and a skewer inserted in the center comes out clean. Let cool in pans on a wire rack for 10 minutes. Invert onto rack and cool completely.

ZUCCHINI BREAD

1 cup rolled oats
1/2 cup pecan halves
2 1/4 cups all-purpose flour
1 1/2 cups whole-wheat pastry flour
1 1/2 tablespoons baking powder
2 teaspoons ground cinnamon
1/2 teaspoon freshly grated nutmeg
1/4 teaspoon ground cloves
1 1/2 teaspoons salt
2 cups packed light brown sugar
2 large eggs
2 large egg whites
3/4 cup apple butter

Recipes... ZUCCHINI



1/3 cup canola oil
3 cups shredded zucchini (about 2 small zucchini)

Preheat oven to 350°F. Coat two 9-by-5-inch loaf pans cooking spray. Spread oats and pecans on separate parts of a baking sheet and bake until lightly toasted, 5 to 10 minutes; let cool. Chop the pecans.

Stir together all but 2 tablespoons of the toasted oats, the pecans, white and whole-wheat flours, baking powder, cinnamon, nutmeg, cloves and salt in a mixing bowl. Whisk together brown sugar, eggs, egg whites, apple butter and oil in another bowl; stir in zucchini. Stir the wet ingredients into the dry ingredients just until well combined.

Divide the batter between the prepared loaf pans, smoothing the tops. Sprinkle 1 tablespoon of the reserved oats on top of each loaf. Bake until the tops feel firm when lightly pressed and a skewer inserted in the center comes out clean, 45 to 55 minutes.

Let the loaves cool in the pans for 5 minutes; turn them out onto a wire rack to cool completely.

ZUCCHINI SOUFFLE

1 cup flour
1 teaspoon baking powder
4 eggs
1/2 cup vegetable oil
1 onion, chopped
2 pounds zucchini, peeled and diced
salt and pepper to taste
paprika
chopped fresh parsley

Preheat the oven to 350 degrees F (175 degrees C).

Sift flour and baking powder together into a bowl. Lightly beat eggs, and mix them into the flour with the oil. Stir in the onion and zucchini, and season with salt and pepper. Pour mixture into a well-greased 9x13 inch baking dish, and sprinkle with paprika and parsley.

Bake in preheated oven for one hour.

GRILLED ZUCCHINI

1 large zucchini
1/4 cup Italian-style salad dressing

Slice zucchini in to 1/4 inch slices. Toss in a bowl with Italian dressing.

Place on a hot grill and grill about 4 to 5 minutes or until nice grill marks appear and the zucchini is slightly limp. Serve and enjoy.

BAKED ZUCCHINI SQUARES

1 cup biscuit/baking mix
1/2 cup grated Parmesan cheese
1 tablespoon minced fresh parsley
1 1/2 teaspoons dried oregano

Recipes... ZUCCHINI



1 1/2 teaspoons dried basil
1/2 teaspoon salt
4 eggs
1/2 cup vegetable oil
1 small onion, chopped
3 medium zucchini, thinly sliced

In a bowl, combine the biscuit mix, Parmesan cheese, parsley, oregano, basil and salt. Combine eggs, oil and onion; stir into dry ingredients just until combined. Stir in zucchini. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Bake at 350 degrees F for 30-35 minutes or until golden brown and set. Cut into squares.

ZUCCHINI OATMEAL COOKIES

1/2 cup shortening
1 teaspoon vanilla extract
3/4 cup honey
1 egg
1 cup all-purpose flour
1/8 teaspoon baking soda
1 teaspoon baking powder
1 pinch salt
1 cup rolled oats
1/2 cup chopped pecans
1/2 cup grated zucchini
1/2 cup raisins

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.

In a large mixing bowl, cream together the shortening, vanilla, and honey. Beat in the egg until well blended. Combine the flour, baking soda, baking powder and salt; stir into the honey mixture. Stir in the rolled oats, zucchini, pecans and raisins. Drop by teaspoonfuls on greased cookie sheet, and flatten slightly using a fork.

Bake 10 to 12 minutes in the preheated oven, until browned. Remove from cookie sheets to cool on a wire rack.

ZUCCHINI RELISH

1 cup chopped zucchini
1/2 cup chopped onion
1 tablespoon white sugar
1 tablespoon chopped fresh basil
2 tablespoons chopped red bell pepper
2 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon pepper

In a medium bowl, stir together the zucchini, onion, sugar, basil, red pepper, lemon juice, salt and pepper. Cover and refrigerate until serving.

ZUCCHINI SLAW

1 teaspoon olive oil
2 medium zucchini, finely chopped
1/2 medium onion, finely chopped

Recipes... ZUCCHINI



3 tablespoons Italian salad dressing
1 bunch chopped fresh parsley

Heat the olive oil in a saucepan over medium-low heat, and cook the zucchini and onion until onion is very tender. Mix in the Italian salad dressing and parsley, and continue cooking until heated through. Serve warm.

ZUCCHINI PARMIGIANA

1 cup dry bread crumbs
1 cup grated Parmesan cheese
1 clove garlic, minced
1 teaspoon chopped fresh basil
1/2 teaspoon dried oregano
3 large zucchinis, sliced
8 egg whites, divided
3 cups ricotta cheese
1/4 cup fresh parsley, chopped
3 cups tomato sauce
2 cups shredded mozzarella cheese

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking sheet.

In a shallow, medium bowl, mix bread crumbs, Parmesan cheese, garlic, basil, and oregano. Set aside 2/3 cup of the mixture.

Place 2 egg whites in a small bowl. Dip zucchini slices in the egg whites, then coat with the bread crumb mixture. Arrange coated slices on the prepared baking sheet, and bake 12 to 15 minutes in the preheated oven, until lightly browned.

In a medium bowl, mix ricotta, parsley, and the remaining 6 egg whites.

Spread 1/2 the tomato sauce in the bottom of a 9x13 inch baking dish. Layer with 1/2 the zucchini, 1/2 the ricotta mixture, and 1/2 the mozzarella cheese. Repeat layers, and top with remaining bread crumb mixture. Bake 45 minutes in the preheated oven. Serve warm.

ZUCCHINI BROWNIES

1/2 cup vegetable oil
1 1/2 cups sugar
2 teaspoons vanilla extract
2 cups all-purpose flour
1/2 cup unsweetened cocoa powder
1 1/2 teaspoons baking soda
1 teaspoon salt
2 cups shredded zucchini
1/2 cup chopped walnuts

6 tablespoons unsweetened cocoa powder
1/4 cup margarine
2 cups confectioners' sugar
1/4 cup milk
1/2 teaspoon vanilla extract

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch baking pan.

Recipes... ZUCCHINI



In a large bowl, mix together the oil, sugar and 2 teaspoons vanilla until well blended. Combine the flour, 1/2 cup cocoa, baking soda and salt; stir into the sugar mixture. Fold in the zucchini and walnuts. Spread evenly into the prepared pan.

Bake for 25 to 30 minutes in the preheated oven, until brownies spring back when gently touched. To make the frosting, melt together the 6 tablespoons of cocoa and margarine; set aside to cool. In a medium bowl, blend together the confectioners' sugar, milk and 1/2 teaspoon vanilla. Stir in the cocoa mixture. Spread over cooled brownies before cutting into squares.

ZUCCHINI CASSEROLE

6 zucchini, sliced
2 eggs, beaten
1 cup mayonnaise
1 small onion, diced
1 cup grated Romano cheese
1/4 teaspoon ground black pepper
24 buttery round crackers, crushed
2 tablespoons butter, diced

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 baking pan with cooking spray.

Place sliced zucchini in a large saucepan. Pour in enough water to cover, and bring to a boil over high heat. Boil until barely tender, about 2 minutes. Drain and set aside.

In a large bowl, whisk together eggs and mayonnaise until smooth. Stir in onion, cheese, and pepper. Fold in squash, then pour mixture into prepared baking pan. Sprinkle with crushed crackers, then dot evenly with diced butter.

Bake in preheated oven for 30 to 40 minutes, until middle of casserole is no longer moist, and springs back when gently pressed.

SKILLET ZUCCHINI

1/4 cup butter
6 medium zucchini, sliced
1 large onion, sliced
2 large tomatoes, cut into chunks
4 slices cooked bacon
salt and pepper to taste
1/4 cup water
1 cup bread crumbs
1 teaspoon soy sauce
1 cup shredded Cheddar cheese
1/2 grated Parmesan cheese

Melt butter in a large skillet over medium-high heat. Mix in zucchini, onion, tomatoes, and bacon. Season with salt and pepper, and pour in water. Cover, and cook 10 minutes, stirring occasionally, until vegetables are tender.

Stir the bread crumbs and soy sauce into the skillet, and mix in Cheddar cheese. Cover, and continue cooking 2 minutes, until cheese is melted. Sprinkle with Parmesan cheese to serve.

Recipes... ZUCCHINI



ZUCCHINI "HOTDISH"

Brown 1lb hamburger in large skillet, add onion, garlic, salt and pepper. You can also add peppers. Add chopped zucchini (we like it chopped small). Cook until zucchini is soft. Add a handful or two of grated cheese (parmesan, cheddar, mozzarella or whatever you like). Ready to serve! You can also put this in a baking dish, cover with bread crumbs, drizzle with butter and bake at 350 degrees for about 20 minutes.