

Zucchini

Nutrition

available in a variety of yellow, pale and dark or emerald green zucchini is a delicious easy to use squash. A low calorie vegetable (as it contains mostly water) Zucchini is high in potassium and vitamin A.

Handling & storage

Zucchini will keep for up to a week in a loose plastic

Selection

Zucchinis may be eaten at almost any size (and as many gardeners will attest they can get huge). However their flavor and texture is at its prime when zucchinis are around 6 inches, as they get larger their skin gets tough and they get very seedy. Choose small zucchinis with minimal blemishes/scratches.

Preservation

Freezing and Drying - Clean zucchini, peels if desired, cut into rounds and blanch in boiling water for no more than 2 minutes. Remove from boiling water and immediately place in ice cold water for two minutes, drain well and place in plastic bag, remove as much air from the bag and place in the freezer. Give yourself time to thaw or use frozen zucchini directly in the cooked dish.

Zucchini Salad

3-5 medium zucchinis
1 green pepper
1 red pepper
1 red onion
1-2 ear fresh corn cooked and cut from the cob (or 1 bag frozen corn)
6 oz Feta cheese
For dressing - use this recipe or try any of your favorite dressings
½ Cup Olive Oil
3 tablespoons apple cider or red wine vinegar
Oregano to taste
Salt and pepper to taste
Directions:
Cut zucchini lengthwise and then cut into half rounds, chop the peppers, slice the onion and toss them all together in a bowl. At this point add the feta cheese. Mix salad dressing. Toss salad with dressing, for best flavor let the salad marinate for up to an hour.

Grilled Zucchini

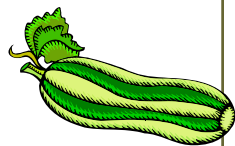
6-8 medium zucchinis
Olive Oil
Salt and pepper to taste
Directions:
Trim ends of zucchini and cut lengthwise. Brush both sides with oil and sprinkle with salt and pepper. Grill each side for about 3 minutes or until desired color.
Additions: use your favorite marinade or try vinaigrette to season the zucchini.

Fried Zucchini

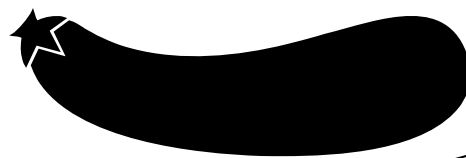
Vegetable oil for frying (3-5 tablespoons)
4-6 medium zucchinis
Salt to taste
Directions:
Grate, chop or slice washed zucchini. Heat oil in a skillet. Place zucchini in hot skillet and fry to desired color. Toss with salt and eat
Additions: sliced onion or garlic (add in the skillet), fresh or dried rosemary, basil or oregano.

Zucchini Bread

3 eggs
2 cups granulated sugar
1 cup vegetable oil or melted butter
2 cups grated zucchini
3 teaspoons vanilla extract
3 cups all purpose flour
1 teaspoon salt
1 teaspoon baking soda
¼ teaspoon baking powder
3 teaspoons ground cinnamon
1 cup coarsely chopped nuts (optional)
Directions:
Beat eggs until light and foamy and add sugar, oil, zucchini, and vanilla, mix lightly but well. Combine dry ingredients and add to the egg zucchini mixture. Pour into two greased 9x5x3 loaf pans. Bake in a preheated 350° oven for one hour or until toothpick comes out clean. Cool and eat



James Beard's Beard on Bread from Alford A. Knopf



Directions:

Combine corn, flour, eggs, cream, onion and zucchini in a mixing bowl, season with salt and pepper and mix until well blended. Let mixture rest for 30 minutes. Heat 1 tablespoon oil per batch in a 10-inch skillet, drop about a tablespoon of batter per fritter and fry each side for one minute or until lightly browned. Toss in coarse salt and eat hot.

Perla Meyers Fresh from the Garden from Clarkson potter publishers

Zucchini and corn Fritters

1 cup fresh cooked corn lightly minced (about 1-2 ears)
5 tablespoons all purpose flour
4 extra large eggs
¼ Cup heavy cream
1 Tablespoon grated onion
1/3-1/2 cups grated zucchini drained
Salt and pepper

Slow-cooked zucchini with herbs and feta

2-3 tablespoons olive oil or butter
1 ½ pounds zucchini, thinly sliced
1 garlic clove, thinly sliced
Salt and pepper
¼ cup chopped fresh herbs - dill, basil, parsley and cilantro
½ cup crumbled feta
Directions:
Heat oil in a wide skillet. Add the zucchini and garlic sprinkle, lightly with salt, cook over low heat for 20-30 minutes stirring every so often. Once zucchini has a glazed hue turn off heat and mix with herbs and cheese

*Deborah Madison's *Vegetarian Cooking for Everyone* from Broadway Books*

