

The Wonderful World of Zucchini



You've maybe heard the saying, if you leave your car unlocked, when you return it will be filled with zucchini. Zucchini plants can be very productive, sometimes to the point where people might start leaving them in unlocked cars or on doorsteps. But fear not, there are many ways to use your abundance of this yummy versatile veggie.

Provided are a few of those recipes.

There are lots of different ways you can eat it:

- zuch canoe (*recipe provided*)
- fresh in salads (*recipe provided*)
- in fritters (*recipe provided*)
- as lasagna or spaghetti noodles
- parmesan fries
- chocolate zucchini loaf or cake
- grilled or roasted

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NELSON
community food centre

Zuch Canoe Recipe

Ingredients:

For 4-6 servings (canoes)

THE CANOE

2-3 medium or large zucchini
1-2 tsp oil
1/2 tsp sea salt
1/2 tsp garlic powder
1 healthy pinch red pepper flakes

THE FILLING

2 tbsp oil
1/2 cup diced white or red onion
4 cloves garlic, minced
1/4 tsp red pepper flakes
1 ¼ cup ground meat, tofu, mushrooms,
beans or other proteins
1 cup tomato sauce
2-3 tbsp cheese or nutritional yeast

Instructions

Heat oven to 400 F

THE CANOE

Halve zucchini lengthwise and scoop out enough flesh for filling.
Brush the zucchini with a bit of oil and season each half with spices.
Pre-heat a large pan. Once hot, lay the zucchini cut-side down, and cook for 2-3 minutes or until the edges appear browned. Place face up on baking tray.

THE FILLING

In the same pan over medium heat, add oil, onion, garlic, and pepper flake and sauté for 3-4 minutes.

Add your protein/mushroom/bean of choice and sautee till browned and tasty. Turn off heat and set aside.

Divide tomato sauce evenly between the zucchini boats and top with protein mix. Then use a spoon to mix the two a bit. Leave more protein mix on top.

Sprinkle with cheese or nutritional yeast and bake uncovered for 20-25 minutes (or until golden brown, crispy, and the squash is tender).

To reheat, place in oven pre-heated to 375F and bake till heated through.

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Zucchini Fritter Recipe with Dipping Sauce

Ingredients:

For 18 fritters

FRITTERS

enough veggie oil to fill pot to cover fritters
1/2 cup milk, milk alternative or water
1 egg beaten (if egg omitted) add 3 tbsp
more milk or water
1 cup all-purpose flour
1 tsp baking powder
2 cups shredded or spiralized zucchini
1 tsp salt

DIPPING SAUCE

1/4 cup unsweetened, unflavored yogurt
1/4 cup of mayonnaise
1 garlic clove crushed
2 tsp lemon juice or apple cider vinegar
salt and pepper to taste
flavoring of your choice (siracha, chipotle,
other hot sauces, dill, basil, etc..)

Instructions

FRITTER

Grate or spiralize your zucchini. Sprinkle with salt and mix. Let rest for 5-10 minutes.

In a pot heat oil on medium heat.

Meanwhile, combine milk or water and egg in a bowl. Stir together dry ingredients and add to egg mixture; blend well.

Now take the zucchini and squeeze out the excess water. Then mix the squeezed zucchini into the batter.

Test the readiness of your oil by dropping a small amount of batter into it. If it sizzles, it's ready to go.

Drop batter by rounded teaspoonfuls into hot oil. Fry until deep golden brown, turning once. Drain thoroughly on paper towels.

DIPPING SAUCE

In a small bowl, combine all ingredients and stir until well-combined. Taste and add more salt, pepper and other flavorings if needed.

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Simple Zucchini Salad

Ingredients:

1-2 servings

2 small zucchinis or 1 medium zucchini
1/2 small red onion sliced thin
3 tbsp red wine or apple cider vinegar
4 tbsp olive oil
1 tsp maple syrup
1/4 tsp coarse salt
ground black pepper to taste
fresh or dried herbs as desired

Instructions

Slice your zucchini thin (3mm) either as a circle or half circle. Place in a bowl. Slice your onion thin as well and place in the bowl with the zucchini. Drizzle oil, vinegar, maple syrup, salt, pepper and herbs on top of veggies. Mix it all together and let rest for a few minutes before serving to let the dressing soften the onion and zucchini.

Tips

- Young smaller zucchini are better than large old ones for this recipe.
- Carrot can be added to this salad. Use a veggie peeler to peel long carrot strips.
- Herbs like fresh basil, cilantro, tarragon, thyme, oregano are great options
- Experiment with other veggies and dressing, but using zucchini as a base is a great way to eat up that excess zucchini in the summer.

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