



LBO COOKS: ZUCCHINI RECIPES

ZUCCHINI-FETA PANCAKES

Adapted from Moosewood Cookbook by Mollie Katzen

4 cups packed grated zucchini
4 eggs, separated
1 heaping cup finely-crumbled feta cheese
1/2 cup minced scallions
1 Tbs. chopped fresh mint or dill
Salt and black pepper
1/3 cup flour

Butter for frying
Sour cream or yogurt for topping



- *Place the grated zucchini in a colander or bowl, salt it lightly and let stand 15 minutes. Drain well, wrap in a towel and squeeze out all excess water*
- *Combine squeezed zucchini, egg yolks, scallions and seasonings. Mix well. Fold in the flour.*
- *Beat the egg whites until they form soft peaks. Fold into the first mixture.*
- *Fry in butter, on both sides, until golden and crisp. Serve topped with sour cream or yogurt.*

ZUCCHINI BLINI

For a nice hors d'oeuvres, make them small, like little blinis, using dill instead of mint. Top each pancake with a thin slice of smoked salmon, a dab of crème fraîche and a sprig of fresh dill

SIMPLE ZUCCHINI SAUTE

2 lbs zucchini
Salt
Olive oil
1/2 red onion, chopped
1/2 red bell pepper, diced
Pepper
Chopped Parsley



- *Slice the zucchini in rounds or julienne.*
- *Toss in a colander with a sprinkling of salt and let sit until the zucchini exudes excess water, about 20 minutes. Taste for salt and rinse if necessary. Pat dry with a towel.*
- *Heat a little olive oil in a large skillet over medium high heat. Add the onion and sauté until it begins to soften. Add the bell pepper and sauté another minute. Add the zucchini, turn up the heat, and sauté, tossing, until tender and browned. Season with salt (if necessary) and pepper. Toss with parsley and serve.*



STUFFED ZUCCHINI

2 zucchini squash
2 tbsp extra virgin olive oil
½ cup sweet onion, diced
2 garlic cloves, minced
1 cup red bell pepper, diced
1 cup mushrooms, diced
1 tsp dried oregano
1 tsp dried basil
2 tbsp fresh chopped parsley
½ tsp salt
¼ tsp pepper
1 cup panko bread crumbs
½ cup grated Parmesan cheese, optional



- *Preheat oven to 375°F*
- *Cut about 1/3 off the top of each squash horizontally. Then cut a horizontal sliver off the bottom so the squash sits flat.*
- *Dice the tops and set aside*
- *Use a melon baller or spoon to scoop out the inside without cutting through the bottom*
- *In large skillet heat the oil over medium heat. Add onion, cook for 2 minutes. Add garlic, bell pepper, mushrooms and diced zucchini tops. Mix to combine and sauté one minute.*
- *Remove from heat and mix in remaining ingredients.*
- *Fill each zucchini boat with filling and press it in to hold its shape.*
- *Bake 35-40 minutes uncovered, try not to overcook otherwise zucchini will get too soft and the filling will not stay in.*

ZOODLES OVER TOMATOES

½ tbsp. olive oil
3 garlic cloves, chopped
¾ lb cherry or grape tomatoes, cut in half
pinch crushed red pepper flakes
salt and pepper to taste
1 tsp chopped fresh basil

1 large zucchini, spiraled
1 tsp salt



- *Place spiraled zucchini on a paper towel and sprinkle with salt and toss to coat. Cover with another paper towel and let sit for 20 minutes to draw the moisture. Taste for salt, rinse if necessary. Pat dry with towel.*
- *Add oil to large skillet over high heat. Add garlic, tomatoes, red pepper flakes, and season with salt and pepper. Reduce heat to low. Simmer, covered, til tomatoes soften, about 15 minutes.*
- *Increase heat to medium-high, stir in zucchini and basil, cook 2 minutes, and serve right away.*

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