

Cooking It Up!

*From
The
Zucchini
Patch*

INCLUDING TRIED & TESTED RECIPES



UNIVERSITY
OF WYOMING

Extension

With many thanks to our recipe testers—we could not have done this without you!

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For information regarding growing zucchini in the home garden, refer to:

Wyoming Vegetable & Fruit Growing Guide (pages 161–162, Summer Squash): <https://bit.ly/WY-fruit-veg>

Gardening: Vegetables in Wyoming (page 15, Summer Squash): <https://bit.ly/wy-veg>

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SUMMER SQUASH & ZUCCHINI

Summer squash is a classification of seasonal gourds with edible skin and tender flesh. Varieties of summer squash include yellow crookneck, straight neck, scallop, and patty pan. Green and yellow zucchini are also types of summer squash.

Zucchini is derived from the Italian word *zucca*, which means pumpkin or squash. There are numerous varieties of zucchini. Each one has unique features (appearance, color, and taste) that distinguish it from other varieties. It may surprise you that not all zucchinis are dark green and cylindrical. Some zucchini varieties are short and yellow, and others have long necks that curve at the end. If you love zucchini, try growing and/or eating some new zucchini varieties.

While zucchini is treated as a vegetable in the culinary realm, it's technically the fruit of the zucchini flower. Did you know that the blossoms of summer squash plants are also edible?

AVAILABILITY

Zucchini are found in local supermarkets year-round. They are most abundant in Wyoming farmers' markets and home gardens July through September.

These squash are prevalent throughout the state and are considered prolific once they start to produce fruit.

SELECTION

When it comes to selecting zucchini, bigger isn't always better. Whether purchasing or picking zucchini fresh from the garden, choose young zucchini that are small to medium in size. For best quality, opt for young zucchini that are 6 to 8 inches long and no larger than 2 inches in diameter. Baby fingerling zucchini is a popular newer item in markets and with home gardeners who have the luxury of picking them early. Fingerlings are much smaller than standard zucchinis.

Avoid over-mature large zucchini with dull surfaces since they usually have tough rinds, enlarged seeds, and dry, stringy flesh with less flavor. Larger zucchini can be used when grated for recipes or stuffed.

When selecting zucchini, choose squash that is firm and heavy for its size. The skin should be bright, glossy, and without insect damage, nicks, soft spots, wrinkles, or decay.

STORAGE

Let's face it—if you're growing zucchini, you will have some extra to store. There are several ways to store zucchini. For best storage, do not wash the zucchini until ready to use. Wash zucchini just before preparation to maximize freshness.

If you plan to cook the veggie within a few days of purchase or harvest, the best way to store it is on the counter at room temperature. For longer storage, if you are waiting more than a few days before using it, place unwashed zucchini in an open or perforated plastic bag in the refrigerator's crisper drawer. Be sure the zucchini is dry when you put it in the bag as moisture will encourage mold and spoilage.

From the market, zucchini will keep for up to a week. From your garden, you can expect the zucchini to keep slightly longer.

If you've got more fresh zucchini than you can use in a few days, you can freeze it for later use. Zucchini will keep up for to one year in the freezer, although it will have the best texture if used within five months. Freezing zucchini changes its texture; after freezing, it is best used for sauces, soups or stews, and baked goods. More information on freezing can be found in the "Preserve at Home" section of this publication.

After cooking, store zucchini in an airtight container for up to 3–5 days in the refrigerator. Keep it in a visible spot so that you do not forget about it!

PREPARATION

Wash all zucchini just before using it. Rub the skin gently under cool running water. Avoid using a scrub brush, which will scrape away the delicate skin. Once clean, use a clean towel or paper towel to dry the zucchini.

Unlike winter squash, zucchini skin is very thin and tender. It may be left intact to add color and nutrients. Peel and seed any older, tougher, oversized zucchini. Cut it as directed for the recipe or use.

COOKING

While most people would consider zucchini a vegetable because of the way we cook, prepare, and eat it, zucchini is botanically considered a fruit! Zucchini has a slightly sweet, mild taste. It has a soft spongy texture in the middle and a tender peel.

Zucchini is a versatile food that can be eaten both raw and cooked. Each method gives the zucchini a slightly different taste and texture, with options to fit anyone's preferences!

Zucchini is easy to cook and has many uses. There are many tasty and creative ways to use zucchini—and endless recipes to try! Expand your zucchini-cooking repertoire and embrace the many creative ways to use the vegetable.

Measuring vegetables for recipes is not always easy. The following equivalent measurements will help you convert zucchini's weight in pounds on a scale to the amount in cups needed for a recipe.

- 1 pound of zucchini = about 2 medium zucchini = about 3 cups of raw zucchini slices = 3 cups of raw, grated zucchini = 1½ cups cooked zucchini.

Since zucchini has such a high water content, it's easy for it to get soggy during cooking. If desired, salt the zucchini, let it stand, and pat dry the slices before it's cooked to draw out some of the water. Zucchini will get crispier under higher heat, so use a grilled or broiled zucchini recipe for more crunch.

Try preparing zucchini using one of these methods:

Raw: For a low-calorie appetizer or snack, wash and cut zucchini into strips, rounds, or chunks. Eat them plain, with dips, or add them raw to salads and sandwiches.

Baking: Cleaned zucchini can be sliced, cubed, or left whole and baked with seasonings, herbs, and other vegetables. Young, tender zucchini cut in slices or halves take less time to cook. Larger, tougher zucchini should be seeded before baking.

Bakers love fresh zucchini because it lends moisture and texture to baked goods when grated and stirred into the batter for quick breads, muffins, and cakes.

Roasting: Wash zucchini and cut it into cubes, slices, or strips, then drizzle with olive oil, salt, and seasonings. Bake in an oven until browned to the desired level.

Steaming: Cleaned zucchini can be cut into bite-sized pieces or rounds and placed in a steaming basket over 1 inch of water. Cover zucchini, bring water to a boil, and steam. Tiny zucchini (1–2 inches long) can be steamed whole.

Sautéing or stir-frying: Both methods are great ways to prepare zucchini. Slices or chunks can be sautéed in a little oil, water, or broth. Add zucchini to a stir-fry with other vegetables. Stir and toss the vegetables while cooking.

Grilling: Common ways to enjoy grilled zucchini include slicing it into strips or halves, then grilling, or

cutting it into coins or cubes and threading skewers for kebabs that are placed on the grill and cooked until tender. If you're using wooden skewers, soak them in water for 20–30 minutes before using them so they don't burn.

Are you looking for some exciting and different ways to use zucchini? Here are some examples of how to incorporate zucchini into other recipes and meals.

- Thinly slice or grate raw zucchini and add it to lettuce, slaws, or pasta salads.
- Chopped, sliced, or diced zucchini is an excellent option to add to stir-fry dishes.
- Add diced or sliced zucchini to sauces, soups, chilis, or stews.
- Zucchini can be added to meatloaf, meatballs, turkey burgers, or casserole recipes.
- There's nothing like a casserole or hearty pasta dish when you're in the mood for comfort food. Try adding zucchini to these dishes!
- Turn zucchini into a pasta replacement. Spiralize zucchini into a spaghetti or linguine shape as a low-carbohydrate alternative to pasta.
- Try a shredded zucchini pizza crust or pizza topping.
- For a nutrition boost, include zucchini in a grain power bowl or other bowl recipes.
- Zucchini can replace potatoes in a healthy remake of hash browns or hash.
- Frittatas, quiche, egg bakes, omelets, and scrambled eggs are dishes that lend themselves to the addition of zucchini. Add zucchini to make these dishes for a special breakfast or brunch.
- Zucchini is a great vegetable for making fritters. Serve the fritters with a dipping sauce.
- Give marinated zucchini a try. Marinate

thinly sliced zucchini in pesto or any type of vinaigrette.

- Bread or panko crumb zucchini and fry it in oil or an air fryer to make a crispy side dish. For a healthier version, try baking the breaded zucchini rather than frying it.
- Baked zucchini is a tasty side dish that works well with a variety of other dishes.
- Stuff halved zucchini with a hearty meat mixture or other filling to make zucchini boats. Hollowed-out zucchini acts as a vessel for many other ingredients, so get creative!
- Creamy zucchini risotto is perfect as a light main meal or side dish.
- Zucchini breads are a fun and tasty way to “sneak” more veggies into your diet. The bread can be sweet or savory. Try adding zucchini to cornbread, biscuits, pancakes, and waffles.
- Add zucchini to bars, brownies, cakes, cookies, or muffins.

SPICES

Mild-flavored zucchini makes an excellent base for herbs and spices. Herbs and spices that enhance the flavor of zucchini include basil, cumin seeds, dill, garlic, Italian seasoning, marjoram, oregano, parsley, rosemary, savory, and thyme. However, too many herbs and spices mask the delicate flavor of zucchini, so use herbs and spices sparingly.

Prefer it plain? A dash of salt and pepper is all it takes to help a zucchini’s natural flavors shine.

ENJOY SQUASH BLOSSOMS

Did you know you can eat zucchini flowers too? If you’ve been admiring beautiful orange flowers on a zucchini plant from afar but have never tried cooking with them, now is the time.

Zucchini bears both male and female flowers that each serve important roles. The male flowers

produce pollen, while the female flowers produce fruit. You can identify the female flowers by looking for a small bulge located below the blossom, which is the ovary that turns into an edible fruit. The male flower appears earlier than the female flower, is hairier, and is directly connected to the stem.

You can eat both male and female flowers. Make sure to leave enough female flowers on the plant to produce the amount of fruit you desire. Always leave a few male flowers for pollination.

Look for blooms that are bright and not shriveled, and use them as quickly as possible after harvesting or buying. Blossoms are best used the same day, but can be wrapped in a paper towel and refrigerated for up to two days.

To prepare the blossoms, trim the end near the stem and remove the flower parts from the inside with scissors. Use a pastry brush to gently remove any dirt or pollen. Wash blossoms carefully just before using them. Drain on paper towels.

Squash blossoms can be enjoyed raw or cooked. Sprinkle blossom pieces over a salad, cooked pasta, quesadillas, pizza, or frittata; simmer in soup; sauté with summer vegetables; or bake stuffed with cheese and herbs. They’re also delicious battered and fried.

PRESERVE AT HOME

Looking to preserve zucchini? Zucchini can be pickled, made into relish, or canned with tomatoes or pineapple. Canning zucchini in slices or cubes is no longer recommended due to uncertainty related to the determination of research-based processing times. However, drying or freezing are viable options.

The safest recipes and resources are those that have been researched and rigorously tested by the United States Department of Agriculture (USDA) and extension services associated with land-grant universities. Many home-preserved recipes are not tested for safety, so it is critical to use the resources below.

The University of Wyoming Extension recommends using canning recipes from the following approved food preservation sources.

Canning directions and recipes dated prior to 2014 should not be used. Mass media and blog recipes, unless from extension programs or other approved sources, should also not be used.

Food Preservation Sources Approved by the University of Wyoming Extension:

- “Preserving Food in Wyoming,” UW Extension (2024): <https://bit.ly/wyo-1210>
- USDA *Complete Guide to Home Canning*, revised 2015: <https://bit.ly/usda-canning>
- *Ball Blue Book Guide to Preserving*, 38th edition (2024)
- *New and Updated Ball Complete Book of Home Preserving* (2020 edition)
- *Ball Canning Back to Basics* (2017)
- *The All-New Ball Book of Canning and Preserving* (2016)
- *So Easy to Preserve*, 6th edition (2020)
- Commercial pectin recipes and manufacturer’s instructions, and
- Other up-to-date extension publications

Visit the National Center for Home Food Preservation at nchfp.uga.edu for recipes and instructions. Recipes include Zucchini-Pineapple, Summer Squash Relish, Pickled Bread-And-Butter Zucchini, Tomatoes with Okra or Zucchini, and Mixed Vegetables.

The New and Updated Ball Complete Guide to Home Preserving (2020) includes zucchini recipes for Chunky Mustard Pickles, End of Garden Pickles, Jardiniere, Pick-a-Vegetable Dill Pickles, Summer Squash Pickles, Zany Zucchini Pickles, and Zesty Zucchini Relish.

For more information on food preservation, visit the University of Wyoming Nutrition and Food Safety website at <https://bit.ly/NFS-Food-Preservation>.

Freezing

Freezing is one of the most common and trusted food preservation techniques. A simple and quick process, freezing food slows the loss of nutritive qualities and prevents food spoilage.

For freezing, 1 to 1¼ pounds of fresh zucchini equals about 1 pint frozen. One bushel (40 pounds) yields 32 to 40 pints of frozen product.

The National Center for Home Food Preservation recommends steam blanching to freeze grated zucchini for baking and water blanching to freeze zucchini slices. Blanching is the scalding of vegetables in steam or boiling water to slow or stop the action of certain enzymes.

If vegetables are not blanched, or blanching is not long enough, the enzymes will continue to be active during frozen storage. This can cause off colors, off flavors, and toughening. Blanching time is critical! Under-blanching speeds up the activity of enzymes and is worse than no blanching. Over-blanching causes loss of flavor, color, vitamins, and minerals.

To freeze, wash the zucchini, then slice it with or without the skin. Freeze zucchini slices by blanching them in boiling water for 3 minutes, then plunging them into ice water; drain thoroughly, then package in freezer containers, leaving ½-inch headspace. Seal, label with contents and date, and freeze. Remember to drain thawed zucchini before adding it to your favorite recipe.

To freeze grated zucchini, wash the zucchini, then grate it with or without the skin. Steam blanch in small quantities 1 to 2 minutes until translucent. Pack in measured amounts into freezer containers, leaving ½-inch headspace. Cool by placing the containers in cold water. Seal, label with contents and date, and freeze. If watery when thawed, discard the liquid before using the zucchini.

Drying

Food drying is one of the oldest methods of preserving food for later use. It can be an alternative to canning or freezing, or complement these methods.

Vegetables can be dried in a food dehydrator or an oven by using the right combination of warm

temperatures, low humidity, and air current. The optimum temperature for drying food is 140°F.

Because vegetables contain less acid than fruits, vegetables must be dried until they are brittle. At this stage, only 10% moisture remains, so no microorganisms can grow.

Choose young, slender zucchini for drying. Wash, trim, and cut into ¼-inch slices or ⅓-inch slices for chips. Keep pieces uniform in size so they will dry at the same rate. Prepare only as many as can be dried at one time.

Steam blanch for 2½ to 3 minutes or boiling water blanch for 1½ minutes. Arrange the slices in a single layer on the dehydrator trays. Turn on the dehydrator, and set the temperature between 125°F and 140°F (or per your dehydrator's instructions). Dry up to 12 hours or until brittle.

Cool dried zucchini should be stored in labeled glass jars or moisture-proof containers in a cool, dark, dry place. It will keep for a year. Containers should be filled as full as possible without crushing.

For instructions, visit the National Center for Home Food Preservation at nchfp.uga.edu.

NUTRITION

The healthiest way to eat zucchini is raw, which preserves all its vitamins and minerals! To make it even healthier, leave the skin on the zucchini. Zucchini is 95% water. The high water content makes zucchini a low-calorie food.

One medium zucchini (about 1 cup raw) has approximately 35 calories. It is a good source of vitamin C, vitamin A, and several B vitamins. Zucchini also contains smaller amounts of valuable minerals such as potassium and manganese.

To obtain the full benefit of fiber and nutrients contained in zucchini, leave the skin intact. Like other veggies, zucchini is not a significant source of fat, protein, or sodium.

SOURCES

Andress, Elizabeth L., and Judy A. Harrison. Reprint 2020. *So Easy to Preserve*, 6th Ed. Cooperative Extension Service, University of Georgia. Athens, Georgia.

National Center for Home Food Preservation, University of Georgia.

The Zucchini Patch. 2003. Bulletin number B-669R. University of Wyoming Cooperative Extension. Laramie, Wyoming.

Top 10 Ways to Enjoy Zucchini, Produce for Better Health Foundation: <https://fruitsandveggies.org/stories/top-10-ways-to-enjoy-zucchini>

What to Do with Zucchini, University of Nebraska Extension: <https://food.unl.edu/article/summer-squash>

HappyHealthy Newsletter: Zucchini, Mississippi State University Extension: <http://extension.msstate.edu/publications/happyhealthy-newsletter-zucchini>

Vegetables and Fruits for Health: Zucchini and Summer Squash (Bulletin #4257), University of Maine Cooperative Extension: <https://extension.umaine.edu/publications/4257e>

How to Preserve Zucchini, Utah State University Extension: <https://extension.usu.edu/preserve-the-harvest/research/zucchini>

Zucchini: Nutrition. Selection. Storage. Produce for Better Health Foundation: <https://fruitsandveggies.org/fruits-and-veggies/summer-squash>



Cheesy Garlic Zucchini Bites

APPETIZERS

Cooking It Up! From The Zucchini Patch

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BAKED PARMESAN ZUCCHINI ROUNDS

Prep time: 10 minutes

Cook time: 10 minutes

Total time: 20 minutes

Servings: 12

2 medium-sized zucchini, trimmed and sliced

3 medium tomatoes, sliced

3 tablespoons olive oil

1 tablespoon Italian seasoning

½ cup Parmesan cheese, freshly grated

Kosher salt and freshly ground black pepper

Optional garnish: basil or parsley, chopped

Parchment paper or foil

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 425°F. Line a baking sheet with parchment paper or aluminum foil.
- 3 Wash and dry the zucchini and tomatoes. Prepare as directed.
- 4 Trim and cut zucchini into ¼-inch thick slices. Arrange the zucchini slices on the prepared baking sheet.
- 5 Drizzle zucchini slices with olive oil, top with tomato slices, then sprinkle with Italian seasoning and grated Parmesan cheese. Season with salt and pepper.
- 6 Bake for 10–15 minutes or until zucchini is tender and the cheese is melted.
- 7 Remove the baked zucchini bites from the oven. Sprinkle with chopped parsley or basil, if desired, and serve.
- 8 Store in an airtight container in the fridge for up to 4 days.

BAKED ZUCCHINI FRIES OR CHIPS

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes

Servings: 6

2 (6-inch long) zucchini

1 large egg white

¼ cup low-fat milk

½ cup Parmesan cheese, grated

½ cup breadcrumbs

1 tablespoon Italian seasoning

Nonstick spray

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 425°F. Spray a large baking sheet (any size) with nonstick spray.
- 3 Wash and cut zucchini into 3-inch sticks for fries or cut into slices for chips.
- 4 In a small bowl, beat egg white with a fork. Add milk.
- 5 In a separate bowl, combine Parmesan cheese, breadcrumbs, and Italian seasoning.
- 6 Dip zucchini sticks or slices into the egg mixture, then roll in the breadcrumb mixture. Wash the counter and utensils that touched the raw egg. Wash hands with soap and water after handling raw egg.
- 7 Place zucchini in a single layer on the baking sheet.
- 8 Bake for 25–30 minutes or until golden.
- 9 Remove from oven and serve.
- 10 Store in an airtight container in the fridge for up to 4 days.



RECIPE SOURCE: *SIMPLY CENT\$IBLE NUTRITION COOKBOOK*



CHEESE-STUFFED ZUCCHINI ROLLS

Prep time: 10 minutes

Cook time: 10 minutes

Total time: 20 minutes

Servings: 12–15

3 small to medium zucchini

1 tablespoon olive oil

Kosher salt

½ cup garlic-herb cheese spread, room temperature

15 toothpicks

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat grill to medium.
- 3 Wash and dry the zucchini. Slice zucchini into ¼-inch thick slices lengthwise. A mandoline works best, but a sharp knife can also be used. Discard the two outer pieces that are mainly skin. You should have about 15 slices.
- 4 Place the remaining slices on a baking sheet. Brush slices with olive oil on both sides. Lightly sprinkle one side with salt to taste, if desired.
- 5 Place slices directly on a preheated grill. Grill the slices until grill marks show on both sides and the zucchini is tender. This may take 3–4 minutes per side.
- 6 Remove the slices from the grill and place them on the baking sheet. Allow the zucchini to cool.
- 7 Once cooled, place ½ tablespoon of the cheese spread at one end of each zucchini slice. Roll the slice up, beginning with the end with the cheese spread, and secure it with a toothpick.
- 8 Serve immediately or refrigerate until ready to serve.
- 9 Store in an airtight container in the fridge for up to 4 days.

CHEESY GARLIC ZUCCHINI BITES

Prep time: 20 minutes

Cook time: 30 minutes

Total time: 50 minutes

Servings: 30 bites

2 cups (2 medium) zucchini, shredded and squeezed dry

½ cup green onion, finely chopped

2 tablespoons fresh dill, chopped (see Notes)

1¼ cups plain panko breadcrumbs

1 cup cheddar cheese, shredded (see Notes)

1 large egg

1 teaspoon kosher salt, or to taste

1 teaspoon garlic powder

Optional: ranch dip, for serving

Parchment paper

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 400°F. Line a baking sheet with parchment paper; set aside.
- 3 Wash and dry the zucchini, green onions, and dill. Prepare as.
- 4 In a large bowl, stir together the zucchini, green onion, dill, breadcrumbs, cheddar cheese, egg, salt, and garlic until well combined.
- 5 Scoop out 1 tablespoon of the zucchini mixture at a time and roll it into 30 separate balls. Arrange balls on the prepared baking sheet. Wash the counter and utensils that touched the raw egg. Wash hands with soap and water after handling raw egg.
- 6 Bake for about 30 minutes until browned and crisp, flipping once halfway through.
- 7 Serve warm with ranch dip, if desired.
- 8 Store in an airtight container in the fridge for up to 4 days.

Notes: For an Italian flavor, substitute Parmesan cheese for cheddar, 1 tablespoon dried Italian seasoning for dill, and marinara for ranch dip.

- To freeze, place cooled bites in a single layer on a large baking sheet and freeze for at least 1 hour. Once the zucchini bites are frozen, place them in a freezer bag. Store for up to 4 months in the freezer.
- Reheat by preheating the oven to 400°F. Place the frozen zucchini garlic bites on a baking sheet and bake until heated through and crispy on the outside, about 10 to 15 minutes.



MINI ZUCCHINI QUICHES

Prep time: 20 minutes

Cook time: 15 minutes

Total time: 35 minutes

Servings: 45

45 phyllo cups

1½ cups zucchini, grated

2 cloves garlic, minced

2 teaspoons olive oil

3 large eggs, room temperature

¾ cup heavy cream

Salt and pepper, to taste

Pesto (See Note)

1 cup fresh basil leaves, packed

2 tablespoons Parmesan cheese, grated

2 tablespoons heavy cream

1 tablespoon olive oil

1 clove garlic

¼ teaspoon salt

Pepper, to taste

Optional: Parmesan cheese for topping

Mini muffin tin or rimmed baking sheet

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 400°F. Place phyllo cups in mini muffin tins or on a rimmed baking sheet.
- 3 Wash and dry the zucchini and garlic. Prepare as directed.
- 4 Heat a skillet over medium heat. Add 2 teaspoons olive oil and garlic; cook for 1 minute.
- 5 Stir in zucchini and cook for 2–3 minutes more, until it is just tender and the pan is mostly dry.
- 6 Add salt and pepper to taste.
- 7 Drop a teaspoon of zucchini mixture into each phyllo cup.
- 8 In a medium bowl, whisk together eggs, cream, salt, and pepper; set aside. Wash the counter and utensils that touched the raw egg. Wash hands with soap and water after handling raw egg.
- 9 Pesto: Place basil, cheese, cream, oil, and garlic in the bowl of a food processor. Pulse until smooth. Season with salt and pepper. Whisk pesto into egg mixture. If using prepared pesto, use about 3 tablespoons.
- 10 Spoon egg mixture into phyllo cups, about 1 tablespoon per cup or enough to barely fill them. Sprinkle the tops with Parmesan if desired.
- 11 Bake for 13–15 minutes or until the tops are puffed and just starting to brown. The filling internal temperature should be 160°F on a food thermometer. Remove from oven and serve warm.
- 12 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.

Note: May use 3 tablespoons prepared pesto.



LOADED ZUCCHINI SKINS

Prep time: 10 minutes

Cook time: 40 minutes

Total time: 50 minutes

Servings: 12

12 bacon slices

4 medium to large zucchini

2 tablespoons avocado or olive oil

½ teaspoon garlic powder

½ teaspoon onion powder

¼ teaspoon ground black pepper

Pinch of flaky sea salt

1¼ – 1½ cups cheddar cheese, finely shredded

½ cup sour cream

2 green onions or chives, thinly sliced

Foil

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 400°F. Line two rimmed baking sheets with foil.
- 3 Place bacon slices side by side in a single layer on prepared baking sheet, transfer to the oven, and bake until crispy. This may take anywhere from 15 to 20 minutes, depending on the bacon thickness and desired level of crispiness. Flip each slice halfway through bake time.
- 4 While bacon cooks, wash and dry the zucchini and green onions or chives. Prepare as directed.
- 5 Using a knife, cut off the ends of the zucchini. Cut in half lengthwise and scoop out the insides of each slice using a teaspoon. Then, cut pieces in half crosswise to yield 3–4 slices per zucchini, depending on the size of the zucchini.
- 6 Transfer zucchini to a large baking sheet and toss with oil. Sprinkle each slice with garlic powder, onion powder, salt, and pepper.
- 7 After the bacon has finished cooking, remove it from the oven. Do not turn the oven off. Transfer the bacon with tongs to a paper-towel-lined plate.
- 8 Transfer zucchini to oven and bake until just slightly tender (about 7–8 minutes).
- 9 Meanwhile, chop bacon into small pieces; set aside.
- 10 Remove zucchini from oven. Fill zucchini boats with chopped bacon and shredded cheese.
- 11 Return zucchini to the oven to bake until the cheese melts and the zucchini is tender, about 8–10 additional minutes. Do not overcook the zucchini, or it will become too soft.
- 12 Remove zucchini from oven, and allow to cool slightly before serving with sour cream and green onions or chives.
- 13 Store in an airtight container in the refrigerator for up to 4 days.





ZUCCHINI BRUSCHETTA SLICES

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Servings: 30 bites

1 medium zucchini

½ ripe Roma tomato, diced

1 lemon, zested and juiced (to taste)

4 tablespoons feta cheese, crumbled

½ teaspoon olive oil

½ teaspoon vinegar

Salt, pepper, garlic powder, dried minced onion or onion powder, parsley, and dill, to taste

Foil or parchment paper

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 350°F. Line a baking sheet with parchment paper or foil; set aside.
- 3 Wash and dry the zucchini, tomato, and lemon. Prepare as directed.
- 4 Slice zucchini into discs and scoop a little bowl into the center of each zucchini round using a melon baller or spoon.
- 5 In a bowl, mix feta cheese, tomato, oil, vinegar, lemon juice, a little lemon zest, herbs, and seasonings.
- 6 Toss or stir to incorporate, taste, and adjust ingredients as needed. Add extra herbs, vinegar, or olive oil if desired.
- 7 Bake for 15 minutes.
- 8 Remove from oven and serve.
- 9 Store in an airtight container in the fridge for up to 4 days.

Note: If desired, add chopped olives or capers to the filling.



ZUCCHINI PUFFS

Prep time: 15 minutes

Cook time: 20 minutes

Total time: 35 minutes

Servings: 24 mini puffs

- 1 cup zucchini, grated and packed
- ¾ cup all-purpose flour (spoon and level to measure)
- ¾ teaspoon baking powder
- 2 teaspoons Italian seasoning (see Notes)
- Salt and pepper, to taste
- ¾ cup milk, room temperature
- 1 large egg, room temperature
- ½ cup cheddar cheese, shredded, or other favorite cheese
- Nonstick cooking spray
- Mini muffin pans

- 1** Wash hands with soap and water for 20 seconds.
- 2** Preheat the oven to 375°F. Apply nonstick cooking spray to mini muffin pans; set aside.
- 3** Wash and dry the zucchini. Grate the zucchini. Wrap the zucchini in a clean kitchen towel and squeeze the excess water out over the sink or a large bowl.
- 4** In a large bowl, combine the flour, baking powder, Italian seasoning, salt, and pepper.
- 5** In another bowl, combine the egg with the milk. Whisk until well blended. Wash the counter and utensils that touched the raw egg. Wash hands with soap and water after handling raw egg.
- 6** Next, add the mixture to the dry ingredients; stir until mixed.
- 7** Add the shredded zucchini and cheese to the batter; stir to combine.
- 8** Spoon batter evenly into mini muffin pans.
- 9** Bake for 20 minutes or until a toothpick comes out clean after inserting it in the center. The filling internal temperature should be 160°F on a food thermometer.
- 10** Remove puffs from the oven and allow them to rest for 2–3 minutes, then serve.
- 11** Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.

Notes:

Adjust the recipe using your favorite ingredients and seasonings, such as garlic powder, minced onion, chopped basil, Parmesan cheese, etc.

If desired, add cooked meat, including ham, bacon, sausage, ground meat, etc.

ZUCCHINI TORTELLINI SKEWERS

Prep time: 1 hour 30 minutes

Cook time: 7 minutes

Total time: 1 hour 37 minutes

Servings: 16

2 medium zucchini

1/3 cup favorite vinaigrette, homemade or purchased

1 (9-ounce) package fresh tortellini (refrigerator section)

16 grape tomatoes, halved if large

Fresh basil leaves

16 skewers



- 1** Wash hands with soap and water for 20 seconds.
- 2** Wash and dry the zucchini, tomatoes, and basil. Prepare as directed.
- 3** Cut the ends off of the zucchini and, using a mandoline or a sharp knife, thinly slice lengthwise. Try to get about 8 slices from 1 zucchini, depending on the thickness of the zucchini.
- 4** Cut the longer strips in half, then place them in a zip-top bag and pour in the vinaigrette. Gently massage the bag to ensure that all the pieces are coated. Refrigerate for at least 1 hour and up to 3 hours.
- 5** Meanwhile, make the tortellini according to the package directions. Drain and cool slightly. In a bowl, toss with a few teaspoons of olive oil to lightly coat them; set aside.
- 6** When you're ready to start skewering, pour the marinade from the bag of zucchini into the bowl with the tortellini and toss gently to coat.
- 7** Skewer a basil leaf, then a piece of zucchini, a piece of tortellini, and then a grape tomato. Repeat one more time or place as many pieces onto the skewer as desired, then end with another basil leaf. Repeat with all 16 skewers.
- 8** Refrigerate until ready to serve with extra vinaigrette or a balsamic glaze for drizzling.
- 9** Store in an airtight container in the fridge for up to 4 days.

CREAMY ZUCCHINI DIP

Prep time: 15 minutes

Total time: 15 minutes

Servings: 1 cup

1 zucchini (6 or 7 inches), diced

2 cloves garlic, minced

2 teaspoons extra virgin olive oil

¼ teaspoon dried oregano leaves

¼ teaspoon salt

½ teaspoon lemon juice

¼ teaspoon Worcestershire sauce

½ cup light cream cheese, softened

3 tablespoons plain yogurt



- 1** Wash hands with soap and water for 20 seconds.
- 2** Wash and dry the zucchini and garlic. Then, prepare as directed.
- 3** In a nonstick skillet, heat oil over medium-high heat and cook zucchini, garlic, oregano, and salt for about 5 minutes or until golden.
- 4** Remove from heat and stir in lemon juice and Worcestershire sauce.
- 5** In a bowl, blend together cream cheese and yogurt.
- 6** Add zucchini mixture and stir until well combined and creamy.
- 7** Cover and refrigerate for at least 1 hour or up to 1 day; stir before serving.
- 8** Store in an airtight container in the fridge for up to 4 days.



Zucchini Pasta Salad

SALADS

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CAPRESE ZUCCHINI NOODLE SALAD

Prep time: 15 minutes

Total time: 15 minutes

Servings: 8

6 medium zucchini or 8 cups zucchini noodles (see Notes)

4 ounces cherry tomatoes, sliced in half

1 ounces (1½ cups) fresh basil, chopped

8 ounces mozzarella pearls or other mozzarella cheese

Dressing

¼ cup extra virgin olive oil

3 tablespoons red wine or balsamic vinegar

1 tablespoon lemon juice, fresh

1 teaspoon salt

¼ teaspoon pepper

½ teaspoon garlic powder

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the zucchini, tomatoes, and basil. Prepare ingredients as directed.
- 3 Whisk dressing ingredients in a large bowl. Taste dressing and adjust seasonings if needed.
- 4 Add remaining salad ingredients and gently toss together.
- 5 Eat immediately or cover and refrigerate until ready to serve.
- 6 Store in an airtight container in the fridge for up to 4 days.

Notes:

If zucchini noodles are too long, cut them in half so they are easier to eat.

If desired, slightly sauté the zucchini noodles for a softer texture.





MEDITERRANEAN ZUCCHINI SALAD

Prep time: 20 minutes

Total time: 20 minutes

Servings: 4

2 medium-sized zucchini, thinly sliced into half moons

2 medium-sized yellow squash, thinly sliced into half moons

1 cup cherry tomatoes, halved

1 tablespoon fresh basil, chopped

½ – 1 tablespoon fresh mint, chopped

1 lemon, zested and juiced

¼ cup kalamata olives, chopped

2 ounces feta cheese, cubed or crumbled

1 tablespoon olive oil

¼ teaspoon granulated garlic

Kosher salt and fresh ground black pepper, to taste

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the zucchini, squash, tomatoes, basil, mint, and lemon. Prepare ingredients as directed.
- 3 In a large serving bowl, whisk together 1 teaspoon lemon zest, 3 tablespoons lemon juice, olive oil, granulated garlic, salt, and pepper.
- 4 Add the remaining ingredients to the bowl and gently toss to coat them in the dressing.
- 5 Eat immediately or cover and refrigerate until ready to serve.
- 6 Store in an airtight container in the fridge for up to 4 days.

SALMON AND ZUCCHINI PASTA SALAD

Prep time: 25 minutes

Total time: 25 minutes

Servings: 6

8 ounces dry spaghetti noodles, broken in thirds, or other pasta (such as bowtie)

1 small zucchini or yellow squash, chopped

½ cup celery, chopped

⅓ cup red onion, finely chopped

3 tablespoons basil or cilantro, chopped

2 tablespoons parsley, chopped

1 (2-ounce) can sliced black olives, drained

1 (7-ounce) jar marinated artichoke hearts, drained and coarsely chopped

½ teaspoon garlic salt

¼ teaspoon celery seeds

¼ teaspoon pepper

½ cup light mayonnaise

1 pound salmon fillets, cooked, flaked, and chilled

Optional: spring greens



- 1 Wash hands with soap and water for 20 seconds.
- 2 Cook pasta according to package directions. Drain well and run under cold water to quickly cool it. Shake off excess liquid and place in a large bowl.
- 3 Wash and dry the zucchini (or squash), celery, onion, basil, and parsley. Prepare ingredients as directed.
- 4 To the pasta, add zucchini/squash, celery, onion, basil, parsley, olives, artichoke hearts, garlic salt, celery seeds, pepper, and mayonnaise. Toss the ingredients gently.
- 5 Fold in salmon. Serve on a bed of spring greens, if desired.
- 6 Eat immediately or refrigerate until ready to serve.



STRAWBERRY AND ZUCCHINI NOODLE SALAD

Prep time: 20 minutes

Cook time: 5 minutes

Total time: 25 minutes

Servings: 2

2 medium zucchini, ends trimmed

4 fresh strawberries, hulled and sliced

½ cup feta cheese, crumbled or 6 boconcini

¼ to ½ cup walnuts

Dressing

2 tablespoons balsamic vinegar

4 cloves garlic, minced

8 fresh strawberries, hulled

Salt and pepper, to taste

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the zucchini and strawberries. Prepare ingredients as directed.
- 3 Cut zucchini into noodle-like strips using a spiralizer or slice it into julienne strips with a knife.
- 4 In a bowl, mix all the salad ingredients together and chill in the refrigerator.
- 5 Combine all the dressing ingredients in a blender and blend till smooth consistency.
- 6 When ready to serve, drizzle half the dressing onto the salad and mix well. Add the remaining dressing if required or use it as a dip.
- 7 Serve immediately.
- 8 Store in an airtight container in the fridge for up to 4 days.

ZUCCHINI COLESLAW

Prep time: 30 minutes

Total time: 30 minutes

Servings: 4–6

2 medium zucchini, ends trimmed

2 yellow summer squash, ends trimmed

4 carrots, peeled and ends trimmed

1 red bell pepper, cored and seeded

4 scallions, chopped

2 tablespoons fresh flat-leaf parsley,
chopped

Dressing

½ cup light mayonnaise

1 tablespoon mustard (regular or Dijon)

3 tablespoons white wine vinegar

1 teaspoon sea salt

½ teaspoon black pepper

Mandoline fitted with the thin julienne
blade, a julienne peeler, or a sharp knife



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the squash, zucchini, carrots, pepper, and scallions. Prepare ingredients as directed.
- 3 Using either a mandoline fitted with the thin julienne blade, a julienne peeler, or a sharp knife, cut the zucchini, summer squash, carrots, and red bell pepper into 2-inch pieces and place into a large bowl. Add the chopped scallions and parsley.
- 4 In a small bowl, combine and whisk the mayonnaise, mustard, vinegar, salt, and pepper. Pour it over the julienned vegetables and toss well. Season with more salt and pepper to taste, if desired.
- 5 Eat immediately or cover and refrigerate to cool before serving.
- 6 Store in an airtight container in the fridge for up to 4 days.

ZUCCHINI CORN SALAD

Prep time: 30 minutes

Total time: 30 minutes

Servings: 6

4 ears sweet fresh corn, cooked and kernels cut from cob, or 3 cups frozen corn, thawed and drained

1 large red bell pepper, finely chopped

2 cups (2 medium) zucchini, finely chopped

½ cup red onion, finely chopped

½ bunch fresh cilantro, chopped

½ cup feta cheese, crumbled

Dressing

2 tablespoons sour cream

2 tablespoons mayonnaise

2 tablespoons olive oil

½ lime, juiced (about 1 tablespoon)

½ teaspoon ground cumin

½ teaspoon chili powder

Kosher salt and fresh black pepper, to taste

Optional: 2 teaspoons honey



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the corn, pepper, zucchini, onion, cilantro, and lime. Prepare ingredients as directed.
- 3 In a large bowl, combine the corn, pepper, zucchini, onion, cilantro, and feta cheese.
- 4 In a small bowl, whisk together the sour cream, mayonnaise, olive oil, lime juice, cumin, chili powder, salt, pepper, and honey, if using.
- 5 Pour the dressing over the salad and toss to combine. Cover and refrigerate for 15–30 minutes.
- 6 Before serving, stir the salad and taste. Adjust seasonings if needed.
- 7 Store in an airtight container in the fridge for up to 4 days.

ZUCCHINI PASTA SALAD

Prep time: 25 minutes

Total time: 4 hours 25 minutes

Servings: 8

1 pound bow tie (farfalle) pasta or other pasta

10 ounces cherry tomatoes, sliced

2 medium zucchini, diced

1 large cucumber, diced

1 green bell pepper, diced

1 orange bell pepper, diced

1 red bell pepper, diced

1 small red onion, diced

2 (2.25-ounce) cans sliced black olives, drained

Dressing

1 (16-ounce) bottle zesty Italian salad dressing

¼ cup Parmesan cheese, grated

1 teaspoon paprika

½ teaspoon celery seed

¼ teaspoon garlic powder



- 1 Wash hands with soap and water for 20 seconds.
- 2 Cook pasta according to package directions until al dente. Drain well and run under cold water to quickly cool it. Shake off excess liquid and drain well. Place cooked, cooled pasta in a large bowl.
- 3 Wash and dry the tomatoes, zucchini, cucumber, peppers, and onion. Prepare ingredients as directed.
- 4 Add all the veggies to pasta. Toss to combine.
- 5 In a medium bowl, whisk together all of the dressing ingredients. Pour dressing over pasta and veggies.
- 6 Gently toss to combine everything. Cover with lid and refrigerate at least 4 hours or overnight before serving.
- 7 Store in an airtight container in the fridge for up to 4 days.



ZUCCHINI QUINOA SALAD

Prep time: 10 minutes

Cook time: 5 minutes

Total Time: 15 minutes

Servings: 2

1 cup cooked quinoa

1 medium (2 cups) yellow summer squash, chopped

1 medium (2 cups) zucchini, chopped

1 lemon, zested and juiced

1 tablespoon olive oil

2 teaspoons fresh dill, finely minced

Salt and pepper, to taste

¼ cup pine nuts, toasted

Optional: ½ teaspoon red pepper flakes

- 1 Wash hands with soap and water for 20 seconds.
- 2 Cook the quinoa according to package directions.
- 3 Wash and dry the squash, zucchini, and lemon. Prepare ingredients as directed.
- 4 In a large skillet over medium heat, sauté the squash and zucchini in the olive oil until almost tender (about 3–4 minutes). Season with salt and pepper.
- 5 Add quinoa to the skillet and cook for another minute or until everything is warm.
- 6 In a small bowl, whisk together 1 tablespoon fresh lemon juice, 1 teaspoon lemon zest, oil, dill, and red pepper flakes. Season with salt and pepper to taste.
- 7 Either transfer this mixture to a bowl or leave it in the skillet and add the dressing and pine nuts. Toss to combine; taste and adjust seasonings as needed.
- 8 Eat immediately or cover and refrigerate to cool before serving.
- 9 Store in an airtight container in the fridge for up to 4 days.

ZUCCHINI, CORN, AND BEAN SALAD

Prep time: 15 minutes

Total time: 15 minutes

Servings: 6

2 tablespoons lime juice, fresh

2 tablespoons red wine vinegar

¼ cup olive oil

Salt and pepper, to taste

½ cup red onion, finely chopped

¼ cup fresh cilantro, chopped

2 serrano peppers (or other chiles),
stemmed, seeded, and finely chopped

1 clove garlic, minced

3 medium zucchini, diced

2 ears (2 cups) corn kernels, cut from
the cob, or thawed frozen corn kernels

1 (15-ounce) can white kidney beans,
rinsed and drained

1 (15-ounce) can red kidney beans,
rinsed and drained

- 1 Wash hands with soap and water for 20 seconds.
- 2 In a medium bowl, whisk together the lime juice, vinegar, and oil. Season with salt and pepper.
- 3 Wash and dry the onion, cilantro, chiles, garlic, zucchini, and corn ears. Prepare all ingredients as directed.
- 4 Add the rest of the ingredients to the bowl and stir to combine. Taste and adjust the seasonings.
- 5 Eat immediately or cover and refrigerate to cool before serving.





Minestrone Soup

SOUPS

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CHUNKY ZUCCHINI SOUP

Prep time: 20 minutes

Cook time: 30 minutes

Total time: 50 minutes

Servings: 6

1 pound (about 3 medium) zucchini, quartered and sliced

1 medium onion, diced

1 medium carrot, diced

2 medium celery stalks, diced

3 garlic cloves, minced

½ cup fresh basil leaves, roughly chopped

2 ounces (2 cups) baby spinach

1 tablespoon olive oil

5 cups vegetable broth

2 (14-ounce) cans cannellini beans, drained and rinsed

¼ teaspoon red pepper flakes, or to taste

2 tablespoons lemon juice

Salt and pepper, to taste



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the vegetables. Prepare as directed.
- 3 Coat the bottom of a large pot with oil and place it over medium heat.
- 4 After oil heats up, add the onion, carrot, and celery. Sauté the veggies for about 5 minutes, occasionally stirring, until they begin to soften.
- 5 Stir in the garlic and cook it with the veggies for about 1 minute, until it becomes fragrant.
- 6 Stir in the broth, beans, and red pepper flakes. Increase the heat and bring the liquid to a boil.
- 7 Lower the heat and allow the soup to simmer for 15 minutes, until the carrots are tender.
- 8 Stir in the zucchini and continue simmering for about 5 minutes, until the zucchini is tender but not mushy.
- 9 Stir in the spinach and continue simmering for about 1 minute or until fully wilted.
- 10 Remove the pot from heat, then stir in the basil and lemon juice. Season the soup with salt and pepper to taste.
- 11 Ladle into bowls and serve.
- 12 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.



CREAMY COCONUT MILK ZUCCHINI SOUP

Prep time: 10 minutes

Cook time: 25 minutes

Total time: 35 minutes

Servings:

1 medium zucchini, chopped

3 red bell peppers, chopped

2 medium onions, diced

2 cloves garlic, crushed

1 teaspoon flavorless oil

2 teaspoons vegetable base

1 teaspoon ground coriander

¼ cup sun-dried bell pepper in oil,
drained

2 cups water

1½ cups canned full-fat coconut milk

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the vegetables. Prepare as directed.
- 3 Heat the oil in a large pot over medium-high heat. Add the onions and sauté until golden (about 5 minutes). Add splashes of water as needed to deglaze the pot.
- 4 Add the garlic and vegetable base; stir until the garlic is fragrant (about 1–2 minutes).
- 5 Add the zucchini, bell peppers, coriander, and sun-dried bell pepper to the pot and sauté for 4–5 minutes.
- 6 Add the water, bring soup to a boil, then reduce to a simmer and partially cover with a lid. Cook for 10–15 minutes.
- 7 Add the coconut milk, and let it heat through. Then, purée the soup with an immersion blender or standing blender until creamy. Ladle into bowls and serve.
- 8 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.



CREAMY ZUCCHINI SOUP

Prep time: 5 minutes

Cook time: 20 minutes

Total time: 25 mins

Servings: 4–6

1 tablespoon olive oil or butter

3 large (6 cups) zucchini, cut into small pieces

1 large onion, chopped

3 cloves garlic, minced

3 cups bone broth, chicken stock, or vegetable stock

½ teaspoon salt, or to taste

¼ teaspoon black pepper

¼ teaspoon dried thyme

1 cup sour cream or heavy whipping cream

Garnishes: olive oil, sour cream, parsley

- 1** Wash hands with soap and water for 20 seconds.
- 2** Wash and dry the zucchini, onion, and garlic. Prepare ingredients as directed.
- 3** Heat oil in a large pot.
- 4** Add the onion and garlic and, stirring frequently, cook for 2 minutes.
- 5** When the onion and garlic soften, add the zucchini and cook for 1 minute.
- 6** Add the salt, pepper, thyme, and broth. Bring to a boil and simmer for 15 minutes. Remove from heat.
- 7** Using an immersion blender or blender, blend the soup until smooth. Taste and add more salt if necessary.
- 8** Add in the sour cream and stir to incorporate. Ladle into bowls and serve.
- 9** Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.

ITALIAN SAUSAGE ZUCCHINI SOUP

Prep time: 5 minutes

Cook time: 1 hr 20 minutes

Total time: 1 hr 25 minutes

Servings: 6–8

4 cups zucchini, diced

2 cups celery, chopped

1 large orange bell pepper, chopped

4 cups tomatoes, diced with liquid

1 cup onion, chopped

2 teaspoons garlic, minced

1 pound bulk Italian sausage, sweet or mild

6 cups vegetable broth

2–3 tablespoons sugar

1 teaspoon kosher salt

½ teaspoon dried basil

½ teaspoon dried oregano

½ teaspoon pepper

Optional: grated Parmesan cheese



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the vegetables. Prepare as directed.
- 3 In a Dutch oven, brown sausage with onion; drain excess fat. Add the celery, pepper, and tomatoes; sauté for 4–5 minutes. Add the garlic and cook for 1 minute while stirring.
- 4 Add the broth, sugar, salt, basil, oregano, and pepper; cover and simmer 30 minutes or until vegetables are tender.
- 5 Stir in zucchini and simmer 10 minutes.
- 6 Ladle into bowls. Sprinkle with grated Parmesan cheese, if desired, and serve.
- 7 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.

LEMON CHICKEN ZUCCHINI RICE SOUP

Prep time: 10 minutes

Cook time: 25 minutes

Total time: 35 minutes

Servings: 6

2 medium zucchini, quartered lengthways and sliced

1 small onion, finely chopped

3 cloves garlic, crushed

1 lemon, zested and juiced

$\frac{3}{4}$ cup uncooked long-grain rice

4 boneless skinless chicken thighs

$\frac{1}{2}$ teaspoon dried parsley

$\frac{1}{2}$ teaspoon oregano

6 cups chicken stock

Salt and black pepper, to taste

Nonstick cooking spray

Optional: grated Parmesan or cheddar cheese



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the vegetables. Prepare as directed.
- 3 Add the rice to a saucepan with 2 cups of water, bring to a boil, then simmer until the liquid is almost absorbed. Turn off heat, add lid, and leave for 10 minutes; set aside.
- 4 Spray a large saucepan with cooking spray. Place pan over medium-high heat; add the chicken, onion, and some salt and black pepper. Cook for about 5 minutes or until chicken is browned. Remove chicken from pan; set aside.
- 5 Add the garlic and zucchini to the pan; cook for 1 minute.
- 6 Add half the lemon juice, zest, parsley, oregano, and stock. Bring to a boil and then simmer for 15 minutes. Taste the soup to see if more lemon juice is needed.
- 7 In a blender or food processor, add two-thirds of the soup and blend till smooth (if you prefer, blend all of the soup).
- 8 Return blended soup to the saucepan and stir in the chicken and rice; simmer for another 5 minutes.
- 9 Ladle into bowls. Top with a sprinkle of grated Parmesan or cheddar cheese and serve.
- 10 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.



MINISTRONE SOUP

Prep time: 25 minutes

Cook time: 10 minutes

Total time: 35 minutes

Servings: 6–8

1 or 2 medium zucchini, diced

3 cups onion, diced

1 tablespoon garlic, minced

1 cup carrots, diced

1 cup celery, diced

¼ cup fresh basil, chopped

1 cup uncooked macaroni

2 tablespoons extra-virgin olive oil, plus more for garnish

1 tablespoon dry Italian seasoning

¾ teaspoon salt

½ cup dry white wine

6 cups vegetable broth

1 (28-ounce) can whole peeled tomatoes, preferably Italian plum tomatoes

1 (14-ounce) can red kidney beans, drained and rinsed

Optional: grated Parmesan cheese, for serving

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the vegetables. Prepare as directed.
- 3 Bring a medium saucepan of water to a boil. Add macaroni and cook according to package instructions until al dente. Drain into a colander and rinse with cold water; set aside.
- 4 Meanwhile, heat 2 tablespoons oil in a large heavy-bottomed soup pot or Dutch oven over medium-high heat. Add onion and cook, stirring often, until the onion starts to brown slightly (about 3 minutes). Add in carrots, celery, Italian seasoning, and salt; stir to combine. Continue cooking, stirring often, until the vegetables are softened, and the pan has a bit of fond (see Note) on the bottom (3–5 minutes). Add garlic and cook while stirring for 1 minute.
- 5 Pour in wine and cook, stirring until most of it is evaporated, for 1–3 minutes.
- 6 Add in broth and zucchini, increase heat to high, and bring to a boil. Reduce heat to maintain a simmer, and cook until the vegetables are tender (4–6 minutes). Crush tomatoes into the soup using hands and add any tomato sauce from the can. Stir in beans and macaroni; cook, stirring often, until heated through (about 5 minutes).
- 7 Remove pot from heat. Stir in basil.
- 8 Serve in bowls topped with Parmesan and additional olive oil, if desired.
- 9 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.

Note: Fond is the golden brown tasty crusty bits found on the bottom of the pot once the liquid in the veggies have cooked out. Fond is very flavorful, so developing it is an important step.

ORZO, SAUSAGE, AND ZUCCHINI SOUP

Prep time: 15 minutes

Cook time: 40 minutes

Total time: 55 minutes

Servings: 6

1 (8- to 10-ounce) zucchini, cut in half horizontally, then sliced ¼-inch thick

1 medium (1 cup) onion, chopped

1–2 stalks celery, chopped

1 medium green bell pepper, chopped

2 large cloves garlic, minced

1 tablespoon fresh basil, minced or 1 teaspoon dried basil

1 tablespoon fresh parsley, minced, or 1 teaspoon dried parsley

1 tablespoon avocado or olive oil

8–10 ounces bulk mild or spicy Italian sausage or other ground meat

4 cups beef, chicken, or vegetable stock

1 (14.5-ounce) can fire-roasted diced tomatoes

Pinch red chili flakes, or to taste

½ cup dry orzo, tortellini, or rice

Kosher salt and fresh black pepper, to taste

Optional: grated Parmesan cheese

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the vegetables. Prepare as directed.
- 3 In a large Dutch oven or stock pot, heat avocado oil over medium-high heat. Add sausage and cook until browned while breaking up the meat with a spoon.
- 4 Add onions, celery, bell pepper, and a pinch of salt. Cook until tender (5–7 minutes), while stirring frequently. Stir in garlic and cook for 30 seconds or until fragrant.
- 5 Add stock, tomatoes, basil, parsley, and red chili flakes. Season with salt and pepper to taste.
- 6 Bring soup to a simmer. Stir in zucchini and orzo. Reduce heat and cook partially covered until tender (10 – 12 minutes).
- 7 Ladle into bowls and serve with Parmesan cheese.
- 8 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.



SUMMER CORN AND ZUCCHINI CHOWDER

Prep time: 20 minutes

Cook time: 30 minutes

Total time: 50 minutes

Servings: 6

4 strips bacon, cooked and chopped

1 large zucchini, cut into quarters lengthwise, then sliced

1 large yellow squash, cut into quarters lengthwise, then sliced

2 russet potatoes, peeled and cut into ¼-inch cubes

½ large yellow onion, diced

2 ribs celery, finely diced

5 ears corn, kernels cut from cob or 10–16 ounces frozen corn

4 cloves garlic, minced

5 cups low-sodium chicken broth

¼ teaspoon kosher sea salt

½ teaspoon ground black pepper

½ teaspoon paprika

½ teaspoon dried parsley

¼ teaspoon dried thyme leaves

⅛ teaspoon cayenne pepper

2 cups half-and-half or whole milk



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the vegetables. Prepare as directed.
- 3 Set a large Dutch oven or stock pot over medium heat. Add bacon and cook until crisp (about 5 minutes).
- 4 Add onion and celery, and cook for 3 minutes, then add corn and continue cooking for an additional 4 minutes. Add garlic and cook until fragrant (about 1 minute).
- 5 Pour in chicken broth and turn the heat up to medium-high. Once the mixture is simmering, add the potatoes along with the salt, pepper, paprika, parsley, thyme, and cayenne. Reduce heat to medium and cook for 15 minutes before adding the zucchini.
- 6 Once the zucchini has been added, cook until the potatoes are fork tender and the zucchini is fully cooked (about 10–12 minutes).
- 7 Transfer 2 cups of chowder to a food processor or blender. Purée until silky smooth (about 1–2 minutes). Return the mixture to the pot and add the half-and-half or milk. Stir to combine, then remove from the heat.
- 8 Let the chowder sit for 10 minutes before serving.
- 9 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.

TORTELLINI ZUCCHINI SOUP

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes

Servings: 4 (2-cup servings)

8 ounces mushrooms, quartered or sliced

1 onion, diced

2 cloves garlic, minced

1 teaspoon fresh thyme, chopped

10 ounces baby spinach, coarsely chopped, or thawed frozen spinach

2 tablespoons butter or oil

¼ cup flour

½ cup white wine or broth

6 cups vegetable broth or chicken broth

8 ounces cheese, meat, or other filling tortellini

½ cup Parmesan, grated

½ cup cream or milk

Salt and pepper to taste



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the vegetables. Prepare as directed.
- 3 Melt the butter in a pan over medium-high heat; add the mushrooms and onion. Cook until the mushrooms have released their liquids and the liquid has evaporated (about 10–15 minutes).
- 4 Mix in the garlic, thyme, and flour and cook, stirring continually, until the flour starts to turn a light golden brown (about 2–3 minutes).
- 5 Add the wine and deglaze the pan.
- 6 Add the broth and tortellini, bring to a boil, reduce the heat, and simmer until the tortellini is tender (about 10 minutes or as directed on the package).
- 7 Add the Parmesan, and let it melt; add the spinach, and let it wilt. Add the cream, then season with salt and pepper to taste.
- 8 Remove from heat and serve.
- 9 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.



Chicken, Zucchini, and Basil Pesto Tortellini

MAIN DISHES

Cooking It Up! From The Zucchini Patch

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BEEF-STUFFED ZUCCHINI

Prep time: 10 minutes

Cook time: 1 hour 10 minutes

Total time: 1 hour 20 minutes

Servings: 6

3 large zucchini, halved lengthwise and seeded

½ cup water

Filling

1 pound lean ground beef

1 large egg, beaten

½ cup Western-style French salad dressing

¾ cup breadcrumbs

1 medium onion, minced

1 tablespoon brown sugar

1 teaspoon lemon juice

¾ teaspoon salt

Glaze

¼ cup Western-style French salad dressing

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 350°F.
- 3 Wash and dry the zucchini. Prepare as directed.
- 4 Place squash cut-side down in a roasting pan and pour water in pan.
- 5 Bake for 30 minutes.
- 6 Meanwhile, in a medium bowl, combine filling ingredients. Wash the counter and utensils that touched the raw egg. Wash hands with soap and water after handling raw egg.
- 7 Remove squash from oven. Increase oven temperature to 375°F.
- 8 Lightly spoon the filling into each cavity. Drain water from pan and return the stuffed zucchini to it. Baste the meat and top of zucchini with Western-style French salad dressing.
- 9 Bake 40–50 minutes until filling internal temperature reaches 155°F on a food thermometer; continue basting with glaze as needed.
- 10 Remove from oven and serve.
- 11 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.

ZUCCHINI BREAKFAST QUESADILLAS

Prep time: 15 minutes

Cook time: 10 minutes

Total time: 25 minutes

Servings: 4

1 medium zucchini, cut into ½-inch pieces

2 medium scallions, thinly sliced

1 teaspoon flavorless oil

⅓ teaspoon ground black pepper

⅓ teaspoon dried oregano

2 large eggs, room temperature

1 tablespoon water

¼ cup shredded cheddar cheese

½ teaspoon salt

4 (6-inch) flour tortillas

Optional: ⅓ teaspoon crushed red pepper flakes

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the zucchini and scallions. Prepare as directed.
- 3 Heat a 10-inch skillet over medium-high heat. Add oil, zucchini, scallions, black pepper, oregano, and pepper flakes. Sauté until vegetables are tender (3–4 minutes). Reduce heat to low, cover, and cook for 2 more minutes.
- 4 Meanwhile, crack eggs into a bowl. Add water and whisk until well combined. Stir in cheese and salt. Wash the counter and utensils that touched the raw egg. Wash hands with soap and water after handling raw egg.
- 5 Add egg mixture to the skillet and increase the heat to medium. Stir and scramble until eggs are soft-set (3–5 minutes). The filling internal temperature should be 160°F on a food thermometer. Remove egg mixture to a plate and wipe the skillet clean with a paper towel.
- 6 Spread one-quarter of the egg mixture onto half of each tortilla. Fold tortillas in half.
- 7 Place the clean skillet over medium-high heat. Add tortillas, two at a time, to the hot skillet and cook until crisp (about 1 minute per side).
- 8 Remove from skillet and serve.
- 9 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.



BROWN SAUCE, GROUND PORK, AND ZUCCHINI STIR-FRY

Prep time: 15 minutes

Cook time: 15 minutes

Total time: 30 minutes

Servings: 4

Minced Pork

1 pound minced lean pork

2 tablespoons rice wine or Shaoxing wine (see Notes)

1 teaspoon cornstarch

1 teaspoon light soy sauce

¼ teaspoon salt

Remaining Dish

3 medium zucchini

1 small white onion, chopped

1 teaspoon ginger, grated (or ½ teaspoon ground ginger)

3 cloves garlic, minced

1 teaspoon light soy sauce

2 teaspoons dark soy sauce

¼ teaspoon white pepper

1 teaspoon fish sauce

2 teaspoons brown sugar

¾ cup water or broth of your choice

1 tablespoon cornstarch mixed with 2 tablespoons water

2 teaspoons oyster sauce or hoisin sauce (see Notes)

½ teaspoon sesame oil

Salt, to taste

Oil for cooking

Rice, cooked

Optional: 1 teaspoon chili flakes

Optional: chopped green onion for garnish

- 1 Wash hands with soap and water for 20 seconds.
- 2 Combine minced pork, rice wine, cornstarch, light soy sauce, and salt in a bowl. Mix well and set aside while you prepare the rest of the ingredients. Wash the counter and utensils that touched the raw meat. Wash hands with soap and water after handling raw meat.
- 3 Wash and dry the vegetables. Prepare as directed.
- 4 Peel and cut zucchini into cubes about ½ inch thick.
- 5 Heat a wok or stainless steel pot on medium-high heat. Once the pan is hot, add a little oil, then the onion, ginger, and a pinch of salt. Sauté onions until slightly translucent (approximately 2 minutes).
- 6 Add marinated minced pork and garlic; stir and cook for 3–5 minutes until pork has almost entirely changed color and is starting to brown. Make sure the bottom of the pot isn't burning; lower heat to medium if necessary. If the pork sticks to the bottom of the pot, don't worry—you will deglaze with liquid in the next step.
- 7 Add light soy sauce, dark soy sauce, white pepper, fish sauce, brown sugar, chili flakes (if using), and zucchini.
- 8 Mix everything thoroughly and add water or broth to deglaze the pan (the brown bits at the bottom of the pot add flavor!).
- 9 Cover and lower heat to medium-low. Cook for 5 minutes, stirring halfway.
- 10 While dish simmers, mix the 1 tablespoon cornstarch with 2 tablespoons of water to make a slurry.
- 11 Uncover the dish after 5 minutes and pierce zucchini with fork to check if cooked. The zucchini should be slightly translucent, but still keep its shape. Cover and cook for 2 more minutes if you want the zucchini to be softer.



- 12** Once the zucchini is cooked, the dish should be a bit watery; it must be thickened to make a sauce. Switch heat to low; mix and add half the cornstarch slurry and gently stir the dish. The mixture should start to thicken. If still too watery, add remaining cornstarch slurry a little at a time and stir until desired thickness. If too thick, add a little water.
- 13** Add oyster sauce and sesame oil to finish the dish. The filling internal temperature should be 165°F on a food thermometer.
- 14** Top with chopped green onion. Serve over steamed rice.
- 15** Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.

Notes:

Rice wine is not the same as rice vinegar. Rice vinegar adds a sour taste profile to the pork, not savory. Japanese cooking wine or dry sherry are good alternatives. Leave out altogether in the absence of cooking wine.

Hoisin will give a sweeter flavor to the sauce. Adding oyster sauce or hoisin will add great flavor to the finished dish. If both sauces are unavailable, add extra soy sauce to taste.

CHEESY SAUSAGE ZUCCHINI RICE SKILLET

Prep time: 5 minutes

Cook time: 20 minutes

Total time: 25 minutes

Servings: 6

1 medium zucchini, shredded

½ cup onion, diced

4 tablespoons butter with olive oil and sea salt, divided

1 pound kielbasa sausage, cut into bite-size pieces

1 teaspoon garlic salt

1 cup long-grain white rice

2½ cups chicken broth

1 cup mozzarella cheese, shredded

1 cup mild cheddar cheese, shredded

Salt and pepper

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the zucchini and onion. Prepare as directed.
- 3 Melt 2 tablespoons butter in a large skillet over medium heat. Add in the sausage and cook until lightly browned. Add in the onion and garlic salt; cook until onion is tender (about 2–3 minutes). Stir in the rice and cook until lightly toasted (about 1 minute).
- 4 Pour in the chicken broth and stir, breaking up any browned bits on the bottom of the pan. Bring to a boil, then reduce heat to low; cover and cook for 15 minutes, or until liquid is absorbed and rice is tender.
- 5 Fluff rice and add in the zucchini and both kinds of cheese. Stir until cheese is melted into rice, then add the remaining 2 tablespoons of butter and stir until melted.
- 6 Serve immediately.
- 7 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.



CHICKEN ZOODLE LO MEIN

Prep time: 20 minutes

Cook time: 10 minutes

Total time: 30 minutes

Servings: 2

Sauce

½ cup reduced sodium chicken broth

1 tablespoon reduced sodium soy sauce; use tamari for gluten-free

1 tablespoon oyster sauce

½ tablespoon rice wine

1 tablespoon cornstarch

Zoodles

2 medium zucchini, ends trimmed

¾ cup bok choy, sliced

½ cup mushrooms such as shiitake, sliced

½ cup carrots, shredded

3 scallions, sliced into 1-inch pieces on the diagonal

½ tablespoon fresh ginger, grated

2 garlic cloves, chopped

8-ounce skinless, boneless chicken breast, cut into thin short strips

Kosher salt, to taste

2 teaspoons flavorless oil, divided



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the vegetables. Prepare as directed.
- 3 In a medium bowl, combine the chicken broth, soy sauce, oyster sauce, rice wine, and 2 tablespoons of water. Whisk in the cornstarch until smooth.
- 4 Using a spiralizer fitted with a shredder blade, or a mandoline fitted with a julienne blade, cut the zucchini into long spaghetti-like strips. If using a spiralizer, use kitchen scissors to cut the strands into pieces that are about 8 inches long so they're easier to eat.
- 5 Cut the chicken into strips and season it with salt.
- 6 Heat a large nonstick wok over high heat. When very hot, add 1 teaspoon of the oil and the chicken. Cook until browned on both sides and opaque throughout (2–3 minutes). Cook until internal temperature reaches 165°F on a food thermometer. Set aside in a large bowl.
- 7 Add the remaining oil, bok choy, mushroom, carrots, scallions, ginger, and garlic. Cook until crisp-tender (2–3 minutes).
- 8 Set aside with the chicken.
- 9 Pour the sauce mixture into the wok and cook, stirring, until thickened and bubbling (1–1 ½ minutes).
- 10 Add the zucchini noodles to the sauce, mixing so the zucchini is covered in sauce, and cook until the zucchini is tender (2 minutes).
- 11 Add the chicken and vegetables to combine, then divide between two serving bowls.
- 12 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.



CHICKEN, ZUCCHINI, AND BASIL PESTO TORTELLINI

Prep time: 15 minutes

Cook time: 15 minutes

Total time: 30 minutes

Servings: 4

2 cups tortellini, uncooked

2 tablespoon olive oil, divided

1 or 2 medium zucchini, sliced

Salt

1 pound chicken breast, cut into small slices

1 cup red cherry tomatoes, each sliced in half

1 cup yellow cherry tomatoes, each sliced in half

7 ounces basil pesto

- 1 Wash hands with soap and water for 20 seconds.
- 2 In a large saucepan, bring water to boil. Add tortellini and cook according to package instructions. Drain.
- 3 Meanwhile, wash and dry zucchini and tomatoes. Prepare as directed.
- 4 In a large skillet, heat 1 tablespoon olive oil on medium heat. Add zucchini, sprinkle with a pinch of salt, and cook for about 5 minutes, flipping once, until soft. Remove to the plate.
- 5 To the same skillet, add another tablespoon of olive oil and chicken slices; sprinkle with salt and cook for about 5 minutes, until the chicken is completely cooked and the internal temperature reaches 165°F on a food thermometer.
- 6 Add zucchini, tomatoes, tortellini, and pesto to the skillet. Mix everything, reheating gently just to warm up the ingredients.
- 7 Remove from heat and serve.
- 8 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.

ZUCCHINI LASAGNA ROLL-UPS

Prep time: 45 minutes

Cook time: 30 minutes

Total time: 1 hour 15 minutes

Servings: 6 (4 roll-ups)

4 medium zucchini, 1/8-inch thick lengthwise slices

2 tablespoons olive oil

3/4 pound lean ground beef or Italian sausage, casing removed

1/2 small onion, minced

4 cloves garlic, minced

1/2 green bell pepper, diced

1 cup tomatoes, diced

1 teaspoon paprika

1 cup ricotta cheese

1/2 cup Parmesan, freshly grated

2 cups mozzarella cheese, shredded and divided

1 large egg

2 teaspoons Italian seasoning

1 1/2 cups marinara sauce, divided

Fresh parsley, chopped

Parchment paper

Foil



- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 400°F.
- 3 Cover the bottom of a large rimmed baking sheet with parchment paper and lightly sprinkle with olive oil; set aside.
- 4 Wash and dry the vegetables. Using a mandoline or sharp knife, cut zucchini lengthwise into 1/8-inch thick slices. You should have about 24 slices. Prepare the rest of the vegetables as directed.
- 5 Arrange zucchini in one layer on the prepared baking sheet. Sprinkle with salt and pepper and bake for 10–12 minutes, until softened.
- 6 Place the cooked zucchini slices on paper towels to remove extra water.
- 7 Set a large skillet over medium-high heat. Add olive oil and, once the oil is hot, add onion and garlic; stir and cook for 1 minute. Push to one side of the pan.
- 8 Add ground meat, and using a spoon, break it up while it cooks. Mix with the onion and garlic and continue cooking until no longer pink. Drain grease, leaving only about 1 tablespoon in the pan.
- 9 Add the bell pepper, tomatoes, and paprika. Stir well and simmer on low for about 20 minutes. Taste and adjust for salt if needed.
- 10 Add meat mixture to a large bowl and add ricotta cheese, Parmesan cheese, 1 cup mozzarella cheese, egg, and Italian seasoning. Stir until thoroughly combined. Wash the counter and utensils that touched the raw egg. Wash hands with soap and water after handling raw egg.
- 11 Lightly grease a 10-inch cast iron skillet or 9-inch baking dish with olive oil. Add 1 cup of marinara sauce to the bottom.
- 12 Spread 1 1/2 tablespoons of the meat mixture onto a zucchini slice. Roll and add the zucchini roll-up to the prepared pan. Repeat with the remaining zucchini slices.
- 13 Pour remaining 1/2 cup marinara sauce over the roll-ups and top with 1 cup mozzarella cheese.
- 14 Cover with foil and bake for 30 minutes until cheese is melted and zucchini is cooked through. Remove foil during last 5 minutes of cooking. The internal temperature should be 165°F on a food thermometer.
- 15 Garnish with freshly chopped parsley before serving.
- 16 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.

ZUCCHINI MEATLOAF

Prep time: 10 minutes

Cook time: 45 minutes

Total time: 55 minutes

Servings: 6

Meatloaf

1/3 cup onion, finely diced or grated

2 cups zucchini, shredded

2 eggs, slightly beaten

3 tablespoons Worcestershire sauce

1 cup Italian breadcrumbs

1 teaspoon salt

1 teaspoon garlic powder

1/2 teaspoon cumin

1/2 teaspoon parsley flakes

1/2 teaspoon ground pepper

1 1/2 pounds ground beef

Glaze

1 tablespoon brown sugar, packed

2 tablespoons ketchup

1/8 teaspoon ground ginger

1/8 teaspoon cumin

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 375°F.
- 3 Wash and dry the zucchini and onion. Prepare as directed.
- 4 In a large bowl, mix all the meatloaf ingredients until well blended, then press this mixture into an ungreased 9x5-inch loaf pan or an 8x8-inch pan. Wash the counter and utensils that touched the egg and raw meat. Wash hands with soap and water after handling raw egg and meat.
- 5 Bake for 35 minutes.
- 6 Meanwhile, in a small bowl, mix all the topping ingredients well.
- 7 After the 35 minutes, remove meatloaf from the oven; pour glaze on the meatloaf, spreading evenly over the top.
- 8 Return the meatloaf to oven, and bake an additional 10–15 minutes or until thoroughly cooked in center and a meat thermometer reads 160°F.
- 9 Let stand 5–10 minutes before serving.
- 10 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.



ZUCCHINI NOODLE SHRIMP SCAMPI

Prep time: 10 minutes

Cook time: 10 minutes

Total time: 20 minutes

Servings: 4

3 medium zucchini, cut into noodles

1 cup grape tomatoes, halved if large

4 cloves garlic, chopped

1 tablespoon parsley, chopped

1 lemon, zested and juiced

1 tablespoon olive oil

2 tablespoons butter

1 pound (16–24) shrimp, shelled and deveined

¼ cup white wine or chicken broth or shrimp broth

Salt and pepper, to taste

Optional: 1 pinch red pepper flakes

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the vegetables and lemon. Prepare as directed.
- 3 Heat the oil and melt the butter in a pan over medium-high heat until frothing. Add the shrimp, cook for 2 minutes, flip, add the garlic and red pepper flakes, and cook for 1 more minute; set shrimp aside. The shrimp should be white and opaque.
- 4 Add the white wine and 2 tablespoons lemon juice to the pan; deglaze it and simmer for 2 minutes.
- 5 Add the zucchini noodles and tomatoes; cook until just tender (about 2 minutes), before seasoning with salt and pepper. Add the shrimp, 1 teaspoon lemon zest, and parsley; toss everything and remove from the heat.
- 6 Serve immediately.
- 7 Store in an airtight container in the fridge for up to 4 days, or in the freezer for longer storage.





Parmesan Tomato Zucchini Bake

Cooking It Up!
From
The
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CHEESY ZUCCHINI RICE

Prep time: 5 minutes

Cook time: 20 minutes

Total time: 25 minutes

Servings: 6

2 medium zucchini, grated

2 cups chicken broth

1 cup white rice

2 tablespoons butter

1 cup sharp cheddar, shredded

Salt and pepper, to taste

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the zucchini. Prepare as directed.
- 3 In a medium saucepan, add the chicken broth and bring to a boil. Stir in the rice, cover and reduce heat to low; cook for about 20 minutes or until liquid is absorbed and rice is tender.
- 4 Remove from heat and add the butter, zucchini, and cheese. Stir and let stand for about 5 minutes. Salt and pepper to taste.
- 5 Serve immediately.
- 6 Store in an airtight container in the fridge for up to 4 days.

GARLIC PARMESAN ZUCCHINI CASSEROLE

Prep time: 15 minutes

Cook time: 25 minutes

Total time: 40 minutes

Servings: 6–8

4 cups (3–4 medium) zucchini, grated

½ cup onion, finely minced or grated

1 tablespoon garlic, minced

½ teaspoon salt

2 large eggs

½ cup Parmesan cheese, grated, plus
an additional 2 tablespoons

1 cup mozzarella cheese, shredded

½ cup cheddar cheese, shredded

½ cup panko breadcrumbs

2 tablespoons butter, melted

Nonstick cooking spray

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 375°F. Grease a 1 ½-quart baking dish; set aside.
- 3 Wash and dry the vegetables. Prepare as directed.
- 4 Place zucchini in a colander, sprinkle with salt, and allow to sit for about 10 minutes (this will help draw out some of the water from the zucchini). After 10 minutes, squeeze out the moisture from the zucchini. *Tip:* To get most of the water out of the zucchini and avoid a runny casserole, wrap the zucchini in a dish towel. Squeeze it and wring it out multiple times while it's in the towel.
- 5 In a large bowl, combine zucchini, onion, garlic, eggs, ½ cup Parmesan cheese, mozzarella cheese, and cheddar cheese. Gently press the mixture evenly into the prepared dish. Wash the counter and utensils that touched the raw egg. Wash hands with soap and water after handling raw egg.
- 6 Bake uncovered for 20 minutes.
- 7 Meanwhile, in a small bowl, pour melted butter over breadcrumbs and 2 tablespoons Parmesan cheese. Stir until thoroughly combined.
- 8 After 20 minutes, remove zucchini from the oven. Sprinkle buttered breadcrumbs over the zucchini and return the dish to the oven. Continue baking for about 5–10 more minutes until the top is golden brown and crispy.
- 9 Store in an airtight container in the fridge for up to 4 days.



GRILLED VEGETABLE KABOBS

Prep time: 20 minutes

Cook time: 10 minutes

Total time: 30 minutes

Servings: 6 skewers

1 yellow squash or zucchini, cut into half moons

8 ounces Baby Bella mushrooms, trimmed

1 cup grape tomatoes

6 ounces Brussels sprouts, halved (it helps to microwave them briefly so they are a bit softer and go through the skewers more easily)

1 medium onion, cut into chunks

2 lemons, juiced

3–4 garlic cloves, minced

½ cup fresh parsley, chopped

Kosher salt

½ teaspoon dried oregano

½ – 1 teaspoon red pepper flakes

⅓ cup extra virgin olive oil



- 1 Wash hands with soap and water for 20 seconds.
- 2 Prepare 8 to 10 skewers (if using bamboo or wooden skewers, soak them in water for at least 30 minutes).
- 3 Wash and dry the vegetables. Prepare as directed.
- 4 Place the vegetables and garlic in a large mixing bowl. Add the parsley and season with salt, oregano, and pepper flakes. Add the olive oil and lemon juice. Toss to combine.
- 5 Set the vegetables aside for 20 minutes while you heat the grill (or marinate them in the fridge for a few hours until you are ready).

Gas grill vegetable kabobs:

- Heat a gas grill to medium and oil the grates.
- Arrange the skewers on the heated grill and cook for 10 minutes, turning as needed, until the vegetables are cooked and charred in some parts.

Oven vegetable kabobs:

- Heat your oven to 400°F. Assemble the kabobs on a large sheet pan and roast on the center rack of the oven, occasionally turning, for 15 minutes or until the vegetables are cooked to your liking.
- Serve immediately.
- Store in an airtight container in the fridge for up to 4 days.

PARMESAN ZUCCHINI AND CORN

Prep time: 5 minutes

Cook time: 5 minutes

Total time: 10 minutes

Servings: 4

4 medium (5 cups) zucchini, diced

3 cloves garlic, minced

2 tablespoons olive oil

3 cloves garlic, minced

1 cup corn kernels, frozen, canned, or roasted

¼ teaspoon dried basil

¼ teaspoon dried oregano

¼ teaspoon dried thyme

Kosher salt and freshly ground black pepper, to taste

Juice of 1 lime

2 tablespoons fresh cilantro leaves, chopped

½ cup Parmesan cheese, shaved



- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the vegetables. Prepare as directed.
- 3 Heat olive oil in a large skillet over medium-high heat. Add garlic and cook, stirring frequently, until fragrant (about 1 minute).
- 4 Stir in zucchini, corn, basil, oregano, and thyme. Cook, stirring occasionally, until zucchini is tender and cooked through (about 4–5 minutes); season with salt and pepper, to taste. Stir in lime juice and cilantro.
- 5 Top with Parmesan and serve.
- 6 Store in an airtight container in the fridge for up to 4 days.

REFRIGERATOR ZUCCHINI PICKLES

Prep time: 15 minutes

Cook time: 4 minutes

Total time: 19 minutes

Servings: 18

1½ pounds (3–4 medium) zucchini

6 fresh dill sprigs

Seasoning

3 garlic cloves, peeled and halved (2 halves per jar)

1½ teaspoons black peppercorns (½ teaspoon per jar)

1½ teaspoons mustard seeds (½ teaspoon per jar)

¾ teaspoon dill seed (¼ teaspoon per jar)

Brine

2½ cups water

1 cup distilled white vinegar

¼ cup sugar

2 tablespoons coarse sea salt or kosher salt, not iodized



Photo by aneta_gu, stock.adobe.com

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash the zucchini; trim and discard ends. Slice into chips or spears, as desired. Set aside.
- 3 Divide the seasonings between 3 clean pint-sized mason jars. Divide the zucchini and dill sprigs evenly between the jars.
- 4 Combine all brine ingredients in a medium saucepan and place over medium-high heat. Bring mixture to a boil.
- 5 Remove pan from the heat and carefully pour the hot brine into the jars over the zucchini and fresh dill. Fill to the top of the jar, leaving ½-inch headspace.
- 6 Tightly secure lids and shake the jars.
- 7 Allow to cool slightly on your kitchen counter for about 30 minutes before placing jars in the refrigerator. Refrigerate for 24 hours or more before eating.
- 8 Keeps well refrigerated for 2 to 3 weeks.

ROASTED ZUCCHINI

Prep time: 5 minutes

Cook time: 12 minutes

Total time: 17 minutes

Servings: 4–5

1½ pounds (4–5 small or medium)
zucchini, chopped ½-inch slices

1 tablespoon olive oil

Salt and pepper

Optional: ¼ teaspoon paprika

Foil



- 1** Wash hands with soap and water for 20 seconds.
- 2** Preheat oven to 450°F. Line a baking sheet with foil.
- 3** Wash and dry the zucchini. Prepare as directed.
- 4** In a large bowl, toss zucchini with olive oil. Pour oil-coated zucchini slices onto prepared baking sheet and arrange them in a single layer.
- 5** Sprinkle generously with salt and pepper and optional paprika.
- 6** Bake for 10 to 15 minutes, until zucchini is fork tender.
- 7** Remove from oven and serve.
- 8** Store in an airtight container in the fridge for up to 4 days.

SKILLET ZUCCHINI AND MUSHROOMS

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Servings: 4

2 small zucchini, cut into thin, half moon slices

1 small yellow onion, finely diced

1 pound small button mushrooms, cleaned, patted dry, quartered

3–4 cloves garlic, minced

1 tablespoon olive oil

3 tablespoons butter, divided

Salt and pepper, to taste

2 teaspoons fresh herbs, chopped; use what you have on hand, or 1 teaspoon dried herbs (thyme and oregano are great in this dish)

¼ cup vegetable broth

Fresh parsley, chopped, for garnish

Parmesan, grated, for garnish

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the vegetables. Prepare as directed.
- 3 Add olive oil and ½ tablespoon butter to a large skillet and set over medium-high heat.
- 4 Add zucchini slices to the hot oil; season with salt and pepper and cook for 3 to 4 minutes, or until fork tender. Remove zucchini from skillet and set aside. If there's any liquid in the skillet, wipe it out.
- 5 Return skillet to the burner and add remaining butter; melt butter over medium-high heat.
- 6 Stir in the onions and cook for 2 minutes, or until just softened.
- 7 Add mushrooms and cook for 5–7 minutes, or until tender and nicely browned. Stir occasionally.
- 8 Stir in garlic and herbs; cook for 20 seconds.
- 9 Return zucchini to the skillet and mix with the mushrooms; cook for 1 minute or until heated through.
- 10 Pour in the vegetable broth and cook for 2 minutes.
- 11 Taste for salt and pepper and adjust as needed.
- 12 Remove skillet from heat.
- 13 Sprinkle with parsley and Parmesan; serve immediately.
- 14 Store in an airtight container in the fridge for up to 4 days.



PARMESAN TOMATO ZUCCHINI BAKE

Prep time: 10 minutes

Cook time: 25–30 minutes

Total time: 35–40 minutes

Servings: 6

2 medium zucchini, sliced

2 medium yellow squash, sliced

5 medium tomatoes, sliced

½ cup Parmesan cheese, shredded

½ teaspoon black pepper

¾ teaspoon garlic powder

¾ teaspoon onion powder

½ teaspoon Italian spices



- 1** Wash hands with soap and water for 20 seconds.
- 2** Preheat oven to 375°F.
- 3** Wash and dry the vegetables. Prepare as directed.
- 4** In a baking dish, arrange zucchini, yellow squash, and tomatoes in an alternating pattern (as seen in the photo).
- 5** Top with cheese and spices. Place into oven and bake for 25–30 minutes or until squash is soft.
- 6** Remove from oven and serve.
- 7** Store in an airtight container in the fridge for up to 4 days.



ZUCCHINI GARLIC HERB FLATBREAD OR PIZZA CRUST

Prep time: 15 minutes

Rest time: 30 minutes

Cook time: 30 minutes

Total time: 1 hour 15 mins

Servings: 6–8

1 medium (1 cup) zucchini, grated

¼ cup chopped fresh herbs or 1–2
tablespoons dried herbs or Italian
seasoning

2–4 cloves garlic, minced

1 cup milk, room temperature

½ cup butter, room temperature

2–3 tablespoon honey

2¼ teaspoons yeast

4–5 cups flour

1 teaspoon salt

- 1 Wash hands with soap and water for 20 seconds.
- 2 Wash and dry the vegetables. Prepare as directed.
- 3 In a saucepan, combine the milk, honey, and butter; warm until the butter is almost melted. Remove from heat.
- 4 In a stand mixer bowl, combine salt, yeast, and 1 cup flour. Add in the milk mixture and mix well.
- 5 Add 2 more cups of flour, zucchini, garlic, and herbs. Use whatever flavors are desired—basil, oregano, rosemary, sage, thyme, etc.
- 6 Knead ingredients using the dough hook, adding additional flour as needed. Knead for 5–10 minutes. Allow the dough to rest covered for 15 minutes.
- 7 Grease a large rimmed baking sheet or pizza pan and, using oiled hands, press the dough onto the pan. Cover and allow to rest another 15 minutes.
- 8 Preheat oven to 350°F.
- 9 Bake for 20–30 minutes, until slightly golden. If desired, brush with butter before or after baking bread. This also makes a great pizza dough.
- 10 Serve warm.



Chocolate Chip Zucchini Muffins

DESSERTS

Cooking It Up! From The Zucchini Patch

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CARAMEL ZUCCHINI SPICE POKE CAKE

Prep time: 10 minutes

Cook time: 40 minutes

Total time: 50 minutes

Servings: 12–15

4 cups (3–4 medium) zucchini, finely
grated

2½ cups all-purpose flour (spoon and
level to measure)

1¼ teaspoons baking powder

1 teaspoon baking soda

1¼ teaspoons cinnamon

½ teaspoon nutmeg

⅛ teaspoon cloves

⅛ teaspoon ginger

½ teaspoon salt

4 large eggs, room temperature

1½ cups sugar

½ cup light brown sugar, packed

1½ cups flavorless oil

Nonstick baking spray

Caramel Sauce

4 tablespoons unsalted butter

1 cup light brown sugar, packed

½ cup heavy cream

1 tablespoon vanilla extract


Frosting

8 ounces cream cheese, room
temperature

1½ cups powdered sugar

⅓ cup heavy cream, room temperature

½ teaspoon vanilla

- 
- 1 Wash hands with soap and water for 20 seconds.
 - 2 Preheat your oven to 350°F. Prepare a 9x13-inch pan by spraying it with cooking spray.
 - 3 Wash and dry the zucchini. Prepare as directed.
 - 4 In a large bowl, whisk together the flour, baking powder, baking soda, and spices.
 - 5 In another medium bowl, whisk the eggs and sugars together until the sugars are just about dissolved. Add the oil, ½ cup at a time, and whisk in until combined.



- 6** Slowly add liquid to the flour mixture. Fold in the zucchini. Wash your hands with warm running water and soap after handling uncooked flour and/or raw eggs. Clean all surfaces and utensils touched by uncooked flour and/or raw eggs.
- 7** Pour batter into the pan. Do not taste or eat any raw dough or batter made with uncooked flour and/or raw eggs.
- 8** Bake for 40 minutes or until a toothpick inserted into the center comes out clean.
- 9** While the cake is baking, combine the butter, brown sugar, and heavy cream in a small saucepan over medium heat. Stir consistently while the sauce cooks until it thickens (about 5 minutes). Add the vanilla. Set aside.
- 10** In a large bowl or a stand mixer, beat the cream cheese. Beat in the powdered sugar, heavy cream, and vanilla. Continue beating on medium for 5 minutes. Put the frosting in the refrigerator to frost the cake the following day.
- 11** When the cake is finished, remove it from the oven, and allow it to sit for about 10 minutes.
- 12** Poke about 24 holes in the cake. Fill each of the holes with caramel sauce. Use about $\frac{2}{3}$ cup of caramel sauce. Reserve the rest of the sauce in the refrigerator.
- 13** Cover the cake and allow it to sit overnight. The next day, frost it and drizzle it with the remainder of the caramel sauce. Serve the cake at room temperature.
- 14** Freeze for longer storage.

Prep time: 15 minutes

Cook time: 35 minutes

Total time: 50 minutes

Servings: 12–15

2½ cups (3 medium) zucchini, shredded

½ cup unsalted butter, room temperature

½ cup flavorless oil

1¾ cups sugar

1 teaspoon vanilla

1½ teaspoons baking soda

½ teaspoon baking powder

½ teaspoon salt

2 large beaten eggs, room temperature

½ cup sour cream or plain Greek yogurt

2½ cups all-purpose flour

¾ cup unsweetened natural cocoa powder, sifted* (see Note)

⅔ cup semi-sweet chocolate chips

Nonstick baking spray

Frosting

¼ cup salted butter

3 tablespoons unsweetened natural cocoa powder, sifted

3 tablespoons milk or half-and-half

2 cups powdered sugar

1 teaspoon vanilla

CHOCOLATE ZUCCHINI CAKE



- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat your oven to 325°F. Prepare a 9x13-inch pan by spraying it with baking spray.
- 3 Wash and dry the zucchini. Prepare as directed.
- 4 In a large mixing bowl, cream together the butter, oil, sugar, vanilla, baking soda, baking powder, and salt. Add in the eggs.
- 5 Stir in the sour cream alternately with the flour. Then, add the cocoa powder; mix until incorporated and the batter is smooth.
- 6 Fold in the zucchini and ⅔ cup chocolate chips. The batter will be thick.
- 7 Spread the batter to the edges of the prepared pan and bake the cake for 30–35 minutes or until a toothpick inserted into the center comes out clean.
- 8 Place pan on a wire rack to cool.
- 9 To prepare the frosting, in a medium microwave-safe bowl, melt the butter.
- 10 Sift in the cocoa powder and add the milk. Whisk until combined, then microwave until it is boiling.
- 11 Whisk in the powdered sugar and vanilla until smooth. Pour over the cake while warm or cool and spread evenly to cover.
- 12 Freeze for longer storage.

Note: If using Dutch-process cocoa powder, reduce soda to 1 teaspoon.



CHOCOLATE CHIP ZUCCHINI MUFFINS

Prep time: 10 minutes

Cook time: 25 minutes

Total time: 35 minutes

Servings: 12

1½ cups fresh zucchini, shredded

1½ cups all-purpose flour (spoon and level to measure)

¾ cups sugar

1 teaspoon baking soda

1 teaspoon ground cinnamon

½ teaspoon kosher salt

1 large egg, room temperature

½ cup flavorless oil

¼ cup buttermilk, room temperature

1 teaspoon vanilla extract

¼ cup mini chocolate chips

¼ cup walnuts, chopped

12 muffin liners or nonstick baking spray

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 350°F. Line standard-size muffin tin with paper liners or coat with nonstick baking spray; set aside.
- 3 Wash and dry the zucchini. Prepare as directed.
- 4 In large bowl, whisk together the flour, sugar, baking soda, cinnamon, and salt.
- 5 In a 4-cup glass measuring cup, whisk together egg, oil, buttermilk, and vanilla. Pour into the flour mixture and mix until it just starts to come together. (Visible flour is okay. It will be dry at this point and doesn't need to be completely mixed.) Wash your hands with warm running water and soap after handling uncooked flour and/or raw eggs. Clean all surfaces and utensils touched by uncooked flour and/or raw eggs.
- 6 Add in zucchini and mix to combine. The moisture from the zucchini will allow the dry ingredients to be completely incorporated into the wet ingredients. Take care not to overmix. Overmixing will create a tough crumb.
- 7 Gently fold in chocolate chips and walnuts.
- 8 Divide batter equally between the 12 prepared muffin wells. Do not taste or eat any raw dough or batter made with uncooked flour and/or raw eggs.
- 9 Bake for 20–25 minutes or until a toothpick inserted into the center comes out clean. Let muffins rest in muffin tin for 2 minutes, then remove to wire rack to completely cool.
- 10 Place the cooled muffins in an airtight container. To stack, separate layers with a sheet of parchment or wax paper.
- 11 Freeze for longer storage.

FROSTED ZUCCHINI OATMEAL COOKIES

Prep time: 15 minutes

Cook time: 12 minutes

Total time: 27 minutes

Servings: 24 cookies

1½ cups zucchini, shredded

1½ cups all-purpose flour (spoon and level to measure)

1 teaspoon cinnamon

½ teaspoon baking soda

¼ teaspoon salt

1 cup oatmeal

½ cup butter, softened

½ cup sugar

⅓ cup brown sugar, packed

1 large egg, room temperature

1 teaspoon vanilla

Nonstick cooking spray or parchment paper

Frosting

3 tablespoons butter

3 cups powdered sugar

½ teaspoon vanilla

4–5 tablespoons milk



- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 350°F. Line 2 baking sheets with parchment paper or coat lightly with nonstick cooking spray; set aside.
- 3 Wash and dry the zucchini. Prepare as directed.
- 4 In a medium bowl, whisk together flour, cinnamon, baking powder, oats, and salt.
- 5 In a large bowl, cream butter and sugars until light and fluffy. Add egg, vanilla, and zucchini; mix well.
- 6 Add dry ingredients to wet ingredients and mix until incorporated. Wash your hands with warm running water and soap after handling uncooked flour and/or raw eggs. Clean all surfaces and utensils touched by uncooked flour and/or raw eggs.
- 7 Drop spoonfuls of cookie dough onto prepared sheets at least 2 inches apart. Do not taste or eat any raw dough or batter made with uncooked flour and/or raw eggs.
- 8 Bake for 12–14 minutes or until golden brown.
- 9 Remove from the oven and let cool on the baking sheet for 10 minutes before transferring to a wire rack to completely cool.
- 10 When cookies are cooled, prepare frosting. Melt butter in a small saucepan over medium heat. After melted, continue to stir over medium heat until butter turns amber-brown. Add butter, powdered sugar, vanilla, and milk to a large bowl and mix until smooth. Spread over cooled cookies.
- 11 Store cookies in an airtight container at room temperature.
- 12 Freeze for longer storage.



ZUCCHINI QUICK BREAD

Prep time: 15 minutes

Cook time: 1 hour

Total time: 1 hour 15 minutes

Servings: 2 loaves

2 cups zucchini, grated

3 large eggs, room temperature and beaten

1 cup flavorless oil

1 tablespoon vanilla

2 tablespoons frozen orange juice concentrate, thawed

2 cups sugar

3½ cups all-purpose flour (spoon and level to measure)

1½ teaspoons baking powder

1 teaspoon baking soda

1 teaspoon salt

2 teaspoons cinnamon

Parchment paper

Nonstick baking spray

Two 9x5-inch loaf pans

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 350°F. Line two 9x5-inch loaf pans with parchment paper or coat the pans with nonstick baking spray.
- 3 Wash and dry the zucchini. Prepare as directed.
- 4 Beat eggs in a large bowl. Add oil, vanilla, orange juice concentrate, and sugar; beat well. Fold in zucchini.
- 5 In a medium bowl, whisk together flour, baking powder, baking soda, salt, and cinnamon. Add to wet ingredients. Stir until just combined. Do not overmix the batter! Wash your hands with warm running water and soap after handling uncooked flour and/or raw eggs. Clean all surfaces and utensils touched by uncooked flour and/or raw eggs.
- 6 Pour batter into two 9x5-inch loaf pans. Smooth the top and pat the batter in the corners to form an even surface. Do not taste or eat any raw dough or batter made with uncooked flour and/or raw eggs.
- 7 Bake for 50–60 minutes or until the bread is golden brown and a toothpick inserted in the center comes out clean or with a few moist crumbs, not wet batter.
- 8 Remove from the oven. Let the bread cool for 15 minutes in the pan. Run a knife around the loaf to loosen it from the pan and then remove the bread to a wire rack to completely cool.
- 9 Wrap cooled loaf tightly in plastic wrap and store it at room temperature or in the refrigerator.
- 10 Freeze for longer storage.



WHOLE WHEAT ZUCCHINI QUICK BREAD

Prep time: 15 minutes

Cook time: 55 minutes

Total time: 1 hour 10 minutes

Servings: 2 loaves

3 cups (3 medium) zucchini, grated

3 large eggs

2 scant cups brown sugar, packed

1 scant cup flavorless oil

1 teaspoon vanilla

2 cups all-purpose flour (spoon and level to measure)

1 cup whole wheat flour (spoon and level to measure)

1 teaspoon soda

1 teaspoon cinnamon

1 teaspoon salt

½ teaspoon baking powder

½ to 1 cup nuts, chocolate chips, or chopped dried fruit

Parchment paper or nonstick baking spray

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 350°F. Line two 9x5-inch loaf pans with parchment paper or coat the pans with nonstick baking spray.
- 3 Wash and dry the zucchini. Prepare as directed.
- 4 Beat eggs in a large bowl. Add sugar, oil, and vanilla; beat well. Fold in zucchini.
- 5 In a medium bowl, whisk together flours, baking soda, salt, cinnamon, baking powder, and nuts, chips, or fruit. Add to wet ingredients. Stir until just combined. Do not overmix the batter! Wash your hands with warm running water and soap after handling uncooked flour and/or raw eggs. Clean all surfaces and utensils touched by uncooked flour and/or raw eggs.
- 6 Pour batter into two 9x5-inch loaf pans. Smooth the top and pat the batter in the corners to form an even surface. Do not taste or eat any raw dough or batter made with uncooked flour and/or raw eggs.
- 7 Bake for 50–55 minutes until the bread is golden brown and a toothpick inserted in the center comes out clean or with a few moist crumbs, not wet batter.
- 8 Remove from the oven. Let the bread cool for 15 minutes in the pan. Run a knife around the loaf to loosen it from the pan and then remove the bread to a wire rack to completely cool.
- 9 Wrap cooled loaf tightly in plastic wrap and store it at room temperature or in the refrigerator.
- 10 Freeze for longer storage.



CHOCOLATE ZUCCHINI BROWNIES

Prep time: 20 minutes

Cook time: 40 minutes

Total time: 1 hour

Servings: 15

3 cups (3 medium) zucchini, grated

2 cups all-purpose flour (spoon and level to measure)

1/3–1/2 cup cocoa powder, sifted

1 teaspoon salt

1 1/2 teaspoons baking soda

1 1/2 cups sugar

1 large egg, room temperature

1/4 cup flavorless oil

2 teaspoons vanilla

Nonstick spray or parchment paper

Optional: 1/4 cup nuts, chopped

- 1 Wash hands with soap and water for 20 seconds.
- 2 Heat oven to 350°F. Spray a 9x13-inch baking dish with baking spray or line with parchment paper.
- 3 Wash and dry the zucchini. Prepare as directed.
- 4 Sift flour, cocoa powder, salt, and baking soda together; set aside.
- 5 In a large bowl, add the sugar, egg, oil, and vanilla; mix until combined.
- 6 Add flour mixture to the wet mixture and mix well. Fold in the shredded zucchini and nuts if using. Wash your hands with warm running water and soap after handling uncooked flour and/or raw eggs. Clean all surfaces and utensils touched by uncooked flour and/or raw eggs.
- 7 Spread batter into pan. Do not taste or eat any raw dough or batter made with uncooked flour and/or raw eggs.
- 8 Bake for 30–40 minutes. A toothpick inserted in the center of the pan should come out clean or show moist crumbs. If the toothpick is covered in batter, bake 5 more minutes and check again.
- 9 Cover the pan with a lid, foil, or plastic wrap. If you do not keep the bars in their original pan, slice them and place them in an airtight container. To stack, separate layers with a sheet of parchment or wax paper.
- 10 Freeze for longer storage.

ZUCCHINI COBBLER

Prep time: 35 minutes

Cook time: 35 minutes

Total time: 1 hour 10 minutes

Servings: 20

8 cups zucchini, peeled, seeded, and chopped (about 3 pounds untrimmed)

$\frac{2}{3}$ cup lemon juice

1 cup sugar

1 teaspoon ground cinnamon

$\frac{1}{2}$ teaspoon ground nutmeg

Crust

4 cups all-purpose flour (spoon and level to measure)

2 cups sugar

$1\frac{1}{2}$ cups cold butter, cubed

1 teaspoon ground cinnamon

Nonstick spray



- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat oven to 375°F. Spray a 15x10x1-inch baking pan with nonstick spray.
- 3 Wash and dry the zucchini. Prepare as directed.
- 4 In a large saucepan over medium-low heat, cook the zucchini and lemon juice, stirring occasionally, until zucchini is tender (15–20 minutes). Stir in sugar, cinnamon, and nutmeg; cook 1 minute longer. Remove from the heat; set aside.
- 5 In a large bowl, combine flour and sugar; cut in butter until mixture resembles coarse crumbs. Stir $\frac{1}{2}$ cup into zucchini mixture.
- 6 Press half the remaining crust mixture into prepared pan. Spread zucchini mixture over the top; crumble remaining crust mixture over zucchini. Sprinkle with cinnamon. Do not taste or eat any raw dough or batter made with uncooked flour.
- 7 Bake 35–40 minutes, until golden and bubbly. Cool in pan on a wire rack.
- 8 Store in a covered airtight container in the refrigerator.

SALTED CHOCOLATE FUDGE ZUCCHINI COOKIES

Prep time: 10 minutes

Cook time: 12 minutes

Total time: 22 minutes

Servings: 20 cookies

1 cup zucchini, grated

1¼ cups all-purpose flour (spoon and level to measure)

⅓ cup unsweetened cocoa powder

½ teaspoon baking soda

½ teaspoon salt

6 tablespoons unsalted butter, melted

¾ cup brown sugar, loosely packed

1 egg yolk, room temperature

1 teaspoon vanilla extract

1 cup chocolate chips or chunks

Sea salt or sea salt flakes

Nonstick cooking spray or parchment paper



- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat the oven to 350°F. Line two baking sheets with parchment paper or coat lightly with nonstick cooking spray; set aside.
- 3 Wash and dry the zucchini. Prepare as directed. First, grate the zucchini and lightly sprinkle it with salt. After a few minutes, squeeze it in between a towel or two to remove some of the moisture.
- 4 In a small bowl, whisk together the flour, cocoa, baking soda, and salt.
- 5 In a large bowl, whisk together the melted butter and brown sugar. Next, whisk in the egg yolk until combined. Whisk in the vanilla extract. Finally, stir in the grated zucchini.
- 6 Stir in the dry ingredients until they are just combined and you have a dark chocolate dough. Fold in the chocolate chips. Wash your hands with warm running water and soap after handling uncooked flour and/or raw eggs. Clean all surfaces and utensils touched by uncooked flour and/or raw eggs.
- 7 Use a ½- to 1-inch scoop and scoop the dough onto a prepared baking sheet, about 2 inches apart from each other. Do not taste or eat any raw dough or batter made with uncooked flour and/or raw eggs.
- 8 Bake for 12–15 minutes or until the cookies are just set. Let them cool for 10 minutes before removing them from the baking sheet. Sprinkle them with sea salt before serving.
- 9 Optional: If desired, melt a few spoonfuls of chocolate chips and drizzle it on top of the cookies.
- 10 Store cookies in an airtight container at room temperature.
- 11 Freeze for longer storage.

GLAZED LEMON ZUCCHINI COOKIES

Prep time: 15 minutes

Cook time: 12 minutes

Total time: 27 minutes

Servings: 48 cookies

1 cup unpeeled zucchini, grated

1 lemon, zested and juiced

2 cups white wheat, whole wheat, or unbleached all-purpose flour (spoon and level to measure)

½ teaspoon pink sea salt

1 teaspoon aluminum-free baking powder

¾ cup butter, room temperature

¾ cup sugar (or substitute honey, maple syrup, or date syrup)

1 large egg, room temperature

1 cup walnuts, finely chopped

Parchment paper or silicone baking mat

Lemon Glaze (optional)

1 cup powdered sugar

1–1½ tablespoons lemon juice, freshly squeezed



- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat your oven to 375°F. Line a baking sheet with parchment paper or a silicone baking mat; set aside.
- 3 Wash and dry the zucchini and lemon. Prepare as directed.
- 4 In a large mixing bowl, sift together flour, salt, and baking powder; set aside.
- 5 In a medium mixing bowl, beat together butter and sugar. Beat in the egg and 1 teaspoon lemon zest.
- 6 Add the butter mixture to the flour mixture, along with the walnuts and shredded zucchini. Mix to thoroughly combine. Wash your hands with warm running water and soap after handling uncooked flour and/or raw eggs. Clean all surfaces and utensils touched by uncooked flour and/or raw eggs.
- 7 Drop by rounded tablespoon onto the prepared sheet pan (approx. 1½ inch across and ½ inch thick). Do not taste or eat any raw dough or batter made with uncooked flour and/or raw eggs.
- 8 Bake for 12–15 minutes, only until very lightly browned.
- 9 Cool completely on a wire cooling rack before adding glaze.
- 10 Lemon Glaze: Mix together 1 cup of powdered sugar and 1 to 1 ½ tablespoons lemon juice.
- 11 Drizzle glaze over the top of the cooled cookies.
- 12 Store cookies in an airtight container at room temperature.
- 13 Freeze for longer storage.



PUMPKIN ZUCCHINI SPICE BARS

Prep time: 10 minutes

Cook time: 60 minutes

Total time: 1 hour 10 minutes

Servings: 30

2 cups zucchini, shredded and blotted dry

1 cup sugar

1 cup light or dark brown sugar, packed

$\frac{2}{3}$ cup flavorless oil

4 large eggs, room temperature

2½ cups all-purpose flour (spoon and level to measure)

1 teaspoon baking soda

2 teaspoons baking powder

1 tablespoon cinnamon

$\frac{1}{2}$ teaspoon ground allspice

$\frac{1}{2}$ teaspoon ground ginger

$\frac{1}{4}$ teaspoon ground nutmeg

1 (15-ounce) can pure pumpkin

$\frac{3}{4}$ cup milk chocolate chips or raisins

Garnish: Cinnamon sugar or powdered sugar

Nonstick baking spray or parchment paper

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat your oven to 350°F.
- 3 Prepare a 9x13-inch pan or one of the optional pans below (see Note) by spraying with nonstick baking spray or lining with parchment paper.
- 4 Wash and dry the zucchini. Prepare as directed.
- 5 In a large bowl, combine sugars, oil, and eggs until well blended.
- 6 Add flour, baking soda, baking powder, all the spices, and canned pumpkin.
- 7 Mix just until well incorporated. Wash your hands with warm running water and soap after handling uncooked flour and/or raw eggs. Clean all surfaces and utensils touched by uncooked flour and/or raw eggs.
- 8 Fold in shredded zucchini and chocolate chips or raisins.
- 9 Pour into prepared pan. Do not taste or eat any raw dough or batter made with uncooked flour and/or raw eggs.
- 10 Bake for 25–30 minutes or the allocated time for pan or until a toothpick inserted in the center of the pan comes out clean or shows moist crumbs. If the toothpick is covered in batter, bake 5 more minutes and check again.
- 11 Remove from the oven. When cooled, garnish with powdered or cinnamon sugar.
- 12 Cut and store in a covered airtight container.
- 13 Freeze for longer storage.

Note: The batter may be made into muffins, loaves, mini Bundt cakes, or a Bundt cake.

Cook times are as follows:

Muffins: 18–20 minutes | Two loaves: 60–70 minutes

Mini Bundt cakes: 30–35 minutes | Bundt cake: 50–60 minutes

CARAMEL FROSTED ZUCCHINI CUPCAKES

Prep time: 20 minutes

Cook time: 20 minutes

Total time: 40 minutes

Servings: 18 cupcakes

1½ cups zucchini, shredded

3 large eggs, room temperature

1⅓ cup sugar

½ cup flavorless oil

½ cup orange juice

1 teaspoon almond extract

2½ cup all-purpose flour (spoon and level to measure)

2 teaspoons cinnamon

2 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon salt

½ teaspoon ground cloves

Caramel Frosting

1 cup brown sugar, packed

½ cup butter or margarine

¼ cup milk

1 teaspoon vanilla extract

1½ – 2 cups powdered sugar

18 cupcake liners

- 1 Wash hands with soap and water for 20 seconds.
- 2 Preheat your oven to 350°F. Line muffin pan with cupcake liners.
- 3 Wash and dry the zucchini. Prepare as directed.
- 4 In a mixing bowl, beat eggs, sugar, oil, orange juice, and extract.
- 5 In a medium bowl, combine dry ingredients; add to the egg mixture. Mix the batter just until the ingredients are combined.
- 6 Fold in the zucchini.
- 7 Divide batter equally between the 18 prepared wells. Fill cups two-thirds full of batter. Do not taste or eat any raw dough or batter made with uncooked flour and/or raw eggs.
- 8 Bake at 350°F for 20–25 minutes or until a toothpick inserted into the center comes out clean.
- 9 Cool for 10 minutes in pan and remove to wire rack to completely cool.
- 10 For frosting, combine brown sugar, butter, and milk in a saucepan; bring to a boil over medium heat. Cook and stir for 2 minutes.
- 11 Remove from the heat; stir in vanilla extract. Cool to lukewarm.
- 12 Gradually beat in the powdered sugar until frosting reaches desired consistency. It should be a bit stiff if you are going to pipe the frosting onto the cupcakes.
- 13 Frost cupcakes.
- 14 Place the cooled cupcakes in an airtight container.
- 15 Freeze for longer storage.





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