

For The Love Of Zucchini

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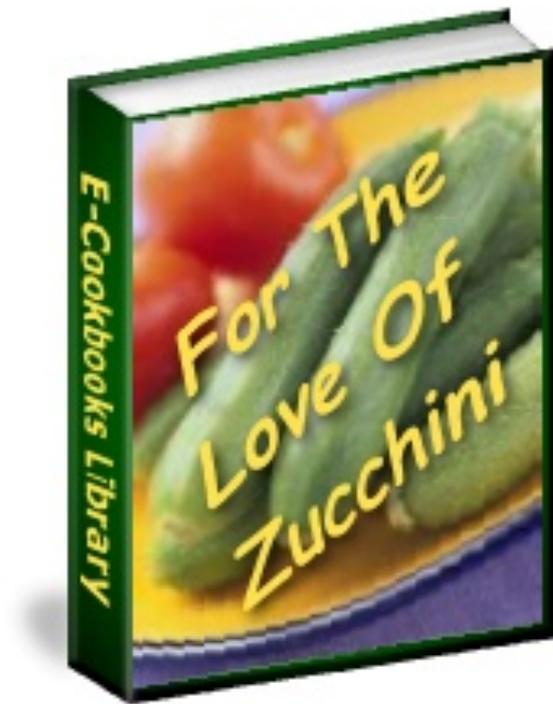
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Personalized Cooking Aprons



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Alvin's Zucchini Nut Muffins

3 Eggs
1 Cup Corn oil
1 Tablespoon Vanilla
2 Cup Zucchini; unpeeled and Shredded
2 Cup Sugar
2 Cup Flour; unsifted
1 Tablespoon Cinnamon
1-1/2 Teaspoon Baking soda
1-1/2 Teaspoon Salt
1/4 Teaspoon Baking powder
1 Cup Nuts; chopped

Preheat oven to 400 degrees. Combine eggs, oil, vanilla, and zucchini. Add remaining ingredients and stir until moistened. Grease muffin tins and fill 2/3 full. Bake for 18 minutes.

Avocado–Zucchini Pizza

Cornmeal; as needed
3 Cup Grated zucchini or crookneck squash
2 Serrano chiles; minced
Salt; to taste
Freshly–ground black pepper; to taste
5 Garlic cloves; minced
1 Tablespoon Fresh lime juice
Kosher salt; to taste
Black pepper in a mill
1 Twelve–inch pizza shell
1/4 Cup Extra–virgin olive oil
2 Cup Grated or shredded cheese –; (8 oz (such as Monterey Jack; St George, Fontina or mozzarella)
2 Tablespoon Minced Italian parsley or cilantro
1 Ripe avocado
Crushed red pepper; to taste
1 Lime; cut into wedges

Preheat the oven to 475 degrees. Place a baking stone in the oven or sprinkle a baking sheet or pizza pan with cornmeal. Toss together the zucchini, chiles, garlic, and lime juice in a small bowl. Taste, and season with salt and pepper. Dust a work surface with cornmeal, and place the pizza shell on it. Drizzle the olive oil over the shell, then spread the zucchini mixture on top. Top with the cheese, spreading it evenly over the zucchini. Scatter the parsley or cilantro over the cheese. If you are using a baking stone, sprinkle it with cornmeal. Transfer the pizza to the baking sheet, pizza pan, or baking stone. Bake the pizza until the crust is lightly golden and the cheese bubbly, 15 to 20 minutes. Meanwhile, cut the avocado in half, pit and peel it, and cut it lengthwise into thin slices. Remove the pizza from the oven, and let it rest for 5 minutes. Cut it into 8 slices, and top each one with avocado slices. Sprinkle salt, pepper and crushed red pepper over the pizza, and serve immediately, with lime wedges alongside.

Best Zucchini Bars

===== BARS =====

- 2 Cup Sugar
- 1 Cup Oil
- 3 Eggs
- 2 Cup Flour
- 1 Teaspoon Cinnamon
- 1 Teaspoon Salt
- 2 Teaspoon Baking soda
- 1 Teaspoon Vanilla
- 2 Cup Shredded; ungrated zucchini
- 1 Small Carrot; shredded
- 3/4 Cup Rolled oats
- 1 Cup Chopped walnuts

===== FROSTING =====

- 1/2 Cup Soft butter
- 1/4 Teaspoon Almond extract
- 2 Teaspoon Vanilla
- 2 1/2 Cup Confectioners' sugar
- 1 Package Creamed cheese; softened (3 oz.)

Beat together sugar, oil and eggs in large bowl or in food processor. Beat in flour, cinnamon, salt, baking soda and powder and vanilla. Beat 1–2 minutes until well mixed. Fold in zucchini, carrot, oats, and nuts; mix well. Pour into 15x10 x1 inch pan (jelly roll pan or cookie sheet with sides). Bake at 350 for 15–20 minutes. Make frosting by beating all ingredients together until smooth. Set aside. Cool bars; frost. Cut into bars. Yield 3 dozen.

Breast Of Chicken Baked With Leeks & Lime On Zucchini

4 Large Zucchini; sliced lengthwise; cut spaghetti strips
1/2 Cup Olive oil
Flour; for dredging
8 Large Chicken breast halves; skin removed
Salt; to taste
Freshly-ground black pepper; to taste
3 Cup Leeks; cut into thin rounds
1 Tablespoon Finely-sliced garlic
1/2 Cup Dry white wine
3/4 Cup Rich chicken stock
1 Tablespoon Grated lime zest
3 Tablespoon Fresh lime juice
2 Tablespoon Minced fresh parsley
3 Tablespoon Finely-sliced sundried tomatoes
=== GARNISH ===
Zucchini flowers; if available

Pat zucchini "spaghetti" dry and toss with 2 tablespoons of the olive oil. Season lightly with salt and pepper and set aside. Lightly flour chicken breasts and shake off excess. Season with salt and pepper. Add 2 tablespoons of olive oil to an oven-proof saute pan and lightly brown on both sides. Remove from pan and set aside. Add remaining oil, leeks and garlic and saute over moderate heat for 3 to 4 minutes or until vegetables are just beginning to soften. Add wine and stock and cook over moderate heat for 3 to 4 minutes to reduce liquid slightly. Return chicken to pan and place some of the leeks mixture on top of breasts. Season lightly and sprinkle lime zest, juice, parsley and sundried tomatoes over and around breasts. Place pan uncovered in a preheated 400 degree oven and bake for 5 to 7 minutes or until breasts are just done. Halfway through the baking of the breasts, place the zucchini on a separate baking sheet and bake until zucchini just begins to soften. To serve: Arrange zucchini attractively on warm plates and top with breasts and vegetables. Drizzle pan juices over. Garnish with zucchini flowers. Serve hot or at room temperature. This recipe yields 8 servings.

Buttery Peas And Zucchini

10 Ounce Frozen peas in butter sauce

2 Tablespoon Water

1 Zucchini; sliced thin

1 Tablespoon Diced pimiento

Cook peas according to the package directions. Pour into a serving bowl, cover with plastic wrap and set aside. Mean while in a skillet, simmer water and zucchini over medium heat until water is evaporated and zucchini is tender. Stir in peas and pimiento.

Cannelloni With Prosciutto And Zucchini

12 Cannelloni shells – cooked
3 Tablespoon Olive oil
4 Medium Zucchini – diced
8 Cloves garlic – sliced
1/4 Teaspoon Red pepper flakes
1/2 Onion – chopped
1/2 Teaspoon Salt
1/4 Teaspoon Black pepper
1/4 Cup White wine
1/4 Cup Chicken stock
1 Cup Ricotta cheese
2/3 Cup Parmesan cheese
3/4 Cup Chopped prosciutto or ham
1/4 Cup Fresh parsley – chopped
2 Cup Tomato sauce
3/4 Cup Bechamel sauce

===== BECHAMEL SAUCE =====

3 Cup Milk
3 Tablespoon Butter
3 Tablespoon Flour
1/8 Teaspoon Nutmeg

Directions:

Cannelloni – Cook the cannelloni noodles for half the time directed on the package. Drain and let cool. Preheat oven to 400 degrees. Heat olive oil in a large saut pan until hot. Add the zucchini, garlic, red pepper flakes, onion, salt and pepper and cook for 8–10 minutes. Add the wine and chicken stock and boil until most of the liquid cooks away, 4–5 minutes. Place zucchini mixture into food processor with the ricotta and 1/3 cup of the parmesan cheese, the prosciutto and parsley. Process to a smooth consistency. Transfer filling to piping bag. Place the tip of bag into one end of the cannelloni and fill halfway. Repeat for the other side of noodle. Pour 1 cup of the tomato sauce into a 9x13 baking dish. Place filled cannelloni on top of sauce. Pour the remaining tomato sauce over and top with bechamel sauce. Top with remaining parmesan cheese. Bake for 30–40 minutes. Remove from oven and let sit for 10 minutes before serving.

Bechamel Sauce: In a large saucepan, warm the milk until steaming. In another saucepan, melt the butter over medium heat. Whisk the flour into the

melted butter to create a roux. Continue cooking for 2 minutes, stirring constantly. Do not let the flour brown. Remove pan from heat. Add the nutmeg to hot milk. Pour a little at a time of the warm milk into the roux, whisking vigorously to prevent lumps. When milk has been added, return pan to heat, whisking until sauce thickens.

Caramelized Zucchini With Mint

- 2 Tablespoon Olive oil
- 1 Pound Zucchini; rinsed and cut into 1/3–inch–thick slices
- 3 Tablespoon Finely chopped fresh mint leaves
- 1 Tablespoon Balsamic vinegar; up to 2

In a large heavy skillet heat the oil over moderately high heat until it is hot but not smoking, in it saute the zucchini slices in batches with salt and pepper to taste for 2 minutes on each side, or until they are deep golden and tender, and stir in the mint and the vinegar to taste.

Carrot Zucchini Cake

2 1/2 Cup All purpose flour
2 Teaspoon Baking powder
1 3/4 Teaspoon Ground cinnamon
1/2 Teaspoon Baking soda
1/2 Teaspoon Salt
1/2 Teaspoon Ground nutmeg
1 Cup Butter or margarine
1 3/4 Cup Sugar
1 Teaspoon Vanilla
4 Eggs
1/2 Cup Evaporated milk
1–1/2 Teaspoon Lemon juice
1–1/2 Cup Carrots; finely shredded
1–1/2 Cup Unpeeled zucchini; finely shredded
3/4 Cup Pecans; finely chopped

===== PECAN CREAM CHEESE ICING =====

2 Package Cream cheese; 3oz ea softened
2 Teaspoon Vanilla
4 Teaspoon Milk
4 1/2 Cup Powdered sugar; sifted
1/2 Cup Pecans; finely chopped

Grease and flour a 13x9x2–inch baking pan or two 9x1 1/2–inch round cake pans; set aside. Stir together flour, baking powder, cinnamon, soda, salt and nutmeg. In a large mixing bowl, beat butter with an electric mixer on medium speed for 30 seconds. Add sugar and vanilla; beat till well combined. Add eggs, one at a time, beating well after each. Stir together the milk and lemon juice. Add dry ingredients and milk mixture alternately to beaten mixture, beating on low speed after each addition, just till combined. Stir in the carrots and zucchini and fold in the nuts. Pour batter into the prepared pan(s). Bake in a 350 oven 45 to 50 minutes (about 40 minutes for 9–inch pans) or till a toothpick inserted near the center(s) comes out clean. Place 13x9–inch cake in pan on a wire rack and cool thoroughly. Or for round layers, cool in pans on wire racks for 10 minutes. Remove cakes from pans; cool on wire racks. Frost top of cake in 13x9–inch pan or frost and fill 9–inch layers with Pecan Cream Cheese Icing. Serves 12. PECAN CREAM CHEESE ICING: Combine cream cheese, vanilla and milk. Beat till smooth and fluffy. Gradually add powdered sugar to creamed mixture; beat till smooth and fluffy. Stir in pecans. If necessary, add additional milk to make frosting

of spreading consistency.

Catlyn's Chocolate Zucchini Cake

1/2 Cup Butter
2 Eggs
1/2 Cup Oil
1 Teaspoon Vanilla
1 3/4 Cup Sugar
4 Tablespoon Cocoa
2 1/2 Cup Flour
1 Teaspoon Baking soda
1/2 Teaspoon Ground cloves
1/2 Teaspoon Cinnamon
1/2 Cup Sour milk; (a Teaspoon of vinegar added to milk)
1 Cup Chocolate chips
2 Cup Zucchini; unpeeled, grated

Preheat oven to 325 degrees. Grease a 9x13 inch pan.

In a bowl, cream butter and eggs. Add oil, vanilla and sugar. Blend well. Sift together the cocoa, flour, baking soda, baking powder, cloves, and cinnamon. Add to the butter mixture alternately with the milk. Add zucchini and chocolate chips. Bake 40 to 50 minutes.

There is no need to frost this cake, but if you wish, sprinkle or sifted powdered sugar on top of the cooled cake.

Chicken Breasts Stuffed With Zucchini, Roasted Red Pepper

- 1/4 Cup Minced onion
- 2 Tablespoon Olive oil
- 1/2 Cup Firmly packed coarsely grated unpeeled scrubbed zucchini, squeezed dry in a paper towel
- 2 Tablespoon Minced drained bottled roasted red pepper or pimiento
- 1 Ounce Soft mild goat cheese; crumbled
- 1 Whole boneless chicken breast; (with skin), halved
- 1/2 Cup Chicken broth

In a skillet cook the onion in 1 tablespoon of the oil over moderately low heat until it is softened, add the zucchini, and cook the mixture, stirring, for 1 minute, or until the zucchini is tender. Stir in the red pepper, the goat cheese, and salt and pepper to taste and cook the mixture, stirring, until cheese is melted. Transfer the mixture to a small bowl and let it cool slightly.

With your fingers make a pocket for the filling in each chicken breast half by separating in skin from the meat, being careful not to tear the skin and keeping the skin attached along most of the edge. Stuff each pocket with half the filling with a small spoon, packing it and pulling the skin to cover the filling completely, and secure the pockets with wooden picks if desired. In a large skillet heat the remaining 1 tablespoon oil over moderately high heat until it is hot but not smoking and in it saute the chicken, beginning with the skin side up, for 2 minutes on each side. Reduce the heat to moderate, cook the chicken for 9 minutes on each side, or until it is cooked through, and divide it between 2 plates. Pour off the fat from the skillet, to the skillet add the broth, and boil the broth, scraping up the brown bits, for 30 seconds. Strain the sauce and pour it around the chicken.

Chicken Zucchini

- 3 Cup Zucchini; sliced
- 4 Cup Cooked chicken; diced
- 1 Cup Cream of chicken or; mushroom soup
- 1 Cup Carrots; shredded
- 1 Cup Sour cream
- 1 Cup Cheddar cheese; shredded
- 1 1/2 Cup Butter; melted
- 1 Package Seasoned stuffing mix; (8 oz.)
- 1 Can Sliced water chestnuts; drained
- 1 Can Mushrooms; drained
- 1/2 Cup Onions

Wash zucchini; cook 5 minutes in boiling salted water. Combine soup, carrots, sour cream, onions, water chestnuts, and mushrooms. Fold zucchini into mixture. Add chicken and Cheddar cheese. Mix melted butter with stuffing mix. Spread all but 1 cup in 9x13-inch pan. Put mixture over stuffing. Cover with remaining crumbs and bake at 350 degrees for 45 minutes.

Chicken Zucchini Quiche

1/2 Recipe Basic Pie Crust Dough
3 Medium Zucchini; grated
1 Teaspoon Salt
4 Green onions; chopped
1 Cup Fresh mushrooms; sliced
1 Tablespoon Butter
8 Eggs
Freshly ground pepper; to taste
8 Ounce Cream cheese; softened
2 Cup Evaporated milk
2 Cup Swiss cheese; shredded
1 Cup Cooked chicken; shredded
2 Tablespoon Chopped fresh basil

Line a 10-inch pie plate with the pie pastry, trimming and fluting the edge. Bake at 350 degrees for 5 minutes or until partially browned; set aside.

Place the zucchini in a colander; sprinkle with salt. Drain for 20 to 30 minutes; squeeze out excess moisture.

Saute the green onions and mushrooms in the butter in a small skillet.

Beat the eggs and pepper in a mixer bowl, Add the cream cheese and evaporated milk. Beat until smooth.

Sprinkle half of the Swiss cheese over the pie crust. Layer the chicken, mushrooms, green onions and zucchini over the Swiss cheese. Sprinkle with the remaining Swiss cheese.

Pour the egg mixture over the layers. Top with fresh basil.

Bake at 350 degrees for 1 hour. Cool for 15 minutes before serving.

Chilled Avocado And Zucchini Soup

1 Medium Zucchini; cut into 1/2-inch slices
1 California avocado
1 Cup Buttermilk
3/4 Cup Ice cubes plus additional to thin the soup if desired
2 Tablespoon Fresh lemon juice
1/4 Teaspoon Ground cumin
1-1/2 Teaspoon Minced fresh chives

In a steamer set over boiling water steam the zucchini, covered, for 10 minutes, or until it is very tender. In a blender pure the zucchini with the avocado, halved, peeled, and chopped, the buttermilk, 3/4 cup of the ice cubes, the lemon juice, and the cumin, adding enough of the additional ice cubes to reach the desired consistency. Divide the soup between 2 bowls and sprinkle it with the chives. Makes about 2 1/4 cups, serving 2.

Chilled Zucchini Bisque With Stuffed Zucchini Blossoms

2 Quart Water
4 Medium Zucchini; (1 3/4 pounds), halved lengthwise, seeded and cut into 2–inch pieces
1 Small Onion; coarsely chopped
Salt
2 Cup Spinach leaves
2 Tablespoon Heavy cream
1 Tablespoon Fresh lemon juice
8 Mint leaves
Freshly ground pepper
8 Large Zucchini blossoms
4 Ounce Mild fresh goat cheese; at room temperature
1/4 Cup Tomato juice
1 Tablespoon Extra–virgin olive oil
1 Cup Finely diced yellow tomatoes

1. In a large saucepan, bring the water to a boil. Add the zucchini, onion and 1 teaspoon of salt and cook over moderate heat until the zucchini are tender, about 15 minutes. Drain the vegetables, reserving the cooking liquid. Let cool.

2. In a blender, combine the cooked vegetables with the spinach, heavy cream, lemon juice and mint; pulse until finely chopped. With the machine on, gradually add about 2 cups of the reserved cooking liquid and blend until smooth. Season with salt and pepper and refrigerate until chilled.

3. Meanwhile, gently open the zucchini blossoms and remove the yellow stamen. Cut off any spiky leaves at the base of the blossoms.

4. In a small bowl, beat the goat cheese with salt and pepper. Using a small spoon, fill the blossoms with the goat cheese. Gently twist the tips of the blossoms around the filling. Set them on a baking sheet and refrigerate until firm.

5. Preheat the oven to 350 degrees. Bake the zucchini blossoms just until warmed through, about 6 minutes.

6. In a small bowl, whisk the tomato juice with the oil. Season with salt and pepper. Ladle the zucchini soup into 8 shallow soup plates. Set a stuffed

blossom in the center of each. Garnish with the diced tomatoes and a drizzle of the tomato juice mixture and serve.

Chinese Charred Peppers And Zucchini

- 1 Cup Large–diced red bell pepper
- 1 Cup Large–diced yellow bell pepper
- 2 Cup Sliced zucchini
- 1 Teaspoon Salt

===== SEASONING SAUCE =====

- 1 Tablespoon Soy sauce
- 2 Teaspoon Red wine vinegar
- 1/2 Teaspoon Chili oil
- 1/2 Teaspoon Sugar
- 1 Tablespoon Peanut oil

1. Put the peppers and zucchini in a bowl and sprinkle with salt. Allow to sit at room temperature for 1 hour.
2. Submerge salted vegetables in cold water, drain and spin or drain dry. Make sure to dry well or the vegetables will not char properly.
3. To make the seasoning sauce, combine the soy sauce, vinegar, chili oil, and sugar. Set aside.
4. Place a wok or large cast–iron skillet over high heat until it smokes, 2 to 3 min. Add the oil.
5. Immediately add the peppers and zucchini. Press down occasionally with the back of a spatula to aid the charring.
6. Cook until the peppers and zucchini are scorched in places and soft, about 5 min. If they appear to be scorching too rapidly, reduce the heat.
7. Add the seasoning sauce and stir for a few seconds until absorbed. Serve at room temperature.

Yields 2 cups, serves 6 as a side dish

Chocolate Zucchini Bread

3 Eggs
1 Cup Vegetable oil
2 Cup Sugar
1 Tablespoon Vanilla extract
2 Cup Shredded; peeled zucchini
2 1/2 Cup Flour
1/2 Cup Cocoa
1 Teaspoon Salt
1 Teaspoon Cinnamon
1/4 Teaspoon Baking powder

In a mixing bowl, beat eggs, oil, sugar and vanilla. Stir in zucchini. Combine dry ingredients; add to zucchini mixture and mix well. Pour into 2 greased 8 x 4 x 2 loaf pans.

Bake at 350 for hour or until bread tests done. Yield: 2 loaves.

Chocolate Zucchini Cake

1/2 Cup Soft margarine
1/2 Cup Oil
1 3/4 Cup Sugar
2 1/2 Cup Flour
1 Teaspoon Baking powder
1 Teaspoon Baking soda
2 Cup Grated zucchini
2 Large Eggs
1 Teaspoon Vanilla
1/2 Cup Sour milk
4 Tablespoon Cocoa
1/2 Teaspoon Cinnamon
1/4 Cup Chocolate chips

Cream Cheese Frosting:

3 Ounce Cream cheese; softened
4 Tablespoon Butter; softened
1 Dash Salt
1 Teaspoon Vanilla
2 1/2 Cup Sifted powdered sugar

Cream together the margarine, oil and sugar. Add eggs, vanilla, and sour milk. Mix well. Add dry ingredients after sifting them together. Beat well. Add zucchini last and mix evenly. Put in a 13 x 9 pan. Sprinkle with chocolate chips. Bake at 350°F. for 35 min. or until done. This is GREAT topped with cream cheese frosting. Cream together the cream cheese and butter. Beat in vanilla and salt. Gradually add powdered sugar. Blend well. Frost cake.

Chocolate Zucchini Cupcakes

1 Pound Zucchini (3 medium)
2 Cup Unbleached all-purpose flour
1 Cup Unsweetened cocoa powder (not Dutch process cocoa)
1-1/2 Teaspoon Baking soda
3/4 Teaspoon Salt
1 Cup Sour cream
1 Cup Vegetable oil
1-1/2 Cup Dark brown sugar (packed)
1/2 Cup Granulated sugar
4 Large Eggs
1 Teaspoon Vanilla
24 Paper or foil cupcake liners
=== CREAM CHEESE FROSTING ===
4 Ounce Cream cheese; softened
1/2 Stick Unsalted butter; softened
1 Cup Confectioners' sugar
1 Teaspoon Vanilla

Preheat oven to 350 degrees. On a four-sided grater coarsely shred enough zucchini to measure 2 1/2 cups. Into a bowl sift together flour, cocoa, baking soda, and salt. In a large bowl with an electric mixer beat together cream, oil, and sugars until combined well. Add eggs, one at a time, beating well after each addition, and beat in vanilla. Add flour mixture and beat on low speed until combined well. Add zucchini and beat on low speed until combined well. Line twenty-four 1/2-cup muffin cups with liners and spoon batter into liners, filling them three fourths full. Bake cupcakes in oven until springy to touch and a tester comes out clean, about 20 to 25 minutes. Cool cupcakes in muffin cups on a rack 10 minutes. Remove cupcakes from muffin cup pans and cool completely on a rack. To make frosting: In a bowl with an electric mixer beat together cream cheese and butter until smooth. Add sugar and vanilla and beat until mixture is light and fluffy. Frost cupcakes with cream cheese frosting and chill until frosting is set, about 1 hour. This recipe yields 24 cupcakes.

Chocolate Zucchini Nut Bread

- 1 Cup Salad oil
- 2 Cup Sugar
- 3 Eggs; beaten
- 2 Ounce Chocolate; baking; melted
- 2 Cup Zucchini; grated; peeled
- 1 Teaspoon Vanilla
- 3 Cup Flour
- 1 Teaspoon Salt
- 1 Teaspoon Cinnamon
- 1/4 Teaspoon Baking powder
- 1 Teaspoon Baking soda
- 1 Cup Nuts; chopped
- 1/2 Cup Chocolate chips

Cream oil and sugar together, then add the beaten eggs. Fold melted chocolate into egg mixture along with zucchini and vanilla. Sift flour with salt, cinnamon, baking powder and baking soda. With a large spoon, stir into zucchini mixture, along with nuts and chips. Mix thoroughly. Spoon into 2 well-greased 9" x 5" pans. Bake at 350F for 1 hr.

Chocolate Zucchini Snack Cake

2 1/4 Cup All purpose flour
1-1/2 Cup Sugar
1/2 Cup Unsweetened cocoa powder
1 Teaspoon Baking soda
1/4 Teaspoon Salt
3/4 Cup Buttermilk
1/2 Cup Unsweetened applesauce
1 Tablespoon Oil
1 Teaspoon Vanilla extract
4 Egg whites
2 Cup Grated unpeeled zucchini
2/3 Cup Minichocolate chips
1/2 Cup Chopped walnuts

Preheat the oven to 325 F. Lightly coat a 9 x 13-inch baking pan with non-stick vegetable oil spray. In a large bowl, combine the flour, sugar, cocoa, baking soda, and salt.

In a medium bowl, combine the buttermilk, applesauce, oil, and vanilla. In another large bowl, beat the egg whites with an electric mixer on high speed for 1 minute. Add buttermilk mixture and beat until blended. Combine egg white mixture and flour mixture and beat until blended. Mix in the grated zucchini and 1/3 cup of the chocolate chips. Pour the batter into the prepared pan. Sprinkle the remaining chocolate chips and the nuts over the batter.

Bake about 50 minutes or until a toothpick inserted near the center comes out clean. Let the cake cool completely, in a pan, on a wire rack.

Corn–Zucchini Medley

1/2 Cup Sweet cream butter
1/4 Cup Chopped onion
2 Cloves garlic; crushed
2 Large Zucchini; thinly sliced
2 Can (12 oz. each) golden whole kernel corn with sweet peppers
1/2 Teaspoon Dill weed

In large skillet melt butter. Add onion, garlic and zucchini; saute until zucchini is tender.

Stir in corn and dill weed. Heat through.

Corn And Zucchini Chowder

1/4 Pound Diced bacon
1 Diced yellow onion
1 Cup Tomatoes – seeded and diced
1 Teaspoon Fresh thyme
1 Pound Zucchini – 1/2" cubes
2 Cup Corn kernels
1/2 Cup Uncooked rice
6 Cup Vegetable stock
1 Cup Milk
Salt and pepper to taste

Directions: In a large stock pot, cook the bacon until crisp. Remove the bacon and drain on paper towels. In the same pot, add the onion and saut until soft. Stir in the tomatoes, thyme, zucchini, and corn kernels. Cook 2 minutes and then add the rice. Stir to combine. Pour in the vegetable stock and bring the soup to a boil. Simmer for 10 minutes to blend flavors. Remove 1 cup of the soup and place in a blender. Add the milk to the blender and puree until smooth. Add the puree back into the soup pot and stir to combine. Stir in the bacon and serve hot.

Corn And Zucchini Fritters

1-1/2 Cup Corn kernels (about 3 ears)
1/2 Small Red onion; thinly sliced
1 Cup Loosely-packed parsley sprigs
3 Small Zucchini; cut into 3/4" fine Julienne
1/2 Cup All-purpose flour
1/2 Teaspoon Salt
1/4 Teaspoon Freshly-ground black pepper
3 Tablespoon Sparkling soda water
Vegetable oil; for deep frying

In a large bowl, combine the corn, onion, parsley, and zucchini and toss to mix. Add the flour and toss with your hands, separating all the ingredients to be sure they are all coated evenly with the flour. Add the salt, pepper, and sparkling water and mix all together. The mixture should be airy and light, but not wet; do not overmix. In a large heavy saucepan or deep fryer, heat about 4 inches of vegetable oil to 375 degrees. Gather the batter into loose, very freeform fritters about 3 inches in diameter (when you gather them together, compact just slightly to hold in a mass, but there will still be lots of stray bits of vegetable sticking out and some will fall off and separate from the main clump). Fry them, 2 at a time, until they are golden-brown, about 3 to 4 minutes, turning over halfway through. Stand back and watch out for splattering oil for the first minute or two. With a skimmer or kitchen tongs, gently remove them to paper towels, drain and keep warm in a low oven while you finish cooking the other fritters. This recipe yields 6 servings.

Corn And Zucchini Timbales

- 2 1/2 Cup Fresh corn kernels (cut from about 5 ears of corn)
- 5 Large Eggs
- 1 Tablespoon All-purpose flour
- 1 Teaspoon Sugar
- 1 Teaspoon Salt
- 2 Zucchini; rinsed
- 1-1/2 Teaspoon Minced fresh thyme leaves or 1/2 teaspoon crumbled dried

In a blender puree the corn with 2/3 cup water for 1 minute, add the eggs, the flour, the sugar, and the salt, and puree the mixture for 1 minute. Strain the puree through a fine sieve into a bowl, pressing hard on the solids. With a vegetable peeler cut 16 thin lengthwise slices from the zucchini, avoiding the cores, and grate enough of the remaining zucchini to measure 1 cup. Squeeze the grated zucchini dry in a kitchen towel and stir it into the corn mixture with the thyme.

Arrange 2 zucchini slices decoratively in each of 8 buttered 1/2-cup timbale molds, pressing the slices firmly against the sides of the molds and trimming the ends, and divide the corn mixture among the molds. Arrange the molds in a baking dish, add enough hot water to the dish to come halfway up their sides, and bake the timbales in the middle of a preheated 350°F oven for 35 to 40 minutes, or until they are firm. Transfer the molds to a work surface and let them stand for 3 minutes. Run a thin knife around the edge of each mold and invert the timbales onto platters. (The timbales may be made 1 day in advance and kept covered and chilled. Reheat the timbales in a baking dish, covered tightly with foil, in a preheated 350F oven for 15 minutes.)

Corn Boats With Zucchini And Pepper Jack Cheese

- 4 Ears corn; unhusked
- 2 Tablespoon Olive oil
- 1 Medium Zucchini; cut into 1/3–inch dice
- 1 Cup Finely chopped red onion
- 1 Cup Coarsely grated Monterey Jack cheese with hot peppers
- 2 Tablespoon Finely crushed corn tortilla chips

Pull a lengthwise strip of corn husk (about 1 to 1 1/2 inches wide) from each ear to expose a strip of kernels and discard husk strip. Carefully peel back remaining husks, keeping them attached to stem ends, and snap ears from stem ends. Discard silk from husks. Tear a thin strip from a tender, inner piece of each husk and use it to tie loose end of each husk together, forming a boat. Cut corn kernels from ears and discard cobs.

In a large heavy skillet heat oil over moderately high heat until hot but not smoking and saute zucchini, stirring occasionally, until browned lightly and just tender, 2 to 3 minutes. Transfer zucchini with slotted spoon to a bowl and season with salt.

In oil remaining in skillet saute corn kernels and onion with salt to taste over moderately high heat, stirring, 4 minutes and cook, covered, over low heat until corn is crisp–tender, 2 to 3 minutes. Add corn mixture to zucchini and season with salt.

Cool filling and stir in cheese. Spoon filling into husk boats. (Corn boats may be prepared up to this point 1 day ahead and kept chilled, covered.)

Preheat oven to 375F.

Arrange boats on a baking sheet and sprinkle filling with tortilla crumbs. Bake boats in upper third of oven until cheese is melted and filling is heated through, 15 to 20 minutes.

Serve corn boats warm or at room temperature.

Corn, Zucchini, & Tomato Salad W/ Pequin Vinaigrette

===== FOR THE SALAD =====

- 1 Cup White corn kernels
- 3 Cup Yellow corn kernels
- 2 Medium Zucchini; sliced diagonally
- 2 Large Ripe red tomatoes; peel, seeded, & dice
- 2 Cup Arugula; washed and torn
- 2 Fresh pimentos; OR 2 Red bell peppers; julienned
- 1 Cup Chopped fresh parsley
- 1 Medium Red onion; diced

===== FOR THE PEQUIN VINAIGRETTE =====

- 1 1/4 Cup White wine vinegar
- 1/2 Cup Fresh orange juice
- 1 Tablespoon Dijon mustard
- 2 Teaspoon Dried crushed pequin; arbol or tepin chile
- 1 Clove garlic; quartered
- 1 Teaspoon Ground coriander
- 1 1/4 Teaspoon Salt
- 1 1/4 Teaspoon Freshly ground black pepper
- 1 Tablespoon Olive oil

To make the salad:

Place all the ingredients for the salad in a salad bowl and chill in the refrigerator for 1 hour. Then lightly toss with the dressing and serve.

To prepare the pequin vinaigrette:

Place all the ingredients for the dressing in a food processor fitted with a steel blade and process. Scrape down the bowl with a rubber spatula, turn on the machine again, and process until well blended.

Dressing yield: Approx. 1 cup

SERVING SUGGESTIONS: This salad makes a nice vegetarian lunch with whole-wheat rolls. This salad also travels well.

The vinaigrette used for this salad is also good with mixed green salad, tomato and onion salad, or garbanzo bean salad. You can also cut down the amount of mayonnaise you would ordinarily use for a potato or pasta salad by

mixing this vinaigrette half and half with the mayonnaise.

Couscous With Zucchini

2 Cup Chicken stock
1-1/2 Cup Couscous
1 Zucchini; (4 ounces); shredded

In saucepan, bring stock to boil. Stir in couscous and zucchini; cover and remove from heat. Let stand for 5 minutes; fluff with fork.

Crab Salad With Zucchini Salad And Baby Asparagus

1 Cup Mayonnaise
2 Teaspoon Dijon mustard
1 Teaspoon Chopped garlic
1 Tablespoon Finely chopped fresh tarragon leaves
1 Tablespoon Chopped capers
2 Tablespoon Chopped shallots
1 Pound Lump crab meat picked over for cartilage
Salt to taste
Freshly ground pepper to taste
1/2 Pound Baby asparagus
1 Small Red onion; thinly sliced
Extra virgin olive oil to taste
Balsamic vinegar to taste
12 Zucchini flowers; cleaned

In a small mixing bowl, combine the mayonnaise, Dijon, garlic, tarragon, capers, and shallots. Mix well. Fold in the crabmeat. Season with salt and pepper. Set aside. In another mixing bowl, combine the asparagus and the onion. Season to taste with the olive oil, balsamic vinegar, and salt and pepper. To serve, divide the asparagus mixture between four plates and mound the crab salad in the center of each plate. Lay 3 zucchini flowers over the crab salad. Garnish with parsley.

Crawfish Mousse Stuffed Zucchini Flowers

1/2 Pound Cream cheese; at room temperature

1/2 Pound Louisiana crawfish tails

1/2 Teaspoon Chopped garlic

1 Teaspoon Minced onion

1 Teaspoon Finely chopped parsley

1/4 Cup Butter; room temperature

2 Teaspoon Brandy

1/2 Lemon; juiced

Salt

Freshly ground white pepper

1 Dash Crystal Hot Sauce

10 Zucchini flowers; up to 12

1 Cup Flour

Creole seasoning

1 Egg

2 Tablespoon Milk

1 Cup Dried fine bread crumbs

2 Cup Lemon Butter Sauce; warm

Oil for frying

In a food processor, add the cream cheese and puree until smooth. Add the crawfish and process until the mixture is smooth, about 1 minute. Scrape down the sides of the bowl. Add the garlic, onion, parsley, butter, brandy and lemon juice. Process until the mixture is smooth again, another minute. Season with salt, white pepper and hot sauce. Spoon the mixture into the pastry bag. Pipe the filling into the center of each flower, pressing the flower firmly into the filling and sealing completely. Cover and refrigerate for 1 hour. Place the flour in a shallow bowl and season with Creole seasoning. Place the egg and milk in a shallow bowl. Season with Creole seasoning and mix well. Place the bread crumbs in a shallow bowl and season with Creole seasoning. Carefully dredge each zucchini flower in the flour. Dip each flower in the egg wash, letting the excess drip off. Dredge the flowers in the bread crumbs, coating completely. Fry the flowers in batches until golden. Remove and drain on paper towels. Season with Creole seasoning. To serve, spoon the sauce in the center of each plate. Place the flowers in the center of the sauce. Garnish with parsley.

Creamy Zucchini Soup

2 Medium Onions; chopped
6 Tablespoon Butter
8 Cup Zucchini; sliced
2 Cup Water or chicken broth
2 Can Cream of chicken soup; 10-ounces ea.
2 Cup Milk
2 Cup Half-and-half
2 Tablespoon Chopped fresh basil
Salt and pepper; to taste

Saute the onions in the butter in a large saucepan until tender. Add the zucchini and water.

Simmer for 30 minutes, stirring occasionally. Pour into a food processor container. Process until smooth. Pour into the saucepan.

Stir in the chicken soup, milk, half-and-half, basil, salt and pepper.

Cook over very low heat until heated through, stirring constantly.

Ladle into soup bowls.

Cristina's Stuffed Zucchini Flowers

8 Zucchini flowers
2 Italian sausage links; oled and crumbled
1/2 Cup Jack cheese – shredded
1 Tablespoon Parmesan cheese
1 Tablespoon Fresh parsley
1/2 Cup Flour
2 Eggs – beaten
Olive oil
Salt and pepper
Lemons for garnish

Directions: Combine the sausage, cheese and parsley. Stuff each flower and place in the refrigerator until ready to use. To serve, dredge each stuffed flower in flour then egg wash. Heat olive oil in a pan and place breaded flowers in oil to brown on all sides. Serve with squeezed lemon.

Cristina's Zucchini Fritata

Olive oil
1 Onion – diced
1 Bunch Scallions – sliced
2 Cup Zucchini – shredded
1/2 Teaspoon Dried oregano
1/2 Teaspoon Dried sage
6 Whole eggs
6 Eggs whites
1/2 Cup Jack cheese – shredded
Salt and pepper

Directions: Heat the oil in a medium sized saute an. Saute the onion and scallions until tender. Add the zucchini and saute gently. Add the dried herbs and combine. Remove from heat. Season with salt and pepper. Combine eggs and egg whites. Place in mixture in a cast iron skillet. Pour egg mixture over the top and top with cheese. Place in a 325 degree oven and bake for 45 minutes or until set up. Serve at room temperature.

Curried Fried Zucchini Blossoms

1 Cup All-purpose flour
2 Teaspoon Curry powder
1/4 Teaspoon Salt
1 1/8 cups chilled seltzer or club soda
1/4 Pound Mozzarella; grated coarse (about 1 cup)
1 Tablespoon Finely chopped fresh coriander
16 Zucchini blossoms; pistils removed if sired
Vegetable oil for deep-frying

In a bowl whisk together the flour, the curry powder, and the salt, add 1 cup of the seltzer, and whisk the batter until it is smooth. Let the batter stand for 10 minutes and, if desired, thin it with enough of the remaining seltzer to reach the consistency of crepes batter. In a small bowl toss together the mozzarella and the coriander and divide the mixture among the blossoms, stuffing it inside them and pressing the ends of the blossoms closed.

In a deep skillet heat 1 inch of the oil to 375F. on a deep-fat thermometer. Working quickly in batches, dip the blossoms, 1 at a time, in the batter, coating them completely, and fry them in the oil, turning them, for 1 1/2 to 2 minutes, or until they are golden and crisp. (Make sure the oil returns to 375F. before adding each new batch.) Transfer the blossoms as they are fried with a slotted spoon to paper towels to drain, sprinkle them with salt, and serve them warm.

Makes 16 fried zucchini blossoms, serving 4 as an hors d'oeuvre.

Dilled Fresh Zucchini

6 Pound Medium zucchini; thinly sliced
2 Cup Thinly sliced celery
2 Cup Chopped onions
1/2 Cup Sugar
2 Tablespoon Dill seeds
2 Cup Vinegar; 5% acidity
6 Cloves garlic; halved

Combine vegetables in a large bowl; cover with ice cubes. Cover and let stand about 3 hours. Drain well.

Combine sugar, dill seeds, and vinegar in a large Dutch oven; bring to a boil over medium heat, stirring constantly. Add vegetables and bring to a boil. Pack into hot sterilized jars, leaving 1/4-inch headspace. Add 1 to 2 pieces of garlic per jar.

Cover at once with metal lids, and screw bands tight. Process in boiling-water bath for 15 minutes.

Yield: about 10 pints.

Dilled Zucchini

2 Medium Zucchini

Salt to taste

Butter; melted

Dill weed

Cut unpared zucchini lengthwise in half.

Cook covered in 1" boiling salted water 12 to 15 minutes or until tender; drain.

Brush with melted butter and sprinkle with dill weed.

Ensalada Zucchini

1 Pound Zucchini
1/2 Teaspoon Salt
1/2 Cup Water
2 Teaspoon Garlic salt
1/4 Teaspoon Paprika
1/8 Teaspoon Black pepper
1/4 Teaspoon Sugar
1 Tablespoon Instant minced onion
1/4 Teaspoon Basil leaves
1/4 Cup White wine vinegar
1/3 Cup Salad oil
1 Large Avocado
12 Large Pimiento stuffed olives

Scrub zucchini; cut off stem ends and cut into 1" thick slices.

Cook in salted water for 5 to 7 minutes until crisp cooked. Drain.

Combine next 8 ingredients in a jar; shake to blend well.

Pour over zucchini and marinate several hours or overnight.

Drain off dressing and save. Peel and slice avocado.

Line a plate with lettuce. Arrange zucchini, avocado and olives on lettuce.

Esther's Chocolate Zucchini Cake

1/2 Cup Margarine
1/2 Cup Oil
1 3/4 Cup Sugar
2 Eggs; lightly beaten
1 Teaspoon Vanilla
1/2 Cup Sour milk
2 1/2 Cup Flour
4 Tablespoon Cocoa; or less
1/2 Teaspoon Baking powder
1 Teaspoon Baking soda
1 Pinch Salt
1/2 Teaspoon Cinnamon
2 Cup crated Zucchini

Cream margarine oil and sugar. Add eggs. Add dry ingredients to first mixture and beat well. Add zucchini.

Pour into a 9 x 13–inch baking pan. Bake at 350F for 40 minutes.

Farfalle With Zucchini, Yellow Squash And Mint

- 12 Ounce Farfalle; (butterfly–shaped pasta; also called bow ties)
- 1 Tablespoon Extra–virgin olive oil or unsalted butter
- 1 Scallion; trimmed, sliced thin
- 1/2 Garlic clove; finely chopped
- 2 Small Zucchini; scrubbed, trimmed, Thinly sliced
- 1 Small Yellow squash; scrubbed, trimmed, Thinly sliced
- 1/4 Cup Chopped fresh basil leaves
- 1 Tablespoon Minced fresh mint leaves
- 1 Tablespoon Grated Parmigiano–Reggiano or Pecorino Romano

Cook the pasta in plenty of boiling, salted water, stirring occasionally, until al dente, or firm to the bite, 10 to 12 minutes. Before draining, ladle out 1/2 cup of the boiling cooking water and reserve. Meanwhile, heat the oil in a large skillet over medium heat. Add the scallion and garlic; cook, stirring, for 2 minutes. Add the zucchini and yellow squash and cook, stirring, over medium–low heat just until wilted, about 3 minutes. Toss the pasta with the zucchini mixture and stir in the basil, mint, reserved cooking water and 1 tablespoon of the cheese. Spoon onto plates, and serve with a light sprinkling of cheese over each serving. This recipe yields 4 servings.

Fiesta Zucchini

- 2 Tablespoon Olive oil
- 1 Pound Zucchini; (about 3), quartered lengthwise, cut crosswise into
1/2-inch-wide pieces
- 3 Garlic cloves; minced
- 1/4 Teaspoon Dried oregano; crumbled
- 1/2 Cup Purchased salsa
- 1/2 Cup Shredded Monterey Jack cheese

Heat olive oil in heavy medium skillet over medium–low heat. Add zucchini, garlic and oregano and saute until garlic is just golden, about 2 minutes. Add salsa and simmer until zucchini is just tender, about 6 minutes. Reduce heat to low. Sprinkle Jack cheese over zucchini. Cover and cook until cheese melts, about 2 minutes.

Filets Mignon Charred Onions Zucchini & Balsamic Sauce

===== FOR THE SAUCE =====

1 3/8 Cup Cabernet or Pinot Noir
1 Cup Balsamic vinegar
1 Shallot; peeled and halved
2 Tablespoon Unsalted Butter; cut into 4 pieces
4 Tablespoon Salted Butter; cut into 8 pieces
Salt and freshly ground Black Pepper

===== FOR THE FILETS & VEGETABLES =====

Extra virgin olive oil
1 Large White onion; peeled and sliced 1/4-inch thick
2 Medium Zucchini Trimmed and cut diagonally Into 3/4-inch-thick slices
Salt and freshly ground Black Pepper
4 5-to 6-ounce trimmed Filets

1. To prepare the sauce: In a small heavy-bottomed saucepan, combine wine, vinegar and shallot. Place over medium heat, bring to a boil, and reduce to a syrupy consistency, about 1/3 cup. Remove from heat, and discard shallot.
2. While sauce is still hot, whisk in the unsalted and salted butter, one piece at a time. If desired, add a drop or two of water to thin sauce to taste. Season with salt and pepper to taste. Keep warm until ready to serve.
3. To prepare the filets mignons and vegetables: Place a heavy cast-iron skillet over high heat until very hot. Add only enough olive oil to leave a film; place onion slices in skillet in one layer. Cook until lightly charred on bottom, but do not blacken. Turn over with tongs or a spatula, and char on other side. Onions should be soft. Transfer to paper towels.
4. Season zucchini slices with salt and pepper. Return skillet to high heat. When very hot, film with olive oil and place zucchini in skillet in one layer. Sear for 2 to 3 minutes, until surfaces against pan blister. Turn, and cook for about 1 minute, until light golden. Remove from heat, and transfer to paper towels.
5. Brush filets with olive oil, and season with salt and pepper to taste. Return skillet to high heat. When skillet is very hot, sear filets for 2 minutes on each side (for rare), or to taste.
6. To serve, arrange three zucchini ovals on each of four warm plates, so

For The Love Of Zucchini

ovals touch in center. Arrange three or four onion rings over zucchini. Place a filet on top of onion. Spoon three small pools of sauce on each plate. Top each filet with a few more onion rings, and serve immediately.

Francesca's Zucchini Carpaccio

- 2 Small Fresh zucchini; ends trimmed
- 1/3 Cup Tightly packed; roughly chopped arugula leaves
- 3 Tablespoon Extra-virgin olive oil
- 1 Teaspoon Balsamic vinegar
- Fine sea salt
- Freshly ground pepper to taste
- 1 4- to 6-ounce piece Parmigiano Reggiano.

Slice the zucchini into paper-thin rounds on a mandoline or meat slicer, or with a 1-millimeter food-processor blade. Lay the slices on a large serving platter. Sprinkle the arugula over the zucchini. Drizzle with the oil and balsamic vinegar and season with salt and pepper. Shave curls of Parmigiano directly over the platter to cover the zucchini and arugula. Serve immediately.

Fried Zucchini Blossoms With Goat Cheese And Zucchini Pesto

===== BLOSSOMS =====

24 Zucchini blossoms
1/2 Cup Goat cheese
1–1/2 Quart Olive oil
1 Cup All–purpose flour
2 Cup Chilled seltzer water or ice water
Sea salt to taste
Cayenne pepper

===== ZUCCHINI PESTO =====

1 Medium Zucchini; (about 8 ounces)
2 Tablespoon Parmesan cheese; grated
2 Tablespoon Pine nuts
30 Basil leaves; (approximately 3/4 cup loosely packed)
1/4 Teaspoon Finely chopped garlic
6 Ounce Extra virgin olive oil
Sea salt and freshly cracked black pepper to taste

For the Blossoms: Carefully stuff each zucchini blossom with 1 teaspoon of the goat cheese. Fold over the petals to form an envelope. In a deep skillet or deep fryer, heat the oil to 375 degrees. Meanwhile put the flour in a mixing bowl. Pour in the seltzer a little at a time, whisking constantly to ensure a smooth batter. Season with salt and cayenne. When the oil is properly heated, dip a stuffed blossom into the batter to coat it evenly, scraping off any excess. Fry until crisp and golden, about 30 seconds per side. Remove to paper towels to drain. Repeat process with all blossoms, being careful not to overcrowd the skillet and maintaining the proper oil temperature.

For the Pesto: Quarter zucchini and cut into 1 inch pieces. Blanch zucchini for 2 minutes in salted boiling water, and then shock in ice bath to preserve color. Drain well and pat dry with cloth. Place blanched zucchini, Parmesan cheese, pine nuts, basil leaves, garlic, in food processor and start to puree. With the motor running, pour the olive oil through the feed tube in a slow, steady stream until the pesto emulsifies. Season with salt and pepper taste.

Fried Zucchini Flowers With Goat Ricotta & Golden Tomato Oil

12 Zucchini flowers
1 Cup Fresh goat ricotta; Coach Farm preferred
1 Egg
2 Scallions; thinly sliced
1/4 Teaspoon Freshly-grated nutmeg
Salt; to taste
Freshly-ground black pepper; to taste
1 Pound Fresh golden or yellow tomatoes (or golden cherry tomatoes)
1/2 Cup Extra-virgin olive oil
8 Basil leaves
1 Teaspoon Salt
2 Tablespoon Virgin olive oil

Pick through open zucchini flowers to remove stamens and check for bugs. In a medium mixing bowl, stir together goat ricotta, egg, scallions and nutmeg and taste for seasoning. Using a small teaspoon, stuff each blossom with 1 1/2 teaspoons of filling and set aside. Roughly chop tomatoes and place in blender with olive oil, basil leaves and salt and blend until smooth. Pour through strainer into bowl and set aside. In a 10- to 12-inch non-stick saute pan, heat virgin olive oil until smoking. Place 4 flowers into pan at a time and cook until golden-brown on both sides. Arrange 3 blossoms on each plate, drizzle with sauce and serve immediately. This recipe yields 4 servings.

Fried Zucchini Salad

6 Zucchini – (4" long; 2 to 2 1/2 lbs)
2 Tablespoon Salt
3 Tablespoon Balsamic vinegar
2 Tablespoon White wine vinegar
3/4 Teaspoon Sugar
3 Tablespoon Extra–virgin olive oil
3 Small Garlic cloves; smashed
3/4 Teaspoon Oregano
1/2 Teaspoon Dried red pepper flakes
Salt; to taste
Freshly–ground black pepper; to taste
4 Cup Olive oil

Cut zucchini into 1/4–inch thick rounds. In a colander, toss slices with salt, top with a weighted plate, and let sit 30 minutes.

Meanwhile, prepare dressing: In a small bowl, whisk together vinegars, sugar, oil, garlic, oregano and pepper flakes. Season to taste with salt and pepper. Let stand at least 30 minutes.

Rinse zucchini in running water, drain on paper towels and carefully pat dry. Divide into 12 piles. Heat oil in a wok to 375 degrees. When oil is hot, add one batch of zucchini and fry, turning each slice several times, 1 minute or until light brown. Scoop up zucchini with a slotted spoon and drain on paper towels, blotting well to absorb excess oil. Repeat until all zucchini is cooked.

Remove garlic cloves from dressing. In a bowl gently toss zucchini with dressing. Let salad cool to room temperature and serve immediately or refrigerate up to 24 hours. Bring to room temperature before serving. This recipe yields 6 servings.

Fried Zucchini Sticks

4 Zucchini
1 Cup Flour
1 Cup Bread crumbs
2 Garlic cloves
6 Fresh basil leaves (or 1 Teaspoon dried basil)
3/4 Tablespoon Salt
1/2 Tablespoon Freshly ground pepper
2 Eggs
3 Cup Oil

Slice zucchini lengthwise into quarters; cut each piece in half crosswise and set aside. Place flour in small brown paper bag and set aside. Blend bread crumbs, garlic and basil in food processor or blender just to combine. Season to taste with salt and pepper. Place seasoned bread crumbs in second small brown paper bag and set aside. Beat eggs well in bowl and set aside. Drop 6 to 8 zucchini sticks into bag of flour, close bag and shake to coat zucchini. Transfer floured zucchini sticks to metal strainer and shake off excess flour. Dip flour-coated zucchini into beaten eggs, then drop into bag of seasoned bread crumbs. Close bag and shake to coat zucchini. Transfer coated zucchini sticks to baking sheet lined with paper towels. Repeat with remaining zucchini sticks. (You can hold them at this point for at least 1 hour.) Heat oil in deep-fryer or wok to 375 degrees or until hot enough to fry (without thermometer, test temperature by dropping small piece of bread into oil; it's ready when it sizzles and browns without burning). Drop 6 to 8 coated zucchini sticks into hot oil and fry until golden brown, about 7 minutes. Drain on paper towels and transfer to napkin-covered platter. Repeat with remaining zucchini sticks. Sprinkle zucchini with salt. Serve immediately. Yields 8 servings.

Fried Zucchini With Garlic Yogurt

4 Large Garlic cloves; pressed
1 Teaspoon Salt
2 Cup Plain yogurt
Vegetable oil; (for deep frying)
1–1/2 Cup Plus 1 cup all purpose flour
1 3/4 cups water; up to 1
4 Large Zucchini; thinly sliced on diagonal

Combine garlic and 1 teaspoon salt in small bowl. Mix in yogurt. (Can be prepared 3 hours ahead. Cover and refrigerate.)

Pour oil into heavy medium saucepan to depth of 1 1/2 inches and heat to 350F. Place 1 1/2 cups flour in medium bowl. Whisk in enough water to form smooth medium–thin batter. Place remaining 1 cup flour in large bowl. Working in batches, add zucchini to flour in bowl and toss, separating slices to coat well. Dip zucchini into batter and fry until golden, about 3 minutes per side. Transfer to paper towels and drain.

Place yogurt in center of large platter. Surround with zucchini and serve.

Fritelle Di Zucchini And Ricotta

1–1/2 Medium Zucchini; rinsed, dried
2 Garlic cloves; thinly sliced
1/2 Cup Thinly–sliced scallions
1/2 Cup Sardegnia sheep's milk ricotta
1 Tablespoon Freshly–ground black pepper
Zest of 2 lemons
3 Eggs
3/4 Cup All–purpose flour
1/4 Cup Olive oil

Grate the zucchini with a hand grater into a mixing bowl. Add garlic, scallions and ricotta and stir to mix well. Add pepper, lemon zest and eggs and stir through. Add flour, three to four tablespoons at a time, stirring constantly to avoid lumps, until all flour is mixed in. In a 12– to 14–inch frying pan, heat oil until 375 degrees, or just under the smoking point. Scoop 1/8 cup of zucchini mixture and gently drop into the hot oil. Being careful not to crowd the pan, add three to four more similar–sized scoops. Cook until golden–brown, about 45 seconds, and flip with a spatula. Continue cooking until all are done. Drain each on paper towels before placing on serving platter with lemon wedges and a radicchio salad. This recipe yields 4 servings.

Fusilli With Sun–Dried Tomatoes, Zucchini, And Peas

6 Ounce Fusilli or other spiral–shaped pasta

1–1/2 Cup Water

3/4 Cup Dried tomatoes; (not packed in oil)

1/4 Cup Kalamata or other brine–cured black olives; pitted and chopped

1/2 Cup Fresh parsley leaves; washed well, spun dry, and chopped

1 Cup Shelled fresh or frozen peas

1 Medium Zucchini; (about 6 ounces), cut into 1/2–inch cubes

In a 5–quart kettle bring 4 quarts salted water to a boil for pasta.

In a small saucepan bring 1 1/2 cups water and tomatoes to a boil. Remove pan from heat and let tomatoes stand until softened, about 15 minutes. Drain tomatoes, reserving 1/2 cup soaking liquid, and chop. In a large bowl stir together tomatoes, reserved soaking liquid, olives, and parsley.

Cook pasta in boiling water until al dente, adding peas and zucchini during last minute of cooking. Drain pasta mixture well in a colander and add to tomato mixture with salt and pepper to taste, tossing until most of liquid is absorbed.

Georgos Andrikidis' Baked Zucchini, Potatoes And Tomatoes

1-1/2 Pound Zucchini – (3 med); ends trimmed, Cut in 1/2"-thick rounds
1-1/2 Pound Potatoes; preferably Yukon Gold, peeled, and Cut in 1/2"-thick rounds
1 Pound Ripe tomatoes – (to 1 1/2 lbs); quartered, and Coarsely chopped
1 Medium Onion – (to large); chopped
3 Medium Clove Garlic; chopped
2 Teaspoon Tomato paste
1-1/2 Tablespoon Chopped fresh mint
1-1/2 Tablespoon Chopped parsley; preferably flat leaf
Salt
Freshly ground black pepper
1/3 Cup Extra-virgin olive oil; plus more if needed

Preheat oven to 350 degrees. Place zucchini, potatoes and tomatoes in large bowl along with any tomato juices. Add onion, garlic, tomato paste, mint and parsley; mix well. Season with 1 1/2 teaspoons salt and several grinds black pepper. Spread vegetables evenly in 9- by 13-inch (or similar size) oven-to-table baking pan. Pour 1/3 cup olive oil over the top; toss to distribute oil. Bake, uncovered, on middle rack until potatoes and zucchini are very tender, about 1 1/2 hours total. Stir vegetables every 30 minutes to ensure that they are not getting too dry on top. If necessary, drizzle with extra olive oil. When done, potatoes should be fork tender and zucchini extremely soft. There will be some juices in bottom of pan. Remove from oven; when cool enough, taste and season with additional salt and pepper, if desired. Serve warm. Yield: 6 servings.

Golden Onion And Zucchini Lasagne

1–1/2 Pound Onions; sliced thin (about 6 cups)
1/2 Teaspoon Dried thyme; crumbled, or 1 1/2 teaspoons chopped fresh thyme leaves
7 Tablespoon Unsalted butter
1/2 Cup Dry white wine
1 Pound Zucchini; scrubbed and sliced 1/4 inch thick (about 3 1/2 cups)
1/4 Cup All–purpose flour
2 1/2 Cup Milk
Freshly grated nutmeg to taste
Three; (7–inch) squares instant (no–boil) lasagne
1–1/2 Cup Freshly grated Parmesan cheese; (about 5 ounces)

In a large heavy skillet cook onions with dried thyme (if using) and salt and pepper to taste in 2 tablespoons butter, covered, over moderately low heat, stirring occasionally, 30 minutes, or until very tender and pale golden. Cook, uncovered, stirring, 15 minutes and add wine. Simmer mixture until most of wine is evaporated. Stir in fresh thyme (if using) and transfer to a bowl.

Preheat oven to 375F. and butter an 8–inch square baking dish. In the cleaned skillet cook half of zucchini slices in one layer in 1 tablespoon butter over moderate heat until tender, about 2 minutes on each side, and transfer to another bowl. Cook remaining zucchini in 1 tablespoon butter in same manner.

In a small heavy saucepan melt remaining 3 tablespoons butter over moderately low heat. Add flour and cook roux, whisking, 3 minutes. Add milk in a stream, whisking, and bring to a boil, whisking. Add nutmeg and salt and pepper to taste and simmer sauce, whisking, until thickened, about 2 minutes.

Spread a few tablespoons sauce on bottom of prepared dish. Over sauce in dish layer in this order: 1 lasagne square, half of onions, half of zucchini, a third sauce, and a third Parmesan. Repeat. Top with remaining lasagne square, remaining sauce, and remaining Parmesan.

Bake lasagne in middle of oven 25 to 30 minutes, or until golden, and let stand 10 minutes before serving.

Serves 6 to 8 as a first course or side dish.

Golden Zucchini

8 Medium Zucchini
1/4 Cup Spanish olive oil
Salt; to taste
Freshly-ground black pepper; to taste
3 Tablespoon Fresh bread crumbs
2 Tablespoon Minced fresh parsley
3 Garlic cloves; minced

Cut zucchini in horizontal halves. Arrange zucchini halves in a roasting pan with 2 tablespoons olive oil, salt and pepper. Place the pan in a 375 degree oven and baste frequently with the oil until slightly golden. In a bowl mash together the bread crumbs, parsley and garlic. Sprinkle mixture over golden zucchini. Add additional oil to roasting pan and continue to roast, basting frequently, until golden brown. Transfer to warm serving platter and serve very hot. This recipe yields 4 to 6 servings.

Green Beans, Zucchini And Potatoes

2 Tablespoon Olive oil
1/2 Cup Chopped onion
1/2 Pound Fresh green beans; trimmed and cut in half
1 Pinch Cayenne pepper; (generous pinch)
4 Ounce Zucchini; split in half, and cut 1" thick slices
4 Ounce Small red skin potatoes
2 Tablespoon Chopped oregano
1/4 Cup Chopped parsley
2 Cup Crushed tomatoes and juices
Salt; to taste
Freshly-ground black pepper; to taste
1 Loaf Crusty french bread
1/2 Pound Good feta cheese

In a large, heavy, and preferably non-stick pan heat oil. Add onion and saute for 5 minutes. Then add the green beans and cayenne pepper and cook until the onions are translucent, about 5 minutes. Add zucchini, potatoes and herbs. Pour tomatoes and their juices over the vegetables, bring to a boil, and reduce the heat to a simmer. Cover and cook for 40 minutes. Season with salt and pepper. Allow to cool or serve warm. Serve in a small bowl topped with feta cheese and surrounded by French bread.

Green Bean, Zucchini And Potato Stew

1/4 Cup Olive oil
1 Cup Chopped onion
1 Pound Fresh green beans; trimmed, halved crosswise
1/4 Teaspoon Cayenne pepper
8 Ounce Zucchini; cut into 1-inch-thick slices
8 Ounce Russet potatoes; peeled, cut into 1-inch cubes
3/4 Cup Chopped fresh Italian parsley
1 Can (28-ounce) Italian-style tomatoes; drained, juices reserved

Heat oil in heavy large nonstick skillet over medium-high heat. Add onion and saute 5 minutes. Add green beans and cayenne pepper and saute until onion is translucent, about 3 minutes. Add zucchini, potatoes and parsley. Pour tomatoes and their juices over vegetables. Bring to boil. Reduce heat. Cover and simmer until potatoes are tender, stirring frequently, about 45 minutes. Season with salt and pepper. Remove from heat. (Can be prepared 1 day ahead. Cover and refrigerate.) Serve warm or at room temperature. Serves 6 to 8.

Grilled Jasper's Cooking School And Restaurant Zucchini

2 Medium Zucchini
4 Large Roma tomatoes
Olive oil
2 Large Red or green sweet peppers; quartered seeded
1/2 Cup Balsamic vinegar
2 Tablespoon Orange juice
1 Tablespoon Honey
8 Basil leaves, chopped
1 Dash Dried oregano; crushed

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Bias-cut zucchini into 1/2-inch slices. Cut tomatoes into 1/2-inch slices. Brush these vegetables on all sides with olive oil. Grill zucchini and tomato slices on the rack of an uncovered grill directly over medium coals for 2 to 3 minutes on each side, turning once. Grill sweet peppers till skins are blistered and browned (about 15 minutes). Transfer peppers to a new brown paper bag; close bag and set aside for 5 to 10 minutes. Peel off skins. Cover and chill vegetables. In a small bowl, combine vinegar, orange juice and honey. Whisk or beat with a fork till well blended. Stir in basil and oregano. Drizzle over chilled vegetables. Chill remaining dressing in the refrigerator for up to 2 weeks. Makes 6 to 8 servings.

Grilled Marinated Zucchini

- 1 Large Garlic clove; minced and mashed to a paste with 1/2 teaspoon salt
- 2 Tablespoon Fresh lemon juice
- 1 Teaspoon White–wine vinegar
- 1/4 Cup Vegetable oil
- 2 Zucchini; (each about 1 1/2 inches in diameter), scrubbed

In a small bowl whisk together the garlic paste, the lemon juice, the vinegar, and pepper to taste and whisk in the oil. In a shallow baking dish large enough to hold the zucchini in one layer combine the zucchini, halved lengthwise, and the marinade and let the zucchini marinate, covered and chilled, turning them several times, overnight. Grill the zucchini on an oiled rack set 5 to 6 inches over glowing coals for 8 minutes and brush them with some of the marinade. Turn the zucchini, grill them for 6 to 8 minutes, or until they are tender, and transfer them to a work surface. (Alternatively the zucchini may be grilled in a ridged grill pan.) Slice the zucchini diagonally.

Grilled Mustard–Sage Pork And Zucchini

2 Boneless pork loin chops; (1 lb); butterflied
1/2 Teaspoon Salt
1/16 Teaspoon Pepper
1/4 Cup Dijon mustard
2 Tablespoon Liquid honey
1 Tablespoon Fresh sage leaves; finely chopped
2 Teaspoon Butter; melted
1 Teaspoon Lemon rind; grated
4 Small Zucchini

Trim any fat from pork. Sprinkle both sides with half of the salt, and the pepper.

In small bowl, stir together mustard, honey and sage. Spoon half into separate bowl; stir in butter, lemon rind and remaining salt and set aside for zucchini.

Brush pork with 2 tablespoons of the remaining mustard mixture. Place on greased grill over medium–high heat; cook, turning once and brushing with mustard mixture, for 14 minutes or until hint of pink remains inside. Transfer to plate; tent with foil and keep warm.

Meanwhile, slice zucchini lengthwise into 1/4–inch thick strips; brush with reserved butter mixture to coat. Add to grill and cook, turning once, for 8 minutes or until tender–crisp.

Cut each pork chop in half; serve with zucchini.

Grilled Zucchini

- 3 Large Zucchini cut into 1/2-inch-thick slices
- 3 Tablespoon Olive oil
- 2 Tablespoon Chopped fresh oregano or 2 teaspoons crumbled dried
- 2 Garlic cloves; minced
- 1 Teaspoon Chopped fresh rosemary or pinch of dried; crumbled

Prepare barbecue (medium–high heat) or preheat broiler. Brush zucchini with olive oil. Sprinkle both sides of zucchini with oregano, garlic and rosemary. Season zucchini slices generously with salt and pepper. Grill or broil until zucchini is tender, about 4 minutes per side.

Grouper With Scales Of Zucchini

2 Medium Zucchini; scrubbed clean (1 pound)
2 Tablespoon Olive oil
1 Medium Onion; finely chopped
1 (28-ounce) can plum tomatoes with juices
Salt and freshly ground black pepper
1 Teaspoon Fresh or 1/2 teaspoon dried thyme
10 Medium Fresh basil leaves
4 (8-ounce) skinless, boneless fillets of grouper, wolf fish,
or orange roughy
1/2 Cup Dry white wine

Cut the zucchini into slices 1/8-inch or thinner. Bring 4 cups of water to a boil, add the zucchini and boil for 2 minutes. Drain, run under cold water to stop the cooking, pat the slices dry and set aside.

TO MAKE THE SAUCE: In a saucepan over medium heat, heat the olive oil. Add the onion and cook, over low heat, for about 3 to 4 minutes, uncovered, or until soft. Add the tomatoes with their juices, salt and pepper to taste, the thyme and basil leaves. Simmer, over medium heat, uncovered for 10 minutes.

Preheat the oven to 300F. Season the fish fillets with salt and pepper and place them in a non-stick sauté pan large enough to hold them in a single layer. Arrange the zucchini slices over the fish, forming an overlapping pattern that looks like the scales of a fish. Add the wine and more salt and pepper to taste and bring the wine to a simmer. Cover with a lid or foil and transfer to the oven. Bake for 10 minutes or until the fish is flaky.

While the fish is cooking, blend the sauce into a smooth puree.

To serve, ladle some sauce over the entire surface of a dinner plate. Remove the zucchini covered fish with a slotted spatula to a paper towel to absorb any excess liquid before setting it in the middle of the sauce.

Ham And Zucchini Frittata On Crusty Rolls

5 Eggs
1/4 Cup Grated Parmesan cheese
1/2 Teaspoon Salt
1/4 Teaspoon Pepper
2 Tablespoon Olive oil
1–1/2 Cup Shredded zucchini
3 Green onions; chopped
3/4 Cup Finely diced ham
2 Tablespoon Chopped fresh dill
3/4 Cup Shredded Swiss cheese
4 Crusty rolls
2 Tablespoon Sweet mustard
1/2 Bunch Watercress; trimmed
8 Slice Tomato
8 Slice Cucumber

In bowl, whisk together eggs, Parmesan, salt and pepper; set aside.

In large nonstick ovenproof skillet, heat oil over medium–high heat; cook zucchini and onions for 3 to 5 minutes or until zucchini is cooked and lightly browned. Add ham and dill; cook, stirring, for 2 minutes.

Pour egg mixture over top; cook over medium heat for 2 minutes. Sprinkle with Swiss cheese; place under broiler and broil until cheese melts and eggs are set, 2 to 3 minutes. Slide onto plate; let cool. Cut into 4 pieces. Cut rolls in half, spread with mustard. Place frittata, watercress, tomato and cucumber on bottom half, top with remaining half. (Make-ahead: Wrap in waxed paper or foil and refrigerate for up to 4 hours.)

Herbed–Cheese And Zucchini Omelet

- 2 Tablespoon Butter; (1/4 stick)
- 1 Large Zucchini; trimmed, cut into matchstick–size pieces
- 4 Eggs; separated
- 1/4 Cup Creamy garlic and herb cheese; (such as Rondele)
- 3/4 Cup Shredded sharp cheddar cheese

Melt butter in heavy large nonstick skillet over medium–high heat. Add zucchini and saute until tender, about 3 minutes. Using slotted spoon, transfer zucchini to plate. Remove skillet from heat. Beat yolks and creamy herb cheese in small bowl to blend. Using clean dry beater, beat egg whites in medium bowl until soft peaks form. Fold yolk mixture into whites.

Place same skillet over medium–high heat. When butter sizzles, pour egg mixture into skillet. Sprinkle zucchini evenly over. Cook until omelet begins to set, about 3 minutes. Sprinkle cheddar cheese over. Using large spatula, fold omelet over, forming semicircle. Cover skillet; cook until omelet puffs and is cooked through, about 3 minutes. Slide omelet onto large plate.

Herbed Zucchini

- 5 Bacon strips; diced
- 1 Cup Chopped onion
- 1 Cup Chopped celery
- 1 Clove garlic; minced
- 1 Can Diced tomatoes; undrained (14.5 oz)
- 5 Cup Sliced zucchini
- 1 Tablespoon Chopped fresh parsley
- 1–1/2 Teaspoon Snipped fresh sage or 1/2 tsp rubbed sage
- 1/2 Teaspoon Dried basil
- 1/2 Teaspoon Dried oregano
- 1/4 Teaspoon Pepper
- 2 Tablespoon Grated Parmesan cheese
- 1/3 Cup Shredded mozzarella cheese

In a skillet over medium heat; cook the bacon until crisp. Remove bacon; discard all but 1 tablespoon of drippings. Saute onion, celery and garlic in drippings until tender. Add tomatoes, zucchini, parsley and seasonings; bring to a boil. Reduce heat; cover and simmer for 6–8 minutes or until zucchini is tender. Sprinkle with cheeses and bacon. Serve with slotted spoon.

Herbed Zucchini Quiche

- 1 Basic Pie Crust
- 2 Tablespoon Olive oil
- 2 Garlic cloves; peeled and crushed
- 1 Medium Yellow onion; peeled and diced
- 1 Tablespoon Chopped fresh basil
- 1 Tablespoon Chopped fresh parsley
- 2 Teaspoon Chopped fresh rosemary
- 6 Eggs
- 1/4 Cup Sour cream
- 1/3 Cup Heavy cream
- Salt; to taste
- Freshly-ground black pepper; to taste
- 3 Medium Green zucchini; thinly sliced

Prepare the pie crust Roll out three quarters of the dough to 1/8-inch thickness, then wrap the remaining quarter of the dough for another use. Place the dough in a deep 9-inch pie dish and trim it so there is 1/2-inch of excess around the edge. Poke the bottom of the dough all over with a fork. Form an attractive edge around the dish by pinching the overhanging dough between your fingers. Bake in a preheated 375 degree oven for 10 minutes. Remove and allow to cool. Heat a large frying pan and add the oil, garlic and onion. Saute until the onion is clear. Add the herbs and cook a couple of minutes more. Allow to cool. Beat the eggs in a mixing bowl. Beat in the sour cream, heavy cream and salt and pepper to taste. Place some of the egg mixture in the bottom of the prebaked pie shell. Add a layer of the onion mixture and a layer of sliced zucchini. Continue layering, finishing with the egg mixture. Bake at 400 degrees for 30 minutes, then reduce the heat to 350 degrees for 15 to 20 minutes until quiche is set. Remove and allow to cool a bit before cutting. This recipe serves 6.

Herbed Zucchini Spirals

- 3 Zucchini; scrubbed
- 2 Cup Parsley sprigs
- 1 Garlic cloves; or to taste, up to 2
- 2/3 Cup Walnuts
- 3 Tablespoon Freshly grated Parmesan

Using a mandoline or similar slicing device cut the zucchini lengthwise into 1/8-inch slices. Arrange the slices on a steamer rack set over simmering water and steam them, covered, for 3 to 5 minutes, or until they are just tender. (The zucchini slices should be barely flexible enough to roll. They will soften more as they cool.) In a food processor puree the parsley, the garlic, the walnuts, 2 tablespoons of the Parmesan, and salt to taste until the mixture is smooth. Arrange the zucchini slices on a work surface and dot each slice along its length with a heaping teaspoon of the puree. Roll up each slice jelly-roll fashion and fasten the spirals with wooden picks, Arrange the spirals in a shallow baking dish, sprinkle them with the remaining 1 tablespoon Parmesan, and bake them in the upper third of a preheated 425F oven for 5 minutes, or until the cheese is melted and the spirals are heated through. Serves 6.

Hot Zucchini Salad

2 Tablespoon Olive oil
1 Pound Small zucchini; thinly sliced
2 Tomatoes; chopped, juice reserved
1 Onion; thinly sliced
1/4 Pound Mushrooms; thinly sliced
2 Tablespoon White wine vinegar
1 Teaspoon Dried thyme
1 Tablespoon Chopped fresh chives
1/4 Cup Shredded Parmesan cheese

Saute onions in large skillet over high heat in hot oil until tender. Add zucchini, tomatoes, onions and mushrooms. Saute until all vegetables are tender. Add the vinegar, thyme, chives and reserved tomato juice. Cook 1 minute. Pour mixture into serving bowl. Sprinkle with shredded Parmesan to serve.

Indonesian Coconut Rice With Chicken And Zucchini

2 Tablespoon Cooking oil
8 Chicken thighs
2 Teaspoon Salt
1/2 Teaspoon Fresh-ground black pepper
1 Large Onion; cut into thin slices
2 Cloves garlic; minced
1-1/2 Teaspoon Ground coriander
1-1/2 Teaspoon Ground cumin
1-1/2 Cup Long-grain rice
1 2/3 Cup Unsweetened coconut milk; (one 13-ounce can)
1 3/4 Cup Water
1 Pound Zucchini; cut into 1/4-inch dice
1 Tablespoon Lemon juice
1/3 Cup Chopped cilantro; (optional)

1. In a large deep frying pan or Dutch oven, heat the cooking oil over moderately high heat. Sprinkle the chicken with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper. Put the chicken in the pan and brown well on both sides, about 8 minutes in all. Remove. Pour off all but 1 tablespoon of the fat. Reduce the heat to moderately low.

2. Add the onion and cook, stirring occasionally, until soft, about 5 minutes. Add the garlic and cook 1 minute longer. Stir in the coriander, cumin, rice, and the remaining 1 1/2 teaspoons salt and 1/4 teaspoon pepper. Cook, stirring, for 1 minute.

3. Stir in the coconut milk and the water. Add the chicken and bring to a simmer. Cover and cook over low heat, stirring the rice two or three times, until the rice and chicken are almost done, about 20 minutes. Stir in the zucchini, cover, and cook until done, about 7 minutes longer. Stir the lemon juice and cilantro into the rice.

Italian Sausage And Zucchini Stir Fry

1 Pound Italian sausage
1/2 Cup Chopped onions
2 Cup Chopped tomatoes; seeds removed
4 Cup Unpared zucchini; julienned
1 Teaspoon Lemon juice
1/4 Teaspoon Salt
1/4 Teaspoon Tabasco sauce
1/4 Teaspoon Oregano
Parmesan cheese

Slice sausage in 1/4 inch slices; brown in wok or large skillet. Add onions when sausage is nearly done. Drain. Add tomatoes, zucchini, lemon juice, salt, Tobasco sauce and oregano. Cook, uncovered, for about 5 minutes, stirring frequently. Remove to serving plate; sprinkle with cheese. Serve with crusty Italian bread. Yield 4 servings.

James Mcduffie's Chocolate Zucchini Cake

4 Eggs
3 Cup Sugar
1 1/4 Cup Cooking oil
1/2 Cup Light cream
3 Cup Zucchini; grated
3 Cup Whole wheat flour
1/4 Cup Cocoa powder
2 Teaspoon Baking powder
1/2 Teaspoon Baking soda
1/2 teaspoons ground cinnamon
1/2 Teaspoon Salt
1 Cup Nuts; chopped

===== CREAM CHEESE FROSTING =====

3 Ounce Cream cheese; softened
1/2 Cup Butter; softened
1 Teaspoon Vanilla
2 Cup Powdered sugar; sifted

In a large mixing bowl, beat together the eggs, sugar, cooking oil and cream with an electric mixer on low speed. Add zucchini and beat till mixed. In another mixing bowl, combine the flour, cocoa powder, baking powder, baking soda, ground cinnamon and salt. Gradually beat flour mixture into egg mixture. Stir in the chopped nuts. Turn the cake mixture into a greased and floured 13x9x2-inch baking pan. Bake in a 325 oven for 60 to 70 minutes or till the cake tests done. Let the cake cool in the pan on a wire rack.

Prepare the Cream Cheese Frosting. Frost the cooled cake. Sprinkle the frosted cake with additional cocoa powder, if desired. Cut the cake into squares to serve. Makes 12 to 24 servings. **CREAM CHEESE FROSTING:** In a small mixing bowl, beat together cream cheese, butter, and vanilla. Beat in powdered sugar to make a frosting consistency. Makes 1 cup frosting.

Kasha With Zucchini And Red Bell Pepper

1 Cup Chicken broth
3 Tablespoon Olive oil
1 Cup Whole kasha
1 Large Egg; beaten lightly
1 Onion; chopped
1 Garlic clove; minced
1 Red bell pepper; chopped
1 Zucchini; scrubbed, halved lengthwise, and cut into 1/4-inch slices
Plain yogurt for garnish

In a saucepan combine the broth, 1 cup water, and 1 tablespoon of the oil and bring the liquid to a boil. In a bowl combine the kasha and the egg, stirring to coat the kasha well with the egg, transfer the mixture to a deep skillet with a lid, and cook the kasha over moderately high heat, stirring and breaking up the lumps, for 2 to 4 minutes, or until the grains are separated. Remove the skillet from the heat, add the broth mixture slowly (the mixture will spatter), and cover the skillet tightly. Cook the kasha, covered over low heat for 10 to 15 minutes, or until the liquid is absorbed.

While the kasha is cooking, in a skillet cook the onion, the garlic, and the bell pepper in the remaining 2 tablespoons oil over moderately low heat, stirring, until the vegetables are softened. Add the zucchini and salt and black pepper to taste, increase the heat to moderately high, and cook the mixture, stirring, for 3 minutes, or until the zucchini is just tender. Stir the vegetables into the kasha and serve the kasha with a dollop of the yogurt.

Lamb Chops With Minted Potatoes And Zucchini

- 4 Rib lamb chops; (about 1 1/2 pounds)
- 2 Tablespoon Olive oil
- 1 (1/2–pound) russet (baking) potato
- 1 Zucchini; scrubbed and cut into 1/4–inch dice
- 1 Tablespoon Fresh lemon juice
- 1 Tablespoon Water
- 2 Tablespoon Finely chopped fresh mint leaves

In a heavy skillet large enough to hold the lamb chops without touching heat the oil over moderately high heat until it is a hot but not smoking and in it saute the potato, peeled and cut into 1/4–inch dice, turning the pieces constantly with a metal spatula, for 6 to 8 minutes, or until they are golden. Transfer the potato pieces with a slotted spoon to paper towels and let them drain. In the oil remaining in the skillet saute the chops, patted dry and seasoned with salt and pepper, over moderately high heat for 5 minutes on each side for medium–rare meat and transfer them to a heated platter. Remove the skillet from the heat, pour off the fat, and add the zucchini. Cook the zucchini over moderate heat, stirring, for 1 minute, stir in the lemon juice and the water, and cook the mixture, for 1 minute. Stir in the potato pieces, the mint, and salt and pepper to taste and spoon the mixture around the lamb chops.

Lamb With Zucchini Stir-Fry

1 Pound Ground lamb
4 Tablespoon Soy sauce
1 Tablespoon Minced fresh ginger
1 Tablespoon Minced garlic
2 Teaspoon Plus 2 tablespoons cornstarch
1 Cup Canned low-salt chicken broth
2 Tablespoon Fresh lemon juice
2 Teaspoon Garlic chili sauce
3 Tablespoon Vegetable oil
2 Tablespoon Oriental sesame oil
3 Large Garlic cloves; peeled
1-1/2 Pound Zucchini; cut in 2 x 1/3 x 1/3 inch strips
1 Medium Onion; thinly sliced
5 Green onions; cut into 2-inch lengths
Cooked white rice

Mix lamb, 2 tablespoons soy sauce, ginger, minced garlic and 2 teaspoons cornstarch in large bowl. Mix broth, lemon juice, chili sauce and remaining 2 tablespoons soy sauce and 2 tablespoons cornstarch in small bowl.

Heat both oils in wok or Dutch oven over high heat. Add 3 garlic cloves; cook until golden brown, about 2 minutes. Discard garlic. Add zucchini and onion; stir-fry until crisp-tender, about 3 minutes. Add green onions; stir-fry just until wilted, about 1 minute. Transfer vegetables to platter. Add lamb mixture to wok; stir-fry until meat is brown, about 3 minutes. Add broth mixture; boil until sauce thickens, stirring constantly, about 1 minutes. Return vegetables to wok; stir until heated through. Season with salt and pepper. Serve with rice.

Lemon Zucchini Slices

1 Pound Zucchini; cut diagonally into 1/4-inch-thick slices
1 Teaspoon Vegetable oil
Fresh lemon juice to taste

Preheat oven to 400F.

In a large bowl toss zucchini slices with oil until coated. Spread zucchini slices in one layer in a shallow baking pan and bake in middle of oven 5 minutes. Turn slices and sprinkle with salt to taste. Bake slices 3 to 5 minutes more, or until just translucent and tender. Sprinkle zucchini with lemon juice.

Lemon Zucchini Vichyssoise

1 Large Leek; (white and pale green parts only), chopped fine and washed well (about 1–1/2 cups)
3/4 Cup Finely chopped onion
1 Tablespoon Minced garlic
2 Tablespoon Olive oil
1 (1/2–pound) russet (baking) potato
1–1/2 Pound Zucchini; sliced thin (about 4 cups)
3 Cup Low–salt chicken broth
1/3 Cup Heavy cream
1 Tablespoon Fresh lemon juice plus additional to taste
Ice water for thinning soup
Lemon slices for garnish

In a large heavy saucepan cook leek, onion, and garlic with salt and pepper to taste in oil over moderately low heat, stirring, until leek is softened. Peel potato and cut into 1–inch pieces. Add potato, zucchini, and broth to leek mixture. Simmer mixture, covered, 15 minutes, or until potato is very tender.

In a blender puree mixture in batches until very smooth, transferring as pureed to a bowl. Stir in cream, 1 tablespoon lemon juice, and salt and pepper to taste and chill soup at least 6 hours or overnight.

Thin soup with ice water and season with additional lemon juice and salt and pepper.

Garnish soup with lemon slices. Makes about 6 cups.

Linguine With Monkfish "Meatballs", Thyme And Zucchini

4 Tablespoon Virgin olive oil
1 Medium Red onion; finely chopped
1 Small Zucchini; cut 1/4" matchsticks
2 Tablespoon Fresh thyme leaves
1/2 Pound Fresh monkfish filet
1–1/2 Cup Basic Tomato Sauce
1 Cup Dry white wine
Salt; to taste
Freshly–ground black pepper; to taste
8 Ounce Linguine
1/4 Cup Finely–chopped Italian parsley

Bring 6 quarts water to boil and add 2 tablespoons salt. In a 12–inch skillet, heat oil over moderate heat. Add onion, zucchini and thyme leaves and saute until light brown and very soft (about 8 to 10 minutes). Cut monkfish into 3/4–inch cubes and season with salt and pepper. Add monkfish to saute pan and toss until cooked and starting to whiten (about 1 minute). Add Basic Tomato Sauce and white wine and bring to boil. Lower heat and simmer 10 minutes. Drop linguine into boiling water and cook according to package instructions. Drain pasta in colander over sink and toss into pan with monkfish. Add parsley and toss over medium heat until cooked. Pour into warm serving bowl and serve immediately. This recipe yields 4 appetizer servings.

Linguine With Zucchini, Carrots, And Mixed Herb Pesto

4 Medium Carrots
3 Medium Zucchini
1 Pound Dried linguine

==== FOR 3/4 CUP MIXED HERB PESTO =====

1 Cup Packed fresh flat-leafed parsley leaves; washed well and spun dry
1/2 Cup Packed fresh basil leaves; washed well and spun dry
1 Tablespoon Fresh thyme leaves
1 Tablespoon Fresh rosemary leaves
1 Tablespoon Fresh tarragon leaves
1/2 Cup Freshly grated Parmesan; (about 1-1/2 ounces)
1/3 Cup Olive oil
1/4 Cup Walnuts; toasted golden brown and cooled
1 Tablespoon Balsamic vinegar

Using a mandoline cut carrots and zucchini into 1/8-inch-thick julienne strips. (Alternatively, using a sharp knife, halve carrots and zucchini crosswise and cut lengthwise into 1/8-inch-wide pieces.)

In a 6-quart kettle bring 5 quarts salted water to a boil. Add linguine and cook 8 minutes, or until barely tender. Add carrots and cook 1 minute. Add zucchini and cook 1 minute. Reserve 2/3 cup cooking water and drain pasta and vegetables.

In a large bowl stir together pesto and reserved hot cooking water. Add pasta and vegetables and toss well.

To make mixed herb pesto:

In a food processor blend together all ingredients with salt and pepper to taste until smooth. Pesto keeps, surface covered with plastic wrap, chilled, 1 week. Makes about 3/4 cup. Serves 6.

Lobster, Corn, Zucchini, And Basil Salad

4 Zucchini; (about 2 pounds)
1–1/2 Cup Fresh corn; (cut from about 3 ears)
12 Boiled or steamed 1 1/4–pound lobsters
1/2 Cup Mayonnaise; or to taste
3 Tablespoon White–wine vinegar or fresh lemon juice; up to 4
1/2 Cup Finely shredded fresh basil leaves
Garnish: fresh basil sprigs and finely shredded basil leaves

With a small (about 1/4–inch) melon–ball cutter scoop outer flesh of zucchini, reserving remaining zucchini for another use if desired. (There should be about 1 1/2 cups zucchini pieces.) In a saucepan of boiling water blanch zucchini and corn 1 minute and drain well. Let vegetables cool and transfer to a large bowl.

Break off claws at body of each lobster. Crack claws and remove meat. Cut claw meat into 1/2–inch pieces and add to vegetables. Twist tails off lobster bodies, keeping them intact, and discard bodies. With a pair of kitchen shears remove thin hard membrane from each lobster tail by cutting just inside outer edge of shell. Remove meat from tail and reserve tail shells for serving. Cut tail meat into 1/2–inch pieces and add to claw meat mixture.

In a small bowl whisk together mayonnaise, vinegar or lemon juice, and salt and pepper to taste and add to lobster mixture. Toss salad gently just to combine well. Salad may be prepared up to this point 8 hours ahead and chilled, covered.

Just before serving, stir shredded basil into salad. Mound about 1/2 cup salad into each reserved lobster tail and arrange on a platter. Transfer remaining salad to a serving bowl and garnish platter and bowl with basil. Makes about 12 cups.

Louki Raita (Zucchini In Creamy Yogurt)

- 3 Medium Zucchini
- 1–1/2 Cup Plain whole–milk yogurt; (preferably Middle Eastern)
- 1/2 Cup Packed fresh mint leaves
- 1/4 Cup Packed fresh coriander sprigs
- 1 Teaspoon Fresh lime juice; or to taste
- 3/4 Teaspoon Ground cumin
- 1/4 Teaspoon Salt
- 2 Tablespoon Whole milk; if necessary

Grate zucchini on largest holes of a four–sided grater. In a large saucepan of boiling salted water blanch zucchini 1 minute. Immediately drain zucchini in a sieve and rinse under cold running water to stop cooking. Squeeze zucchini dry by small handfuls and transfer to a bowl. Stir in remaining ingredients, adding enough milk to reach desired consistency. Raita may be made 2 days ahead and chilled, covered. Serve raita at cool temperature.
Yield: 2 1/2 cups

Low Country Zucchini Blossoms Stuffed With Roasted Eggplant

8 Young zucchini with blossoms attached
2 Whole eggplants
2 Cloves garlic; chopped Fine
4 Shallots; chopped fine
Salt to taste
Fresh ground white pepper; to taste
1 Bay leaf
3 Sprigs fresh thyme
1/2 Cup Virgin olive oil

===== FOR THE GRITS =====

1–1/2 Tablespoon Unsalted butter
1 1/4 Cup Vegetable stock
1/2 Cup Charleston Grill stone ground grits
1 Cup Heavy cream; up to 2
1/2 Teaspoon Thyme
1/2 Cup Diced sun–dried tomatoes
Salt and fresh cracked white pepper; to taste

Split eggplant in half lengthwise.

With skin on, brush the inside with olive oil, salt, and white pepper. Bake for 20–30 minutes at 350 degrees until tender and completely cooked. With a spoon, scrap out the center of the eggplant and discard the skin.

In a medium–sized saucepan, heat 2 T. of olive oil and sweat the shallots and garlic without browning for 2 minutes. Add the roasted eggplant, bay leaf, thyme, salt and pepper to taste. Cook on low heat for 15 minutes uncovered. Remove the thyme and bay leaf. Puree the eggplant mixture in a food processor and chill.

Fill a plastic pastry bag with the eggplant puree and fill the zucchini blossoms. Rub the zucchini blossoms with warm butter so as not to dry out. Bake for 7–8 minutes at 350 degrees. Spoon grits in a soup bowl and arrange 2 stuffed zucchini per person on top of the grits. Drizzle a small amount of the virgin olive oil over the top and serve.

For the Grits: Bring the vegetable stock and butter to a boil in a thick–bottomed saucepan. Stir in the grits and return to a boil.

Reduce the heat, allowed the grits to cook for another 15 minutes at a low boil, until the grits are thick and have absorbed most of the vegetable stock. Stir occasionally to keep the grits from sticking.

Add 1/2 cup of the heavy cream to the pot and reduce the heat, allowing the grits to cook slowly for another 10 minutes. As the liquid is absorbed, add more cream, cooking the grits until the desired consistency. Add salt and pepper to taste with a total cooking time of at least an hour. The grits should be thick and full-bodied. Fold in the roasted garlic, thyme and diced tomatoes. Bake in 350 degrees oven for 10 minutes. Garnish with chopped chives. Serve very hot!

Marinated Boconcini With Grilled Zucchini Salad & Prosciutto

1 Pound Boconcini – little balls of Mozzarella; about 12
6 Tablespoon Extra–virgin olive oil; divided
1 Tablespoon Chopped fresh thyme leaves
1 Tablespoon Chopped fresh oregano leaves
1/4 Teaspoon Crushed red chili flakes
Salt; to taste
Freshly–ground black pepper; to taste
2 Medium Zucchini – (about 1 lb); sliced lengthwise into 1/8" strips
Zest of 1 lemon
1 Bunch Chives; ends removed
2 Medium Plum tomatoes; cut 1/4" dice
2 Tablespoon Red wine vinegar
1/4 Cup Finely–chopped Italian parsley
1/4 Pound Prosciutto; sliced paper thin

Preheat the grill. Drain the boconcini of the liquid it came in. In a mixing bowl, place zucchini, 3 tablespoons extra–virgin olive oil, thyme, oregano, crushed red chili flakes, and salt and pepper. Set aside at least 1 hour. Place zucchini slices on the grill and cook until tender but not really soft. Remove from grill and place in medium bowl. Add lemon zest, whole chives, plum tomato pieces, vinegar and chopped parsley. Toss gently to coat zucchini and divide among 4 plates. Place 3 boconcini on top of each pile of zucchini and set aside. Stack all prosciutto directly on top of one another and cut across the slice into matchstick julienne. Sprinkle over mozzarella and zucchini and serve immediately. This recipe yields 4 servings.

Marinated Zucchini Salad

4 Small Zucchini; scrubbed and sliced very thin using a mandoline
4 Tablespoon Extra virgin olive oil
Fresh lemon juice to taste
4 Tablespoon Shredded fresh basil
Hot pepper flakes to taste

Preheat oven to 450 degrees.

Arrange the zucchini slices in 1 layer in several sheet pans which have been lightly brushed with some of the oil. Lightly brush the tops with some of the remaining oil and bake the slices for 7 to 10 minutes or until they are golden brown. Sprinkle with salt to taste and let cool. Transfer to a serving bowl and toss with the lemon juice, basil and pepper flakes.

Mexican Zucchini

- 2 Tablespoon Butter or oil (to 3 tbsps)
- 1 Medium Onion; chopped
- 1 Garlic clove – (to 2); minced
- 1/4 Cup Tomato puree
- 1/4 Cup Chicken broth
- 2 Cup Zucchini
- 3 Ears Fresh corn
- 1 Cup Cheese; (cheddar or Monterey Jack)
- Salt and pepper; to taste

Cover the bottom of a skillet with oil or butter. Saute onions and garlic until tender and transparent. Add tomato pure, corn, water, and broth, and simmer for a few minutes. Add zucchini, cover and simmer for eight to 10 minutes. Uncover and stir. Salt and pepper to taste. Transfer to a serving dish and top with cheese.

Middle Eastern Lamb–Stuffed Zucchini With Yogurt Sauce

Four; (6–ounce) straight zucchini, scrubbed
1 Tablespoon Olive oil
1/2 Pound Ground lamb
1 Teaspoon Allspice
1 Teaspoon Crumbled dried mint
1 Cup Chopped onion
1 Garlic clove; minced
2 Tablespoon Pine nuts; toasted lightly
1 Cup Plain yogurt
2 Tablespoon Cornstarch; dissolved in 2 tablespoons cold water
1 Tablespoon Sesame seeds; toasted lightly

Cut off and reserve the stem ends of the zucchini and with a zucchini corer hollow out the zucchini, being careful not to pierce the skins and leaving 1/4–inch–thick shells. Chop the zucchini flesh and reserve it.

In a heavy skillet heat the oil over moderately high heat until it is hot but not smoking and in it saute the lamb with the allspice, the mint, salt and pepper to taste, stirring, until it is no longer pink. Transfer the lamb with a slotted spoon to a sieve to drain, pour off all but 1 tablespoon of the fat from the skillet, and in the skillet saute the onion, stirring, until it is softened. Stir in the garlic, the reserved zucchini flesh, and salt and pepper to taste and saute the mixture until it is golden. Remove the skillet from the heat, stir in the lamb mixture, the pine nuts, and 2 tablespoons of the yogurt, and let the filling cool. Stuff the zucchini with the filling and put the reserved stem ends back in place over the cut ends, securing them with wooden picks. Arrange the zucchini on a steamer rack set over simmering water, steam them, covered, for 20 to 25 minutes, or until they are tender, and let them cool slightly.

In the top of a double–boiler set over simmering water whisk together the remaining yogurt and the cornstarch mixture, stirred, cook the sauce, stirring, for 5 minutes, or until it is thickened, and let it cool slightly.

Cut the zucchini crosswise into 1–inch rounds, arrange the rounds on a platter, and spoon a dollop of the sauce onto each round. Sprinkle the zucchini rounds with the sesame seeds and serve them at room temperature. Makes about 24 hors d'oeuvres.

Minted Cherry Tomatoes And Zucchini

- 1 Small Zucchini; quartered lengthwise and cut crosswise into 1–inch pieces
- 1 Tablespoon Unsalted butter
- 1 Cup Cherry tomatoes
- 1 Tablespoon Minced fresh mint leaves; or to taste

In a skillet saute the zucchini in the butter over moderately high heat, stirring occasionally, for 3 minutes, or until it is just tender. Add the tomatoes, cook the mixture, shaking the skillet, for 1 minute, or until the tomatoes are heated through, and stir in the mint and salt and pepper to taste.

Moist Zucchini Cinnamon–Swirl Cake

1 Medium–size zucchini; (about 12 ounces)
1/2 Cup Pitted dates
1/3 Cup Walnuts; chopped
1 Tablespoon Ground cinnamon
Brown sugar
3 Cup All–purpose flour
2 Teaspoon Baking soda
1 Teaspoon Baking powder
1 Teaspoon Salt
1 Medium–size Granny Smith apple
1 Container plain nonfat yogurt; (8–ounce)
1 Container refrigerated no–cholesterol egg substitute (8–ounce)
1/4 Cup Salad oil
1 Tablespoon Vanilla extract

1. Shred zucchini. Place zucchini in colander; let stand 15 minutes. After 15 minutes, squeeze dry.
2. Meanwhile, spray 10–inch Bundt pan with nonstick cooking spray. In 1–quart saucepan over medium heat, cook dates and 1/2 cup water, uncovered, until dates are very soft and all water evaporates. Mash dates with a spoon until smooth.
3. In small bowl, combine walnuts, cinnamon, and 1/4 cup packed brown sugar; set aside.
4. In large bowl, mix flour, baking soda, baking powder, and salt. Shred unpeeled apple.
5. Preheat oven to 350 degrees F. In medium bowl, with wire whisk or fork, beat yogurt, egg substitute, salad oil, vanilla extract, and 1 1/4 cups packed brown sugar until smooth. Stir in shredded zucchini, apple, and dates until blended. Stir zucchini mixture into flour mixture just until flour is moistened.
6. Pour half of batter into Bundt pan; sprinkle evenly with walnut mixture. Top with remaining batter. Bake 50 to 60 minutes until toothpick inserted in center of cake comes out clean. Cool cake in pan on wire rack 10 minutes. Remove cake from pan; cool cake completely on wire rack.

Mushroom And Spinach Stuffed Zucchini

3 Medium Zucchini
1 Cup Minced onions
2 Large Garlic cloves; pressed or minced
1/2 Teaspoon Salt
1 Teaspoon Extra-virgin olive oil
3 Cup Chopped portabella mushrooms; caps and tender stems
1 Teaspoon Dried dill
1 Tablespoon Dry sherry
2 Teaspoon Soy sauce
5 Ounce Spinach
1 Cup Cooked brown rice
Salt and ground black pepper; to taste
3/4 Cup tomato juice
1/2 Cup Grated fontina cheese

1. Slice the zucchini in half lengthwise and, using a small spoon, scoop out the insides of the zucchini to leave a fillable shell. Set aside.
2. In a skillet, saute the onions, garlic, and salt in the oil on low heat, stirring often, until the onions soften. Add the mushrooms, dill, sherry, and soy sauce and cook for about 5 more minutes. When the mushrooms are just tender, remove from heat and set aside.
3. Preheat the oven to 350F.
4. While the mushrooms are cooking, rinse and stem the spinach. In a saucepan, steam the spinach leaves in enough water to cover until wilted but still bright green. Drain and add it to the sauteed vegetables. Stir in the rice and add salt and pepper to taste.
5. Pour the tomato juice evenly around the bottom of an ungreased 8x12 inch glass or nonreactive baking dish. Press and mound 1/6 of the filling into each zucchini shell and arrange them in the baking dish. Sprinkle on the grated cheese, cover the pan tightly with foil, and bake for about 30 minutes, until the zucchini are tender and easily pierced with a fork. Uncover and bake for another 5 to 10 minutes, until the tops are browned.

Mushroom, Zucchini, And Swiss–Cheese Pizza

2 Pound Store–bought or homemade pizza dough
3 Tablespoon Olive oil
1 Zucchini; halved lengthwise and cut crosswise into thin slices
1 Pound Mushrooms; sliced thin
1 Teaspoon Salt
1/2 Teaspoon Fresh–ground black pepper
1 Teaspoon Dried thyme
1/2 Cup Dry white wine
1/2 Pound Swiss cheese; grated (about 2 cups)
1/4 Cup Grated Parmesan

1. Heat the oven to 425 degrees. Oil two 12–inch pizza pans or large baking sheets. Press the dough into a 12–inch round, or 9–by–13–inch rectangle, on each prepared pan. Bake until the dough begins to brown, 10 to 15 minutes.
2. Meanwhile, in a large nonstick frying pan, heat 1 tablespoon of the oil over moderately high heat. Add the zucchini and cook, stirring occasionally, until almost tender, about 3 minutes. Transfer to a small bowl. Heat the remaining 2 tablespoons of oil in the same pan. Add the mushrooms, salt, pepper, and thyme and cook, stirring frequently, until the mushrooms are golden, about 5 minutes.
3. Return the zucchini to the pan, add the wine, and simmer, stirring occasionally, until the vegetables are tender and all the wine has evaporated, about 5 minutes more.
4. Spread the vegetable mixture on the partially baked pizza crusts. Sprinkle each with Swiss cheese and Parmesan and bake until the cheese melts, about 10 minutes.

Mushroom, Zucchini, And Swiss–Cheese PizzaMussels And Zucchini Mariniere

2 Cup Chopped onion
2 Tablespoon Unsalted butter
2 Garlic cloves; minced
3/4 Cup Dry white wine or vermouth
1/3 Cup Heavy cream
3 Tablespoon Fresh fine bread crumbs
2 Zucchini; scrubbed, halved lengthwise, and cut into 1/8–inch–thick slices
2 Pound Mussels; scrubbed and the beards pulled off
1/3 Cup Minced fresh parsley leaves
Crusty bread as an accompaniment

In a kettle cook the onion in the butter over moderate heat, stirring occasionally, until it is softened, add the garlic, and cook the mixture for 1 minute. Stir in the wine, simmer the mixture for 2 minutes, and stir in the cream and the bread crumbs. Bring the cream mixture to a simmer, add the zucchini and the mussels, and steam the mixture, covered, for 3 minutes, or until the zucchini is crisp–tender and the mussels are opened. Discard any unopened mussels. Stir in the parsley and salt to taste, divide the mussel mixture between 2 soup plates, and serve it with the bread.

Osso Buco Of Lamb Shanks With Zucchini And Avgolemono

- 4 Lamb shanks; (about 4 pounds total), cut crosswise into 1 1/2-inch –thick pieces by butcher
- 1 3/4 Cup Chicken broth
- 1/4 Cup Water
- 3 Zucchini; (about 1 1/2 pounds total), cut into 1/4–inch–thick slices
- 1 Large Egg
- 1/3 Cup Fresh lemon juice
- 1 Tablespoon Olive oil
- 1 Tablespoon Minced fresh dill

===== ACCOMPANIMENT =====

Cooked orzo; (rice–shaped pasta)

Preheat oven to 275F.

In a heavy casserole large enough to hold lamb shanks in one layer without crowding arrange shanks and season with salt and pepper. Roast shanks in middle of oven, covered tightly, 3 hours, or until tender. (Meat will give off juices as it cooks.) Pour off pan juices, reserving about 1 cup, and skim fat. Keep shanks warm, covered.

In a small saucepan combine broth, reserved pan juices, water, and one–third zucchini and simmer 5 minutes, or until zucchini is tender but still bright green. In a blender puree broth mixture until smooth.

In a bowl whisk together egg and lemon juice and whisk in pureed; broth mixture. Return mixture to pan and heat over moderate heat, stirring constantly, until 170F. on a candy thermometer and thickened slightly (do not boil). Season avgolemono with salt and pepper and keep warm.

In a large non–stick skillet heat oil over moderately high heat until hot but not smoking and saute remaining zucchini until crisp–tender, about 5 minutes. Stir in dill and salt and pepper to taste.

Arrange shanks on a deep platter and scatter with zucchini. Drizzle shanks with some avgolemono and serve remaining sauce separately. Serve shanks with orzo.

Pasta With Zucchini

1/2 Cup Coarsely chopped pancetta; see * Note
1/4 Cup Olive oil
3 Garlic cloves; chopped fine
1–1/2 Pound Zucchini; cut julienne, and drained well
1/2 Cup Whipping cream
1/3 Cup Freshly grated Parmesan cheese
Salt; to taste
Freshly-ground black pepper; to taste
1 Pound Dry pasta; penne preferred

* Note: American bacon will work, but the flavor is very different.

Heat a large frying pan and saute the pancetta until clear. Remove the meat and fat from the pan. Drain and discard the fat and set the meat aside. Add the olive oil to the pan and saute the garlic for just a moment. Add the well-drained zucchini and saute over high heat until the zucchini is hot but not mushy. Add the cream and stir. Cook the pasta (I prefer penne with this dish) and toss the above with the cooked pasta, adding the pancetta, cheese and salt and pepper to taste. This recipe serves 6 as a dinner course or 8 as a pasta course.

Pasta With Zucchini Shrimp & Saffron

1/3 Cup Extra-virgin olive oil
3 Medium Zucchini; cut into thin rounds
1 Pound Fresh tagliolini or fettuccine
1/2 Cup Chicken or vegetable stock
1/2 Teaspoon Saffron threads
1 Pound Medium shrimp; peeled, deveined and cut into 1/2-inch Pieces
2 Ripe tomatoes; peeled, seeded and chopped
1 Clove garlic; minced
10 Fresh basil leaves; thinly sliced
1 Tablespoon Unsalted butter
Kosher salt and freshly ground black pepper to taste
Parmesan cheese.

1. Place the oil in a large skillet set over medium heat. Working in batches, brown the zucchini rounds in the hot oil until golden, about 2 to 3 minutes. Scoop the rounds out of the pan with a slotted spoon and drain them on paper towels. Repeat until all the zucchini is cooked.

2. Bring a large pot of salted water to a boil and cook the pasta according to the package directions. Meanwhile, combine the stock and saffron in a small saucepan and bring just to a boil. Set aside.

3. Place the skillet in which the zucchini has cooked back over high heat. If there is less than 1 tablespoon of oil remaining in the pan, add a bit more. When the oil is very hot, add the shrimp and cook, stirring, until they are just cooked, about 2 minutes. Add the tomatoes and garlic and cook for an additional 2 to 3 minutes. Add the stock, basil and butter, and season to taste with salt and pepper.

Drain the pasta and immediately add it to the pan with the sauce. Toss quickly over low heat until combined. Serve immediately with grated Parmesan on the side.

Phyllo Triangles With Basil, Zucchini And Pine Nuts

12 Ounce Zucchini; trimmed, coarsely grated
1/2 Teaspoon Salt
2 Tablespoon Olive oil
3/4 Chopped onion
6 Tablespoon Chopped fresh basil
2 Tablespoon Chopped fresh parsley
2 Teaspoon Minced garlic
1/4 Cup Dry white wine
1/3 Cup Crumbled feta cheese
1/3 Cup Packed grated Parmesan cheese
6 Tablespoon Pine nuts; toasted
1 Egg
6 Sheets fresh phyllo pastry or frozen; thawed
1/2 Cup Unsalted butter; melted (1 stick)
1 Egg white; beaten to blend (glaze)
Sesame seeds

Toss zucchini with 1/2 teaspoon salt in medium bowl. Let stand 30 minutes. Drain zucchini well; roll in kitchen towel and squeeze dry.

Heat oil in heavy large skillet over medium–high heat. Add onion; saute until beginning to brown, about 6 minutes. Add zucchini; saute until beginning to brown, about 5 minutes. Mix in basil, parsley and garlic; add wine. Cover skillet; simmer 3 minutes. Uncover; stir until any liquid evaporates, about 2 minutes. Transfer zucchini mixture to large bowl and cool. Mix in both cheeses, then pine nuts. Season filling with salt and pepper. Mix in egg.

Lightly oil 2 large baking sheets. Place 1 phyllo sheet on work surface with 1 short end parallel to edge of work surface (keep remaining phyllo covered with plastic wrap and damp kitchen towel.) Brush phyllo sheet lightly with butter; cut lengthwise into 3 equal strips, each about 4 inches wide. Place 1 generous tablespoon filling at bottom end of 1 strip. Fold 1 corner of phyllo over filling. Repeat folding down length of strip as for flag, brushing twice with butter and forming triangle. Place pastry on prepared baking sheet; brush with butter. Repeat with remaining phyllo sheets and filling. (Can be made 1 day ahead. Cover tightly with plastic and chill.)

Preheat oven to 400F. Brush pastries with egg white. Sprinkle pastries generously with sesame seeds. Bake until golden brown, about 25 minutes. MAKES 18.

Pickled Zucchini

4 Medium-size zucchini; (about 8 ounces each)
1 Large Onion
2 Cup Sugar
2 Cup Distilled white vinegar
2 Tablespoon Pickling spice
4 Bay leaves

1. Cut zucchini into 1-inch chunks. Thinly slice onion.
2. In 2-quart saucepan over high heat, heat sugar, vinegar, pickling spice, and bay leaves to boiling. Add sliced onion; cook 1 minute.
3. Place zucchini in 11" by 7" glass baking dish. Pour vinegar mixture over zucchini. Cover with plastic wrap and refrigerate overnight to allow flavors to develop, stirring occasionally. Drain before serving. Serve with grilled steak or chicken, or hamburgers. If you like, store in decorative jars in the refrigerator.

Piquant Cod With Parmesan Zucchini

4 Eggs
1 Large Garlic clove
1 Red chilli pepper; (Scotch bonnet)
Olive oil; for cooking
4 Tablespoon Fresh vegetable stock; about
1 Tablespoon Capers; (rinsed)
1 400 gram can pitted black olives; (Kalamata)
4 200 g pieces cod fillet; boned and skinned
2 Large Red onions
1 50 grams can anchovy fillets; (in olive oil)
1 50 grams blo Parmesan
3 Large Courgettes
1 Small Bunc fresh oregano
1 Bunch Fresh flat-leaf parsley
1 Lemon
Salt and freshly ground black pepper

1 Place the eggs in a small pan, cover with water, bring to a simmer and cook for 10–12 minutes until hard-boiled.

2 Heat a large saute pan. Crush the garlic. Cut the chilli in half, remove the seeds and dice the flesh.

3 Add 2 tbsp olive oil to the heated pan and tip in the garlic and chilli and cook for 30 seconds, stirring.

4 Pour the stock into the pan. Add the capers and 115g/4oz olives, stirring until well combined. Add the cod and cook for 10–12 minutes, turning once until just tender, adding a little more stock if necessary.

5 For the Onion Scoops: Halve the onions lengthways. Carefully separate out the layers to make scoops. Keep any extra pieces to use in another recipe.

6 Drain the can of anchovies and finely chop. Place in a bowl with 1 tbsp olive oil. Grate in 25g/1oz Parmesan and set aside.

7 Drain the hard-boiled eggs, rinse under cold running water and crack away the shells. Place in a bowl, mash up, and beat in the anchovy mixture. Season to taste and add enough olive oil to bind.

8 Use the egg mixture to fill the onion scoops. Drizzle each one with a

little olive oil and a squeeze of lemon juice. Cut the remaining olives into slivers and use to garnish. Set aside.

9 Heat a griddle pan. Slice the courgettes on the diagonal. Brush the griddle pan with oil and cook the courgettes for 3–4 minutes until tender and lightly charred, turning once.

10 Finely chop the oregano and parsley. Add a good squeeze of lemon to the cod and stir in the herbs. Season to taste.

11 Arrange the courgettes around the edge of a serving plate in flower shapes and grate a little Parmesan over each one. Drizzle over a little olive oil.

12 Carefully transfer a piece of cod to the middle of the plate, spooning over some of the sauce. Garnish each courgette flower with an onion scoop and serve at once.

Pumpkin–Zucchini Fritters

1 Egg
1/4 Cup Milk
1/2 Cup Flour
1 Teaspoon Baking powder
1 Teaspoon Pumpkin pie spices
1/2 Cup Canned pumpkin
1 Zucchini
2 Tablespoon Vegetable oil

Put egg in mixing bowl. Add milk, flour and baking powder. Mix well. Stir in pumpkin pie spices. Fold in pumpkin and zucchini. Heat oil over medium–high heat. Cook by tablespoons in hot oil until golden brown. Drain on paper towels. Serve warm.

Radish Sandwiches On Zucchini Basil Muffins

1 1/4 Cup All-purpose flour
3/4 Teaspoon Salt
1/2 Teaspoon Baking soda
1 Teaspoon Double-acting baking powder
1/2 Teaspoon Freshly-ground black pepper
2 Tablespoon Vegetable shortening; softened
1 Tablespoon Sugar
1 Large Egg
1/4 Cup Buttermilk
1 Cup Coarsely-grated well-scrubbed zucchini
1/2 Cup Finely-chopped fresh basil leaves
3 Tablespoon Unsalted butter; softened
8 Radishes; sliced thin

In a small bowl whisk together the flour, the salt, the baking soda, the baking powder and the pepper. In a bowl cream together the shortening and the sugar, beat in the egg and the buttermilk, beating until the mixture is combined well, and stir in the zucchini and the basil. Add the flour mixture to the zucchini mixture, stir the batter until it is just combined, and divide it among 24 well-buttered gem tins (each 1/8 cup). Bake the muffins in the middle of a preheated 400 degree oven for 15 to 18 minutes, or until a tester comes out clean, turn the muffins out onto a rack, and let them cool. Halve the muffins horizontally, spread the cut sides with the butter, and sandwich the radish slices between the muffin halves. This recipe yields 24 sandwiches.

Ratatouille Stuffed Zucchini Blossoms

1/4 Cup Olive oil
1 Small Onion; diced
3 Garlic cloves; minced
1 Small Eggplant; cut into 1/2" cubes
1 Red bell pepper; seeded and diced
2 Jalapeno peppers; seeded and minced
1 Teaspoon Coarse salt
1 Large Tomato; seeded and diced
1/4 Bunch Fresh coriander; chopped
12 Zucchini blossoms
Flour; for dusting
2 Eggs; beaten
2 Tablespoon Unsalted butter

Heat the oil in a medium saucepan over moderate heat. Add the onion and saute until soft, about 10 minutes. Add the garlic and saute 2 more minutes. Add the eggplant and cook, stirring occasionally, for 15 minutes. Add the red bell pepper, jalapeno peppers, and salt. Simmer over low heat, covered, stirring occasionally, for 15 minutes. Stir in the tomatoes and simmer 10 more minutes. Mix in the coriander and divide ratatouille into 12 portions. Slit the zucchini blossoms down their sides, insert the stuffing with a teaspoon until well filled, and fold the flower around it. Dust the blossom packets with flour and dip into beaten eggs to coat lightly. Heat butter in a large frying pan over medium heat just until it melts. Place the stuffed blossoms in the frying pan in a single layer and gently brown on all sides. Serve immediately. This recipe yields 4 to 6 servings.

Roasted Beet Crostini With Zucchini Flowers

4 Medium Beets; (about 1 pound), preferably a mixture of red and yellow
1/4 Cup Extra-virgin olive oil
2 Tablespoon Balsamic vinegar
1 Teaspoon Finely chopped rosemary
1/4 Teaspoon Crushed red pepper
Salt and freshly ground black pepper
Eight; (3/4 -inch-thick) slices of Italian country bread
6 Large Zucchini flowers; torn into 1/2 -inch-wide strips

1. Preheat the oven to 450 degrees. Loosely wrap the beets in foil and roast for about 1 hour, or until tender. Let cool slightly, then peel the beets and cut them into 1/2 -inch dice. Combine the beets with 2 tablespoons of the olive oil, the vinegar, rosemary, crushed red pepper and a generous pinch each of salt and black pepper.
2. Heat a grill pan. Lightly brush the bread on both sides with the remaining 2 tablespoons of olive oil and grill until crisp and golden. Fold the zucchini flowers into the beet mixture, divide evenly among the grilled bread slices and serve.

Roasted Chicken, Zucchini, And Ricotta Sandwiches On Foca

- 2 Medium Zucchini; shredded
- 2 Teaspoon Salt
- 1 Tablespoon Olive oil
- 1 Container whole–milk ricotta cheese; (15–ounce)
- 1/4 Cup Freshly grated Parmesan cheese
- 1 Teaspoon Grated lemon peel
- 4 Pieces focaccia or ciabatta; halved horizontally (5x4–inch)
- 2 Large Tomatoes; thinly sliced
- 4 Purchased roasted chicken breasts; skinned, boned, thinly sliced crosswise

Mix zucchini and salt in medium bowl. Transfer to colander; set over bowl. Let stand 15 minutes to drain liquid from zucchini. Rinse and drain zucchini. Squeeze zucchini to remove liquid.

Heat oil in large skillet over medium heat. Add zucchini and saute 2 minutes. Cool slightly. Add ricotta, Parmesan and lemon peel to zucchini. Stir to blend. Season to taste with salt and pepper. (Can be made 8 hours ahead. Cover; chill.)

Preheat broiler. Arrange focaccia pieces cut side up on baking sheet. Broil focaccia just until lightly toasted. Spread ricotta mixture generously over 8 focaccia pieces. Broil until ricotta mixture is heated through and beginning to brown in spots, about 4 minutes.

Top 4 focaccia pieces with tomato slices, then with chicken slices, dividing equally. Sprinkle with salt and pepper. Cover with remaining 4 focaccia pieces, ricotta–mixture side down. Cut sandwiches diagonally in half and serve. Makes 4 servings.

Roasted Zucchini And Yogurt Spread

2 Pound Zucchini; (about 6 medium), washed well, halved lengthwise,
and cut crosswise into 1/8-inch-thick slices
2 1/2 Tablespoon Olive oil
2 Teaspoon Salt
1/2 Cup Plain yogurt
4 Scallions; chopped fine

===== ACCOMPANIMENT =====

===== PITA TOASTS =====

Four 6-inch pita loaves
2 Tablespoon Olive oil

To prepare zuchinni:

Preheat oven to 500F.

In a large shallow roasting pan toss zucchini with oil and salt and roast in middle of oven, stirring once, until browned and falling apart, about 25 minutes. Cool zucchini and in a bowl mash coarse with a potato masher or fork. Stir in yogurt, scallions, and salt and pepper to taste. Spread may be made 1 week ahead and chilled, its surface covered with plastic wrap.

Serve spread at room temperature with pita toasts.

To prepare pita toasts:

Preheat oven to 350F.

Halve loaves horizontally to form 8 rounds. Brush rough sides of rounds with oil and season with salt. Cut each round into 8 wedges and bake in 2 batches on a baking sheet in middle of oven until golden, about 10 minutes. Cool toasts on a rack. Toasts may be made 1 week ahead and kept in sealable plastic bags at room temperature.

Makes 64 pita toasts.

Rotelle With Roasted Zucchini And Italian Sausage

2 1/2 Pound Zucchini; scrubbed and sliced thin crosswise

2 Tablespoon Olive oil

1-1/2 Pound Fresh Italian sausage

1/4 Cup Loosely packed fresh mint leaves; minced, or 2 teaspoons dried
mint combined with 1/4 cup minced fresh parsley leaves

2/3 Cup Plain yogurt at room temperature

1/2 Pound Rotelle; (corkscrew-shaped pasta) or penne (quill-shaped pasta)

Arrange the zucchini in a jelly-roll pan, drizzle it with the oil, and roast it in the middle of a preheated 450F. oven, stirring occasionally, for 15 to 20 minutes, or until it is golden. While the zucchini is roasting, discard the casings from the sausage, in a heavy skillet cook the meat over moderate heat, stirring and breaking up the lumps, until it is no longer pink, and transfer it with a slotted spoon to paper towels to drain. In a large bowl stir together the zucchini, the sausage, the mint, the yogurt, and salt and pepper to taste. In a kettle of boiling salted water boil the rotelle until it is al dente, drain it well, and toss it with the zucchini mixture.

Ruthie's Zucchini Rounds

2 Medium Zucchini cut into 1/4 inch rounds
2/3 Cup Bread crumbs
1/3 Cup Parmesan cheese
1 Cup Flour
2 Whole eggs
2 Tablespoon Butter

In a shallow dish , combine bread crumbs and Parmesan cheese; set aside.
Place flour in shallow dish; set aside. Beat two eggs in shallow dish and set aside.

Heat 2 tablespoons butter in skillet over medium heat.

Season zucchini rounds with salt and pepper. Dredge in flour, beaten egg, then bread crumb mixture. Saute until golden brown.

Salmon With Zucchini Noodles

- 2 Tablespoon Fresh lime juice
- 1 Teaspoon Chopped shallots
- 1 Minced garlic clove
- 4 6 oz. salmon fillets
- Salt and pepper
- 1/2 Cup Flour
- 1 Tablespoon Butter
- 1 Tablespoon Olive oil
- 1/4 Cup Soy sauce
- 1/4 Cup Cream sherry
- 1 Teaspoon Butter
- 2 Minced garlic cloves
- 4 Zucchini – cut into long; thin "noodles"

===== SAUCE =====

- 2 Teaspoon Olive oil
- 2 Minced garlic cloves
- 1/2 Teaspoon Red pepper flakes
- 3 Cup Chopped red bell pepper
- 3/4 Cup Chicken stock
- 2 Tablespoon Balsamic vinegar

Directions: Combine the lime juice, shallots, and garlic. Season the salmon with salt and pepper then coat the salmon with the lime mixture. Coat fillets with flour. In a large saut pan, heat the butter and olive oil. Place salmon in pan and add the soy sauce and cream sherry. Saut the fillets for 4 minutes on each side until cooked through. Heat 1 tsp. butter and minced garlic in a separate saut pan and add the sliced zucchini. Saut for 5 minutes until tender. Set aside. For the sauce, combine the olive oil, garlic, pepper flakes, bell pepper in a small sauce pot over medium heat. Cook for 3 minutes. Add the chicken stock and vinegar. Bring to a boil, then allow to simmer uncovered for 15 minutes. Process the cooked mixture in a blender. Place the zucchini slices on a plate, top with the salmon fillet and drizzle with sauce.

Salmon Zucchini Loaf

1 Tablespoon Butter or margarine
1 Onion; chopped
1–1/2 Cup Diced unpeeled zucchini
2 Eggs
1 Can Salmon; (7 1/2 oz)
1 Cup Fresh breadcrumbs
2/3 Cup Milk
1/2 Cup Chopped fresh parsley
1 Pinch Pepper

===== YOGURT TARRAGON SAUCE =====

1/2 Cup Plain yogurt
2 Tablespoon Light mayonnaise; or
2 Tablespoon Cottage cheese
2 Tablespoon Minced fresh parsley
2 Teaspoon Sweet green relish
1/2 Teaspoon Dried tarragon
1/2 Teaspoon Dijon mustard

In skillet over medium heat, melt butter; cook onion and zucchini, stirring, until onion is tender, about 5 minutes.

In bowl, lightly beat eggs; add zucchini mixture, then salmon liquid. Flake salmon and mash bones; stir salmon, bread crumbs, milk, parsley and pepper gently into zucchini mixture. Transfer to lightly greased 8–1/2 x 4–1/2–inch loaf pan. Place in larger pan and add hot water to depth of 1 inch.

Bake in 350 F oven for 45 to 55 minutes or until firm to the touch. (Alternatively, cover and microwave on High in 6–cup greased ring mould covered with vented plastic wrap for 6 to 8 minutes; let stand for 5 minutes.) Pour off any extra liquid if necessary.

Yogurt Tarragon Sauce: In small bowl, combine yogurt, mayonnaise, parsley, relish, tarragon and mustard. Makes about 2/3 cup. Pass sauce separately.

Sausage Zucchini Bake

4 Cup Zucchini; sliced
1 Pound Bulk pork sausage
1 Clove garlic; minced
1/2 Cup Dry breadcrumbs
1/2 Cup Parmesan cheese
1 Cup Milk
1 Tablespoon Parsley flakes
1/2 Teaspoon Oregano
1/2 Teaspoon Salt
2 Eggs

Cook zucchini in salted water for 5 minutes: drain. Cook sausage and garlic until crumbly and brown. Drain off excess fat. Add cooked zucchini, breadcrumbs, Parmesan cheese, milk, parsley, oregano, and salt. Beat eggs slightly and fold into zucchini mixture. Turn into greased 10x6-inch baking dish. Bake at 325 degrees for 25 to 30 minutes.

Sausage–Stuffed Zucchini

- 4 Medium Zucchini; (6 to 7 inches)
- 1/2 Pound Bulk mild Italian sausage
- 1/4 Cup Chopped onion
- 1 Clove garlic; minced
- 1 Teaspoon Dried oregano
- 1/2 Cup Fresh corn kernels; or Frozen corn
- 1 Medium Tomato; seeded/diced
- 4 Ounce Shredded cheddar cheese; (1 cup), divided

Cut each zucchini in half lengthwise. Place, cut side down, in a large skillet; add 1/2–inch of water. Bring to a boil; reduce heat and simmer until zucchini are crisp tender, about 5 minutes. Remove zucchini and drain water. In the same skillet, cook sausage, onion and garlic until sausage is browned; drain fat. Add oregano, corn and tomato. Cook and stir until heated through. Remove from heat and stir in 2/3 cup cheese; set aside. Scoop out and discard seeds from zucchini. Divide the sausage mixture among zucchini shells. Place in a greased 13–inch x 9–inch x 2–inch baking pan. Sprinkle with remaining cheese. Bake uncovered, at 375' for 12–15 minutes or until heated through. Yield 4 to 6 servings

Saute Of Grated Zucchini

4 Tablespoon Butter
2 Tablespoon Minced shallots
1 Pound Zucchini; washed, skin on, shredded
Salt; to taste
Freshly-ground black pepper; to taste
Lemon or lime wedges

Heat the butter in a large skillet until golden. Add the shallots and saute for a minute or until somewhat tender. Add the zucchini and saute, stirring constantly for 2 minutes or until tender but still crisp. Season to taste with salt and pepper; serve with lemon or lime wedges if you wish. This recipe yields 4 servings.

Sauteed Zucchini W/ Tomatoes & Anaheim Chile

2 Tablespoon Olive oil
1 Small White onion; sliced
1 Clove garlic; minced
3 Medium Zucchini; sliced
1 Large Red bell pepper; chopped
2 Medium Tomatoes; peeled and chopped
4 Anaheim chiles; roast, peel, seed & chop
1/2 Teaspoon Salt
1/2 Teaspoon Freshly ground black pepper
1 Teaspoon Crushed dried oregano
1 Tablespoon Chopped fresh parsley
1/4 Cup Crumbled feta cheese

Heat the oil in large saute pan, add the onion, garlic, zucchini, and bell pepper and saute for 4 to 5 minutes. Add the tomatoes, chile, salt, pepper, oregano, and parsley Cover the pan and simmer for 6 to 7 minutes or until the zucchini is tender. Serve topped with a small amount of feta cheese crumbled over each serving.

SERVING SUGGESTIONS: This is a smashing summer dish served with very thin slices of roast pork. To add an extra splash of color, spoon the zucchini, tomatoes, and chile mixture into a radicchio leaf.

Sesame Zucchini

- 2 Medium Zucchini
- 1 Tablespoon Asian sesame oil
- 1–1/2 Teaspoon Sesame seeds; toasted lightly
- 1 Teaspoon Soy sauce; or to taste
- 1 Tablespoon Fresh lemon juice

Halve zucchini lengthwise and cut crosswise into 1/2–inch pieces. In a steamer set over simmering water steam zucchini, covered, until just tender, about 5 minutes.

In a bowl toss zucchini with sesame oil and seeds, soy sauce, and salt to taste until coated well and sprinkle with lemon juice. Serve warm or at room temperature.

Shepherd's Pie Style Stuffed Zucchini

2 Tablespoon Olive oil
1 Pound Ground lamb
Kosher salt and freshly ground black pepper
4 Large Zucchini; (about 2 1/2 pounds total)
2 Medium Onions; diced
2 Cloves garlic; minced
1 Teaspoon Dried thyme
1 Teaspoon Ground coriander
1/8 Teaspoon Ground cinnamon
1/3 Cup Dry white wine
3 Cup Mashed potatoes
1 Tablespoon Bread crumbs
1 Cup Chicken stock.

1. In a large skillet set over high heat, heat 1 tablespoon of oil until very hot. Add the lamb, season it lightly with salt and pepper and cook, stirring and breaking up the chunks of meat, until lightly browned, 7 to 8 minutes. Remove the lamb from the skillet, drain and set aside.
2. Preheat the oven to 400 degrees. Slice the zucchini in half, lengthwise, and use a spoon to scoop out the flesh from its center, leaving "boats" with sides that are about 1/3 of an inch thick. Place the boats in a large roasting pan and set aside. Dice the zucchini flesh and set it aside.
3. Return the skillet in which the lamb has cooked to medium–high heat and add the remaining tablespoon of oil, the diced zucchini flesh, onions, garlic, thyme, coriander and cinnamon. Cook until the vegetables are soft, about 10 minutes. Add the wine and cook until all the liquid has evaporated. Add the lamb and season to taste with salt and pepper.
4. Sprinkle the zucchini boats with salt and divide the lamb mixture between the boats, packing it gently in and mounding slightly if necessary. Cover the top of each boat with a layer of mashed potatoes and dust with bread crumbs. Pour the chicken stock into the roasting pan, being careful not to wet the tops of the zucchini. Bake until the boats are soft and the potatoes are browned on top, about 40 minutes. Remove from the pan and serve.

Shrimp Filled Zucchini Blossoms

12 Zucchini blossoms
1/2 Pound Small raw shrimp; peeled, deveined, and diced
2 Tablespoon Chopped shallots
1 Tablespoon Fresh tarragon
1/4 Cup Cream
1/2 Cup French bread cubes; all crust removed
1/2 Teaspoon Salt
1/4 Teaspoon Freshly-ground white pepper
1/4 Cup Olive oil
1/2 Cup Flour
1/2 Cup Water

Rinse the blossoms under cold running water gently and dry on paper towels. Combine the chopped raw shrimp with the shallots and tarragon. In a separate bowl combine the cream with the French bread and the salt and pepper and, using the back of a spoon or your fingers, mix until pasty. Mix this bread paste with the shrimp and combine well. Split the flowers open using a paring knife, insert a teaspoon of the shrimp paste inside, and fold the flower closed. Heat the oil over medium heat in a large saute pan. Mix the flour and water together with a fork and add more flour if the batter is looser than heavy cream. Dip each flower into the batter and then fry in the hot oil until crisp and golden. Serve immediately. This recipe yields four small appetizers.

Skillet Pork Chops With Zucchini

3 Tablespoon All-purpose flour
5 Tablespoon Parmesan cheese; divided
1-1/2 Teaspoon Salt
1/2 Teaspoon Dill weed
1/4 Teaspoon Pepper
6 Pork chops; (about 3/4 inch thick)
1 Tablespoon Cooking oil
2 Medium Onions; sliced
1/3 Cup Water
3 Medium Zucchini; (about 1 lb), sliced
1/2 Teaspoon Paprika

In a large plastic bag, combine flour, 2 tablespoons Parmesan cheese, salt, dill weed and pepper. Place pork chops in bag and shake to coat; shake off excess flour and reserve. Heat oil in a large skillet over medium-high heat; brown pork chops on both sides. Reduce heat. Place onion slices on chops. Add water to skillet; cover and simmer for 15 minutes. Place zucchini slices over the onion. Mix remaining Parmesan cheese with the reserved flour mixture; sprinkle over zucchini. Sprinkle paprika on top. Cover and simmer 25 minutes or until pork chops are tender. Yield: 6 Servings

Spaghetti With Grilled Shrimp, Zucchini, And Salsa Verde

2/3 Cup Lightly packed parsley leaves
3 Tablespoon Drained capers
1 Clove garlic; chopped
4 Teaspoon Lemon juice
1 Teaspoon Anchovy paste
1/2 Teaspoon Dijon mustard
1 1/4 Teaspoon Salt
1/4 Teaspoon Fresh-ground black pepper
1/2 Cup Plus 2 tablespoons olive oil
2 Zucchini; cut lengthwise into 1/4-inch slices
1 1/4 Pound Large shrimp; shelled
3/4 Pound Spaghetti

1. Put the parsley, capers, garlic, lemon juice, anchovy paste, mustard, 1/2 teaspoon of the salt, and the pepper into a food processor or blender. Pulse just to chop, six to eight times. With the machine running, add the 1/2 cup oil in a thin stream to make a coarse puree. Leave this salsa verde in the food processor; if necessary, pulse to re-emulsify just before adding to the pasta.

2. Light the grill or heat the broiler. Brush the zucchini with 1 tablespoon of the oil and sprinkle with 1/4 teaspoon of the salt. Grill or broil the zucchini, turning, until just done, about 10 minutes in all. When the slices are cool enough to handle, cut them crosswise into 1/2-inch pieces and put them in a large bowl.

3. Thread the shrimp onto skewers. Brush the shrimp with the remaining 1 tablespoon oil and sprinkle with the remaining 1/2 teaspoon salt. Grill or broil the shrimp, turning, until just done, about 4 minutes in all. Remove the shrimp from the skewers, slice them in half horizontally, and add them to the zucchini.

4. Meanwhile, in a large pot of boiling, salted water, cook the spaghetti until just done, about 12 minutes. Drain. Add the pasta to the grilled zucchini and shrimp and toss with the salsa verde.

Spicy Zucchini Relish

- 4 1/2 Pound Small zucchini
- 1–1/2 Pound Onions
- 1 Pound Sweet green peppers
- 1/3 Cup Pickling salt
- 2 1/2 Pound Small sweet red peppers
- 3 Cup Packed brown sugar
- 3 Cup White vinegar
- 1 Tablespoon Cornstarch
- 2 Teaspoon Celery seed
- 2 Teaspoon Mixed pickling spice
- 1 Teaspoon Ground turmeric
- 1 Teaspoon Dry mustard
- 1 Teaspoon Nutmeg
- 1 Teaspoon Coarsely ground black pepper

In meat grinder or food processor, finely chop zucchini, then onions, then green peppers. In large stainless steel kettle or large glass bowl, stir together chopped vegetables and salt. Cover and refrigerate overnight. Next morning, rinse vegetables well in sieve under cold running water. Return to kettle. In meat grinder or food processor, finely chop red peppers. Add to kettle along with sugar, vinegar, cornstarch, celery seed, pickling spice, turmeric, mustard, nutmeg and pepper; mix well. Bring to boil; cook, uncovered, stirring often, over medium–high heat for 30 minutes or until thickened. Pour into hot sterilized jars, leaving 1/8–inch headspace. Seal immediately; let cool. Store in cool, dark, dry place.

Stir-Fried Zucchini With Spicy Mint Vinaigrette

6 Medium Zucchini

===== FOR VINAIGRETTE =====

2 Tablespoon Dark sesame oil
1 Teaspoon Dried hot pepper flakes
1/4 Cup Soy sauce
1/2 Teaspoon Salt
3 Tablespoon Rice vinegar
1 Tablespoon Sugar
1 Tablespoon Vegetable oil
1 Tablespoon Minced peeled fresh ginger
2 Tablespoon Chinese rice wine or sake
3 Tablespoon Chopped fresh coriander or mint

Trim ends of zucchini and halve lengthwise. Cut each half crosswise into 3-inch sections and cut each section lengthwise into 1/4-inch-thick slices.

Make vinaigrette: in a small saucepan heat oil until it just begins to smoke and add red pepper flakes. Cover pan and remove from heat. Let mixture stand 3 minutes and stir in remaining vinaigrette ingredients, stirring until sugar is dissolved.

Heat a deep wok or deep 12-inch skillet over high heat until hot and add oil. Heat oil until it begins to smoke and stir-fry ginger until fragrant, about 10 seconds. Add squash with wine and stir-fry until crisp-tender, 5 to 7 minutes. Add vinaigrette and coriander and stir-fry 30 seconds. Transfer the mixture to a serving dish.

Serve warm, room temperature, or chilled.

Stuffed Zucchini Flowers With Pinenuts, Ricotta & Watercress

12 Large Zucchini blossoms
4 Tablespoon Pine nuts; toasted under broiler until dark brown
8 Ounce Ricotta cheese
1 Large Egg
1/4 Cup Finely–chopped fresh parsley
1 Pinch Nutmeg
1 Teaspoon Salt; divided
1 Bunch Watercress; stems removed, Washed; and spun dry
8 Ounce Plain yogurt
4 Ounce Extra–virgin olive oil; divided
Juice of 1 lemon

Wash and pat dry zucchini blossoms and set aside. Mix 2 tablespoons pine nuts, ricotta, egg, parsley and nutmeg in a medium mixing bowl until homogenous and of a rough paste–like consistency. Gently open each flower and, using a small teaspoon, place 2 tablespoons ricotta mixture in each flower and close up again by twisting ends of flower like the ends of a mustache. Set aside. In a blender, mix 1/2 watercress, yogurt and 1/2 teaspoon salt until smooth and creamy (about 1 minute). In a 10– to 12–inch nonstick pan, heat 1 ounce of the extra–virgin olive oil until just smoking and place 6 blossoms in pan. Cook until golden brown (about 2 minutes) and turn once, cook 1 minute more and remove to warm plate. Repeat with remaining blossoms. While last blossoms are cooking, toss remaining watercress with remaining 2 ounces of extra–virgin olive oil and juice of 1 lemon to coat. Divide into center of 4 plates. Drizzle a puddle of yogurt sauce around watercress and place 3 warm blossoms in Mercedes–Benz angles on top of sauce. Sprinkle each plate with a few of the remaining pine nuts and serve. This recipe yields 4 servings.

Stuffed Zucchini Flowers With Truffles

1 Pound Wild mushrooms; cleaned and stemmed
Juice of one lemon
1 Cup Unsalted butter; plus
1 Tablespoon Unsalted butter
2 Tablespoon Minced shallots
1 Teaspoon Minced garlic
1/4 Cup Heavy cream; plus
1 Tablespoon Heavy cream
2 Egg yolks
6 Zucchini flowers with zucchini attached
6 Small Truffles –; (abt 1/2 Ounce ea)
1 Pound Fresh young spinach leaves; cleaned, stemmed
Salt; to taste
Freshly-ground black pepper; to taste
Fresh sprigs of chervil; for garnish

In a food processor, finely chop the mushrooms. Place in a bowl and sprinkle with the lemon juice to prevent the mushrooms from discoloring. In a saute pan, heat 1 tablespoon of butter. When the butter is melted, saute the shallots and garlic. Add the mushrooms and season with salt and pepper. Saute for 3 to 4 minutes. Drain the mushrooms in a sieve placed over a sauce pan. Place the mushrooms in a saucepan and cook over high heat until all the excess moisture has evaporated. Combine the cream and egg yolks in a small mixing bowl and whisk until blended. Whisk this mixture into the mushrooms and let cook over high heat for 2 minutes. Remove from heat and allow to cool. Gently open out the petals of each blossom and fill the center of each with 1/2 tablespoon of the mushroom mixture. Nestle a truffle in the center of each blossom and carefully close the petals up around the truffle and stuffing. Place the zucchini on the wire rack or bamboo steamer. Cover with a sheet of aluminum foil. Place the pan, with water over high heat and steam for 15 minutes or until the zucchini is fork tender. Place the reserved mushroom liquid on the top and reduce to 2 tablespoons of liquid. Cut the remaining butter into cubes and whisk into the mushroom liquid, until each cube is incorporated. Season with salt and pepper. Spread the spinach leaves on the platter. Place the zucchini on the spinach and drizzle with the sauce. Garnish with the chervil sprigs, This recipe yields 6 servings.

Stuffed Zucchini Flowers

===== STUFFING =====

8 Zucchini flowers with small zucchini
; attached
3 1/2 Ounce Ricotta
3 1/2 Ounce Mozzarella
1 1/4 Ounce Freshly grated parmesan cheese
1 Ounce Finely chopped Parma ham
1 Pinch Freshly grated nutmeg
Salt and freshly ground black pepper
Light olive oil for frying

===== BATTER =====

7 Ounce Self-raising wheat meal flour
1 Pinches salt
2 Cup Iced water

Mix all the cheese, Parma ham and seasonings together. Divide the mixture into eight. Fill each flower with the stuffing. Just above the stuffing twist the petals slightly to keep the stuffing in.

The batter should be prepared just before you need it. Sift the flour, add the salt and iced water. The flour should be barely mixed with the water. Do not worry, the batter should look lumpy.

Dip each flower into the batter and deep-fry until golden, in light olive oil. Drain on absorbent kitchen paper. Serve very hot.

Stuffed Zucchini Genovese

4 4 inch long zucchini; (about 1–1/2 pounds)
1 Large Potato
1/2 Cup Grated Parmesan cheese
1 Egg; lightly beaten
1 Pinch Freshly grated nutmeg
Salt and pepper
4 Teaspoon Homemade or prepared pesto
Extra–virgin olive oil; for drizzling

Heat oven to 400 degrees. Trim ends of zucchini and halve them lengthwise. Using a spoon, or melon baller scoop out flesh from each half, leaving 1/4–inch thick shell. Reserve zucchini boats and flesh.

Boil potato until tender. When cool enough to handle, peel and mash potato in a potato ricer into a small bowl. Add reserved zucchini flesh, Parmesan, egg and nutmeg. Season to taste with salt and pepper. Mound potato mixture into each zucchini boat. Fill only as high as walls of zucchini, or a little above. Use a brush to smear pesto over each. Fit zucchini snugly into an oiled baking dish. Pour enough water to reach 1/4–inch up sides of zucchini, cover tightly with foil and bake 20 minutes. Remove foil and continue cooking 25 minutes more. Let cool to room temperature. Before serving, drizzle each zucchini boat with extra–virgin olive oil. Serve 2 zucchini per person.

Stuffed Zucchini Provencal

6 Medium Zucchini
6 Green onions; chopped
2 Cloves garlic; pressed or minced
8 Ounce Tempeh
2 Tablespoon Extra-virgin olive oil or other fresh unrefined oil
1/4 Cup Water
1/2 Teaspoon Dried thyme
1/4 Teaspoon Seasoned; up to 1/2
Salt
Freshly ground black pepper
2/3 Cup Grated Parmesan or Romano cheese
2 Egg whites; beaten
1 Cup Tomato sauce
1/2 Cup Water
Salt and pepper

1 wash and boil whole zucchini for about 7 minutes, until zucchini are somewhat tender but not mushy. Remove from water and set aside.

2 saute green onion, garlic, and tempeh in olive oil and water until onions are soft. Add thyme, seasoned salt, and pepper to taste and continue cooking for another minute or so until water has been absorbed into the tempeh. Remove from heat.

3 slice zucchini lengthwise and scoop pulp out of zucchini halves with a melon baller or spoon, reserving pulp and leaving a 1/4-inch-thick shell. Chop zucchini pulp well.

4 in a bowl, add Parmesan cheese and beaten egg whites to zucchini pulp. Mix well. Add tempeh mixture to zucchini pulp mixture. Mix well.

5 scoop filling mixture into zucchini shells in equal parts. Place zucchini in baking dish or dishes.

6 combine tomato sauce, water, and salt and pepper to taste. Pour over zucchini.

7 bake at 350 degrees F for 25 minutes.

variation – use fresh herbs if you can for an even more aromatic dish.

Stuffed Zucchini

1–1/2 Pound Uncooked lean ground beef
1 Large Onion; chopped
1 Large Green pepper; chopped
1 1/4 Cup Soft breadcrumbs
1 Egg; beaten
1 Tablespoon Dried parsley
1 Teaspoon Basil
1 Teaspoon Italian seasoning
1 Teaspoon Salt
1/8 Teaspoon Pepper
16 Ounce Canned tomato sauce; divided
2 Medium Tomatoes; chopped
5 Medium Zucchini
2 Cup Mozzarella cheese; shredded

In a large bowl, combine the first 11 ingredients and 8 ounces of tomato sauce; mix well. Stir in tomatoes. Halve zucchini length-wise; scoop out seeds. Fill with meat mixture; place in two 13 x 9-inch baking dishes. Spoon remaining tomato sauce over each. Bake uncovered at 375 degrees for 45 minutes or until zucchini is tender. Sprinkle with cheese the last 4 minutes of baking. Serves 12.

Summer Zucchini Bread

3 Eggs
1-1/2 Cup Sugar
1 Cup Vegetable oil
2 Cup Zucchini – shredded
2 Teaspoon Vanilla
3 Cup Flour
1 Teaspoon Salt
1 Teaspoon Baking soda
1/4 Teaspoon Baking powder
2 Teaspoon Cinnamon
1 Cup Walnuts – chopped

Directions: In a large bowl, beat the eggs until light and foamy. Add the sugar, oil, zucchini and vanilla. Mix lightly. Add the dry ingredients and blend well. Stir in the nuts. Spray two standard size loaf pans with cooking spray. Split the batter evenly between the two pans and bake in a 350 degree oven for about 1 hour. Cool and remove from pan.

Sweet Fried Zucchini Flowers

8 Male zucchini flowers; (8 to 12)

Flour

Dry breadcrumbs

Light olive oil

Rum

Alchermes liqueur

Caster sugar

===== FOR THE CUSTARD =====

5 Egg yolks

5 Tablespoon Sugar

5 Tablespoon Flour

1/2 l Milk; (3/4 pint)

Peel of 1/2 lemon

Make the custard first. Beat the egg yolks, sugar and flour together. Bring the milk to the boil with the lemon peel, lower the heat and slowly add the egg, sugar, flour mixture, stirring constantly. Cook for 10 minutes and keep on stirring. Be careful that the bottom does not catch. Remove from the heat and leave to get cold.

Wash and dry the zucchini flowers. Remove the pistules. Fill each flower with 1 tbsp of the thick custard. Gently squeeze the petals together just above the mixture. Dust the flowers first in flour, then dip them in the beaten egg, finishing with the breadcrumbs. A light hand must be used for this exercise.

Deep-fry the flowers, in a light olive oil until golden. Drain on absorbent kitchen paper. Sprinkle the flowers with rum and Alchermes, shake caster sugar over them and serve at once.

Sweet Potato And Zucchini Bread

2 Cup All purpose flour
2 Teaspoon Ground cinnamon
1 Teaspoon Baking soda
1/4 Teaspoon Baking powder
1/4 Teaspoon Salt
2 Cup Sugar
3/4 Cup Vegetable oil
3 Large Eggs
1 Teaspoon Vanilla extract
1-1/2 Cup Grated zucchini
1-1/2 Cup Grated peeled sweet potato
1 Cup Chopped walnuts; toasted

Preheat oven to 350F. Butter and flour 9x5x3-inch loaf pan. Sift first 5 ingredients into medium bowl. Beat sugar, oil, eggs and vanilla to blend in large bowl. Mix in zucchini and sweet potato. Add dry ingredients and walnuts and stir well.

Transfer batter to prepared pan. Bake until tester inserted into center comes out clean, about 1 hour 20 minutes. Cool bread in pan on rack 15 minutes. Cut around bread to loosen. Turn out onto rack and cool completely. (Can be prepared 1 day ahead. Wrap in foil and let stand at room temperature.) Makes 1 loaf.

Tagliarini With Roasted Tomatoes and Golden Zucchini

1/2 Pound Golden zucchini or summer squash
1 Pound Roasted tomatoes
3 Tablespoon Extra-virgin olive oil
3 Garlic cloves; finely chopped
Salt and pepper
1/4 Cup Dry white wine
1/2 Teaspoon Hot pepper flakes
1/2 Pound Fresh tagliarini
2 Tablespoon Pine nuts; toasted
15 Fresh basil leaves; bundled and thinly sliced, about 1/3 cup
Grated Parmesan cheese
1/2 Cup Garlic bread crumbs

===== ROASTED TOMATOES =====

1 Pound Roma; (plum) tomatoes
Extra-virgin olive oil

===== GARLIC BREAD CRUMBS =====

Garlic
Extra-virgin olive oil
Sourdough bread or French baguette

The roasted tomatoes and their juice bring sweetness and intensity to this summer pasta. We like the flavor of Roma (plum) tomatoes and use them for this recipe. The tomatoes hold well, so you can roast them a day in advance, but don't try to hurry the roasting if you're running late. Instead, substitute sun-dried tomatoes. Garlic Bread Crumbs are a delicious addition.

Set a large pot of water on the stove to boil. Cut the zucchini in half lengthwise and slice it diagonally into 1/2-inch thick pieces. (If you're using scalloped summer squash, such as sunburst or pattypan, cut it in half through the stem end and slice into 1/2-inch thick wedges.) Cut the roasted tomatoes in quarters or large pieces and reserve their juice for the sauce. Heat 2 tablespoon of the olive oil in a large skillet and add the squash, garlic, 1/4 teaspoon salt, and a few pinches of pepper. Saute' over medium-high heat for about 2 to 3 minutes, just long enough to heat the squash through, then add the wine and cook for another minute, until the pan is nearly dry. Add the remaining olive oil, the tomatoes and their juice, 1/4 teaspoon salt, and the hot pepper flakes.

When the water is boiling, add 1 teaspoon salt. Add the tagliarini and cook until just tender. Before you drain the pasta, add 1/4 cup of the cooking water to the saute' pan (this will make the sauce juicier). Immediately drain the pasta, then add it to the tomatoes and squash along with the pine nuts and basil. Reduce the heat, toss well, and add salt and pepper to taste. Sprinkle with Parmesan and bread crumbs and serve immediately. Serves 2 to 4.

Roasted Tomatoes

Preheat the oven to 250 degrees. Core the tomatoes and cut them in half crosswise. Squeeze them gently to drain their juice and remove the seeds. Place the tomatoes cut side down on a lightly oiled baking sheet. Roast for 2 hours, until the tomatoes are very shrunken. As they slowly roast, their flesh will shrink and the skin will shrivel, but they should not brown or burn. Use them immediately or refrigerate in a sealed container. Makes 1 cup. Tips: Line the baking sheet with parchment paper to keep the juice of the tomatoes from cooking onto the pan. We use this technique for roasting peppers as well; it makes cleaning the pan very easy.

Garlic Bread Crumbs:

Crispy Bread crumbs add unexpected texture and garlic flavor to many of our favorite pastas. We make ours with French baguettes or sourdough breads, but almost any bread will do. We use about 1/2 cup bread crumbs for four servings of pasta or for a gratin. This simple recipe leaves the garlic decision to you, so use as much or as little as you like. Bread crumbs hold indefinitely in the freezer, though they will need to be crisped before using.

Preheat the oven to 325 degrees. Peel and finely chop the garlic and add to the olive oil. Thinly slice the bread and brush it on one side with the garlic oil. Lay the brushed slices on a baking sheet and bake for about 10 minutes, until they are very crisp and golden. Set aside to cool. Break up the slices with your hands, then grind in a food processor or blender, leaving the texture a little coarse.

Three–Alarm Zucchini And Cabbage Soup

1 Tablespoon Olive oil
1 Medium Yellow onion; chopped
1 Pound Medium–size zucchini; sliced
6 Cup Chicken broth or stock
3 Medium Ripe firm tomatoes; peel, seeded, & Chopped
1/2 Medium Head green cabbage; coarsely chopped
1/2 Cup Dry white wine
1 Serrano chile; roast, peel, and diced
1 Manzano chile; roast, peel, & diced
1 Jalapeno; finely diced
1/2 Teaspoon Ground cumin
1/2 Teaspoon Salt
1 Tablespoon Fresh cilantro; chopped

Heat the oil in a soup pot and saute the onion and zucchini until the onion is soft. Add the chicken broth and tomatoes, cover, and cook over medium–high heat for 15 minutes. Add the rest of the ingredients, turn down the heat, cover, and simmer for another 15 minutes or until the cabbage is tender but not mushy. Serve at once.

SERVING SUGGESTIONS: Great for a cold day served with heavy dark bread, followed by some Mexican coffee laced with tequila or Kahlua.

Times–Picayune Chocolate Zucchini Cake

1/2 Cup Butter
1 3/4 Cup Sugar
2 1/2 Cup Flour
4 Tablespoon Cocoa
1 Teaspoon Baking soda
1/2 Teaspoon Baking powder
1/2 Teaspoon Cinnamon
1/2 Teaspoon Salt
2 Eggs
1/2 Cup Sour milk; (a Teaspoon of vinegar added to milk)
1/2 Cup Oil
1 Teaspoon Vanilla
2 Cup Grated zucchini
Chocolate chips
Whipped cream

Preheat oven to 325 degrees. Grease a 9x13 inch pan. Combine butter, sugar, flour, cocoa, soda, baking powder, cinnamon, salt, eggs, milk, oil, vanilla, and zucchini. Pour into pan. Top with chocolate chips. Serve with whipped cream.

Tomato And Zucchini Gratin

1 Pound Creole or beefsteak tomatoes; cut 1/4" slices
1 Pound Zucchini; cut 1/4" slices
3 Tablespoon Olive oil
1 Cup Fine bread crumbs
1/2 Cup Finely-chopped mild herbs (basil; chervil, tarragon, etc.)
1/2 Cup Grated Parmigiano-Reggiano cheese
Salt; to taste
Freshly-ground black pepper; to taste
==== GARNISH =====
Chopped fresh parsley

Preheat the oven 400 degrees. Lightly grease four individual gratin dishes with olive oil. Season each slice of the tomatoes and zucchini with salt, pepper, and 1 tablespoon olive oil. In a small mixing bowl, combine the bread crumbs, herbs, cheese and remaining olive oil. Mix thoroughly. Season the bread crumbs with salt and pepper. Alternate layers of the tomatoes and zucchini in each gratin dish. Sprinkle the bread crumb mixture over the top of the vegetables. Place in the oven and bake for 15 to 20 minutes, or until the top is golden brown. Garnish with chopped parsley.

Tomato, Onion And Zucchini Salad

2 Large Tomatoes; sliced
2 Medium Zucchini; sliced
1 Large Onion; thinly sliced
1 Tablespoon Chopped fresh basil or 1 teaspoon dried; crumbled
1 Tablespoon Chopped fresh oregano or 1 teaspoon dried; crumbled
6 Tablespoon Olive oil
3 Tablespoon Balsamic vinegar or 2 tablespoons red wine vinegar
Salt and pepper

Place alternating slices of tomatoes, zucchini and onion on serving platter. Sprinkle with herbs. Whisk together oil and vinegar and pour over salad. Season with salt and pepper. Cover and refrigerate at least 2 and up to 4 hours. Serves 4.

Torta Di Zucchini Alla Genovese

(Ligurian Rice And Zucchini Tart)

==== CRUST ====

2 1/2 Cup Unbleached flour

1 Teaspoon Salt

1 Teaspoon Sugar

1 Teaspoon Baking powder

1/2 Cup Olive oil

3 Large Eggs

2 Tablespoon Water

==== FILLING ====

2 1/2 Pound Young; tender zucchini

1/2 Cup Long-grain or Arborio rice

Salted water

1 Large Sweet onion –; (abt 8 oz)

3 Tablespoon Olive oil

2 Garlic cloves; finely minced

4 Large Eggs

1 Cup Grated Parmigiano-Reggiano

Salt; to taste

Freshly-ground black pepper; to taste

1 Cup Fresh basil; rinsed, dried, and shredded

For the dough, combine dry ingredients in food processor and pulse twice to mix. Add oil and eggs and water; pulse until the mixture forms a dough that revolves on the blade. Remove dough from bowl, press into a disk, wrap in plastic and refrigerate while preparing filling. For filling, rinse and drain the zucchini; shred it in the food processor or with a hand grater. Bring 1 quart water to a boil over medium heat, add salt, then rice. Cook rice about 12 minutes, until just tender. Drain, rinse and cool rice. Peel and slice onion. Heat oil in a shallow pan and add onion. Cook gently until onion is wilted and becoming transparent. Add zucchini and cook about 5 minutes, to cook through and evaporate excess moisture. Add garlic and cook only 1 or 2 minutes longer to avoid burning garlic. Pour into a bowl, add rice and cool. Stir in remaining ingredients in order. Preheat oven to 400 degrees and set a rack in the lower third. On a floured surface roll half of the dough and line an 11- or 12-inch tart pan with it. Leave some dough over the rim of the pan. Spread filling in pan and moisten overhanging dough with water. Roll remaining dough to a 12- or 13-inch disk and place over filling. Press dough together at rim of pan and press again to remove excess dough. Cut several rough slashes in top crust for vent holes and bake about 30 to

For The Love Of Zucchini

40 minutes, until dough is well colored and filling is set. Cool on a rack and unmold. Serve warm or at room temperature. Refrigerate leftovers. This recipe yields one 12-inch tart.

Turkish Zucchini Pancakes

1 Pound Zucchini; trimmed, coarsely grated
2 Cup Chopped green onions
4 Eggs; beaten to blend
1/2 Cup All purpose flour
1/3 Cup Chopped fresh dill or 1 1/2 tablespoons dried dillweed
1/3 Cup Chopped fresh parsley
2 Tablespoon Chopped fresh tarragon or 2 teaspoons dried
1/2 Teaspoon Salt
1/2 Teaspoon Ground pepper
1/2 Cup Crumbled feta cheese; (about 3 ounces)
2/3 Cup Chopped walnuts; (about 3 ounces)
Olive oil

Place zucchini in colander. Sprinkle zucchini with salt and let stand 30 minutes to drain. Squeeze zucchini between hands to remove liquid, then squeeze dry in several layers of paper towels.

Combine zucchini, chopped green onions, 4 eggs, flour, chopped dill, parsley, tarragon, 1/2 teaspoon salt and pepper in medium bowl. Mix well. Fold in crumbled feta cheese. (Zucchini mixture can be prepared 3 hours ahead. Cover tightly and refrigerate. Stir to blend before continuing.) Fold chopped walnuts into zucchini mixture.

Preheat oven to 300F. Place baking sheet in oven. Cover bottom of large nonstick skillet with olive oil. Heat skillet over medium–high heat. Working in batches, drop zucchini mixture into skillet by heaping tablespoonfuls. Fry until pancakes are golden brown and cooked through, about 3 minutes per side. Transfer each batch of pancakes to baking sheet in oven to keep warm. Serve pancakes hot. Makes about 20.

White Bean, Tomato, And Zucchini Gratin

1 Celery rib; sliced thin
2 Tablespoon Olive oil
8 Garlic cloves; chopped coarse
4 Plum tomatoes; seeded and chopped (about 2 1/4 cups)
Two; (15-ounce) cans small white beans (not cannellini),
rinsed well and drained
12 Fine-quality oil-cured black olives; pitted and halved
2 Medium Zucchini; quartered lengthwise and sliced thin
crosswise (about 2 1/2 cups)
12 Fresh sage leaves; chopped fine or 1/2 teaspoon dried, crumbled

===== FOR PERSILLADE TOPPING =====

1 Cup Fine fresh bread crumbs
1 Garlic clove; minced
1/4 Cup Minced fresh parsley leaves
2 Tablespoon Olive oil

Preheat oven to 350F.

In a 10- to 12-inch skillet cook celery in oil over moderate heat, stirring, until softened. Add garlic and cook, stirring, 1 minute.

Add tomatoes and cook, stirring occasionally, 5 minutes.

Remove skillet from heat and stir in beans. Mash about one fourth of beans with back of a large spoon and stir in remaining ingredients except topping. Season mixture with salt and pepper.

Transfer bean mixture to a 2- to 2 1/2-quart gratin dish or other shallow baking dish and smooth top with a rubber spatula. Gratin may be prepared up to this point 4 hours ahead and chilled, covered.

Make persillade topping:

In a small bowl with a fork stir together topping ingredients until crumbs are evenly moistened.

Sprinkle topping over bean mixture and bake in middle of oven 45 minutes, or until bubbling and top is golden brown. Cool gratin 5 minutes before serving. Serves 4 as a main course or 6 to 8 as a side dish.

Whole-Wheat Pasta Salad With Grilled Zucchini And Olives

- 1-1/2 Pound Vine-ripened tomatoes chopped
- 1/2 Cup Red onion; chopped fine
- 2 Garlic cloves; minced and mashed to a paste with 1 teaspoon salt
- 2 Tablespoon Red-wine vinegar
- 1/4 Cup Olive oil; (preferably extra-virgin) plus additional for brushing zucchini
- 1-1/2 Pound Zucchini; cut diagonally into 1/3-inch-thick slices
- 1 Pound Whole-wheat penne or other tubular pasta
- 2/3 Cup Kalamata or other brine-cured black; chopped coarse olives
- 6 Ounce Ricotta salata or feta cheese; diced
- 1-1/2 Cup Whole small or torn large fresh basil leaves

In a large bowl gently stir together tomatoes, onion, garlic paste, vinegar, and 1/4 cup oil.

Brush one side of zucchini slices lightly with additional oil and season with salt and pepper. Heat a well-seasoned ridged grill pan over moderate heat until hot and grill zucchini, oiled sides down, in batches, brushing tops with more oil before turning, 1 to 2 minutes on each side, or until just tender but not soft. Transfer zucchini as grilled to a small bowl.

In a kettle of salted boiling water cook pasta until just tender and drain well. Add hot pasta to tomato mixture and toss well. Cool pasta slightly and stir in zucchini, olives, cheese, basil, and salt and pepper to taste. Pasta may be made 4 hours ahead and kept covered at room temperature.

Serve pasta warm or at room temperature. Serves 6 as an entree or 8 as a side dish.

Zipped-Up Zucchini

6 Medium Zucchini
1 Medium Yellow onion; chopped
1/2 Stick unsalted butter; (1/4 cup)
3 Cup Soft bread crumbs
1/2 Cup Cottage cheese
1/2 Cup Freshly shredded Parmesan cheese
3 Tablespoon Chopped parsley
1 Teaspoon Salt
Freshly ground pepper to taste
2 Large Eggs; beaten
1 Dash Paprika
2 Sliced tomatoes

Preheat oven to 400 degrees.

Bring pot of water to a boil. Blanch whole zucchini until tender crisp. Remove. Drain. Set aside. In medium skillet, saute onion in 2 tablespoons butter until translucent. Cut zucchini half lengthwise and scoop out flesh with spoon, leaving a shell about 1/4 inch thick. Add pulp to onion mixture with remaining butter, bread crumbs, cottage cheese, Parmesan cheese, parsley, salt, pepper and eggs. Stuff zucchini shells with mixture. Place shells in baking pan. Put in oven and cook until hot throughout and cheese is melted. To serve, sprinkle with paprika, and serve sliced tomatoes on the side.

Zipped–Up ZucchiniZiti With Sausage & Zucchini

1 Package Ziti rigate or wagon–wheel pasta; (16 ounces)

Salt

3/4 Pound Sweet Italian–sausage links; casings removed

3 Medium Zucchini; (about 8 ounces each), each cut lengthwise in half,
then cut crosswise into 1/4–inch–thick slices

1/4 Teaspoon Coarsely ground black pepper

1 Can Whole plum tomatoes; (28 ounces)

Grated Parmesan cheese; (optional)

1. In large saucepot, prepare pasta in boiling salted water as label directs.
2. Meanwhile, heat nonstick 12–inch skillet over medium–high heat until hot. Add sausage meat and cook until browned, about 5 minutes, stirring frequently to break up sausage. With slotted spoon, transfer sausage to bowl.
3. Discard all but 1 tablespoon sausage drippings from skillet. Add zucchini, pepper, and 1/4 teaspoon salt and cook until zucchini is golden, about 5 minutes, stirring occasionally. Stir in tomatoes with their juice; heat to boiling, breaking up tomatoes with side of spoon. Return sausage to skillet. Reduce heat to low; cover and simmer about 5 minutes longer.
4. Drain pasta; return to saucepot. Add sausage mixture; toss well. Serve with grated Parmesan cheese if you like.

Zucchini & Almond Soup

- 2 Tablespoon Unsalted butter
- 3 Cup Grated zucchini; (about 2 medium)
- 3 Cloves garlic; minced
- 4 Cup Homemade or low-sodium chicken stock or flavorful Vegetable stock
- 1/2 Cup White wine
- 1 Cup Ground blanched almonds
- 1/2 Cup Heavy cream
- Kosher salt and freshly ground pepper to taste
- 3 Strips cooked; crisp bacon, crumbled; (optional).

In a kettle, melt the butter over medium heat. Add the zucchini and garlic and cook, stirring, for 10 minutes. Add the stock and wine, adjust the heat and simmer, uncovered, for 15 minutes. Add the almonds, then remove the mixture from the heat. Working in small batches, puree the soup in a blender. Strain through a fine-mesh sieve and return it to the pot. Stir in the cream and reheat over medium heat. Season to taste with salt and pepper. Serve garnished with bacon. Yield: 4 servings.

Zucchini & Fresh Herb Fritters

2 Pound Green and/or golden zucchini; coarsely grated on a box grater
Freshly milled pepper to taste
3 Large Eggs; beaten
1 Bunch Scallions; including an inch of the greens; thinly sliced
1 Cup Dried bread crumbs
2 Garlic cloves; finely chopped
1/2 Cup Chopped parsley
1 Tablespoon Chopped marjoram or basil
1 Teaspoon Chopped mint
Olive oil for frying
Salt

Lightly salt the zucchini and put in a colander set over a plate to drain for 30 minutes. Meanwhile mix the remaining ingredients together, except the oil and salt. Quickly rinse the squash, squeeze out the excess water, then stir it into the egg mixture. Season with pepper. Film two large skillet with olive oil. When hot, drop in the batter (1/4 cup makes a fritter about 3 1/2 inches across) and cook over medium heat until golden on the bottom. Turn and cook the second side. Sprinkle with salt. Serve hot.
Yield: 4 to 6 servings

Zucchini & Sugar Snap Peas

- 1 Tablespoon Vegetable oil
- 3 Small Zucchini; (about 8 ounces each), cut into 1 1/2-inch chunks
- 1/2 Pound Sugar snap peas; stem and strings removed along both edges of each pea pod
- 2 Green onions; cut into 1/2-inch pieces
- 1 Tablespoon Chopped fresh oregano or 1/2 teaspoon dried oregano leaves
- 3/4 Teaspoon Salt
- 1/4 Teaspoon Coarsely ground black pepper

In nonstick 12-inch skillet over medium-high heat, in hot vegetable oil, cook zucchini, snap peas, green onions, oregano, salt, and pepper, 8 to 10 minutes, stirring frequently until vegetables are golden and tender-crisp.

Zucchini & Swiss Frittata

===== FRITTATA MIXTURE =====

- 6 Large Eggs
- 1/4 Cup Milk
- 1/4 Teaspoon Coarsely ground black pepper

===== ZUCCHINI & SWISS FILLING =====

- 1 Teaspoon Olive oil
- 2 Small Zucchini; (about 8 ounces each), cut into 1/4-inch-thick half moons
- 1/4 Teaspoon Salt
- 1 Small Garlic clove; minced
- 2 Ounce Swiss or Jarlsberg cheese; shredded (1/2 cup)

1. Preheat oven to 350 degrees F. Use a nonstick 10-inch skillet with oven-safe handle or cover handle with heavy-duty foil for baking in oven later.

2. Prepare Frittata Mixture: In large bowl, with wire whisk or fork, beat eggs with milk and pepper until blended. Set Frittata Mixture aside.

3. Prepare Zucchini & Swiss Filling: In the skillet, heat oil over medium heat until hot. Add zucchini and salt and cook until tender, about 8 minutes, stirring frequently. Stir in garlic and cook 1 minute.

4. Reduce heat to medium-low. Pour Frittata Mixture over filling in skillet; sprinkle top evenly with cheese. Cook 3 minutes, without stirring, or until egg mixture begins to set around edge. Place skillet in oven and bake 10 to 12 minutes, until frittata is set.

5. To serve, gently slide frittata out of skillet and onto cutting board or platter. Cut into wedges.

Zucchini And Bean Turban

6 Small Zucchini; (about 2 pounds)
3 Tablespoon Olive oil
1 Medium-size onion; chopped
1 Clove garlic; chopped
1 Can White kidney beans; (cannellini), drained and rinsed (19-ounce)
2 Large Eggs
1/4 Cup Heavy cream
2 Tablespoon Chopped fresh parsley leaves
2 Teaspoon Lemon juice
1 Teaspoon Fresh thyme leaves
1/2 Teaspoon Salt
1/4 Teaspoon Ground black pepper
Boiling water
Green leaves from zucchini plant; (optional)

1. Heat broiler or indoor grill. Trim ends off zucchini. Cut zucchini lengthwise into 1/4-inch-thick slices. Set aside the outer slices that are all skin. Arrange remaining zucchini slices in a single layer on a baking sheet. Brush both sides of each slice with some olive oil.
2. Broil or grill zucchini until tender and lightly browned on one side. (There is no need to turn the slices as only one side will be visible in the finished dish.) Transfer slices to paper towels to drain and cool.
3. Coarsely chop the outer zucchini slices. In large skillet, heat 1 tablespoon oil over medium heat. Add onion and saut until soft about 5 minutes. Add chopped zucchini and garlic; saut until zucchini is tender about 8 to 10 minutes. Remove from heat.
4. In food processor fitted with chopping blade, process onion-zucchini mixture until finely chopped. Add drained beans, eggs, and cream; process to make a very smooth puree. Add parsley, lemon juice, thyme, salt, and pepper; process just until well mixed.
5. Heat oven to 375 degrees F. Lightly grease a heatproof round-bottomed 1 1/2-quart bowl or similar baking dish. Line bowl from bottom and up the side with overlapping zucchini slices, placing browned sides of slices against bowl. Fill lined bowl with bean mixture. Place filled bowl in deep baking pan and place on lower oven rack. Pour boiling water into baking pan to come 1 inch up the side of bowl.

6. Bake 1 1/4 hours or until a skewer inserted in center comes out clean. Remove bowl from water bath and cool 15 minutes on wire rack before unmolding. Invert a rimmed serving plate over turban in bowl; with potholders holding bowl against the plate, invert to unmold turban onto plate and remove bowl. Line edge of plate with green leaves, if desired.

To serve, cut into wedges.

Zucchini And Beef Stir-Fry

- 2 Tablespoon Vegetable oil
- 3/4 Pound Beef round; cut into strips
- 1 Small Onion; thinly sliced
- 4 Small Zucchini; cut into 2-inch strips (about 5 cups)
- 4 Carrots; cut into 2-inch strips (about 2 cups)
- 1 Tablespoon Fresh lemon juice
- 1 Tablespoon Soy sauce
- 2 Teaspoon Grated fresh ginger

In a large wok or skillet, heat oil over medium-high heat. Add beef and cook about 7 minutes, or until browned, stirring frequently.

Add onion and stir-fry 3 minutes. Add zucchini, carrots, lemon juice, soy sauce, and ginger. Cook 2 to 3 more minutes, or until vegetables are crisp-tender, stirring frequently.

Zucchini And Bell Pepper Frittata

1/3 Cup Finely–chopped onion
1 Cup Thinly–sliced zucchini
1/2 Cup Finely–chopped red bell pepper
1/2 Cup Finely–chopped green bell pepper
Salt; to taste
Freshly–ground black pepper; to taste
1–1/2 Tablespoon Olive oil
4 Large Eggs
2/3 Cup Freshly–grated Parmesan
2 Tablespoon Minced fresh parsley leaves

In a 9–inch non–stick skillet cook the onion, the zucchini, and the peppers with salt and black pepper to taste in 1 tablespoon of the oil over moderate heat, stirring, for 10 minutes, or until the vegetables are tender. In a bowl whisk together the eggs, 1/3 cup of the Parmesan and the parsley, add the vegetable mixture, and stir the mixture until it is combined well. In the skillet heat the remaining 1/2 tablespoon oil over moderate heat until it is hot but not smoking, pour in the egg mixture, distributing the vegetables evenly, and cook the frittata, without stirring, for 8 to 10 minutes, or until the edge is set but the center is still soft. Sprinkle the remaining 1/3 cup Parmesan over the top. (If the skillet handle is plastic, wrap it in a double thickness of foil.) Broil the frittata under a preheated broiler about 4 inches from the heat for 3 to 4 minutes, or until the cheese is golden, let it cool in the skillet for 5 minutes, and run a knife around the edge. Slide the frittata onto serving plate, cut it into wedges, and serve it warm or at room temperature. This recipe yields 2 servings.

Zucchini And Porcini Risotto

1/2 Pound Zucchini
Salt
1/3 ounce Dried porcini mushrooms
1/4 Pound Plum tomatoes
1 Garlic clove; peeled
1 Celery stalk; minced
1 Tablespoon Chopped parsley
1/4 Cup Butter
3 Cup Short-grain rice preferably Vialone nano or Arborio
1 Cup Dry white wine
2 Tablespoon Minced chives
1 Teaspoon Torn mint leaves

Trim ends of zucchini and place in bowl with cold, lightly salted water to cover. Soak 30 minutes. Combine dried mushrooms and just enough hot water to cover in small bowl. Soak until mushrooms soften, about 20 minutes (place another small bowl on top to weight mushrooms until they've absorbed enough water to sink on their own). Bring 2 quarts water to boil in large pot. Cut shallow "X" in bottom of tomatoes and add to boiling water. Cook 30 seconds, remove and rinse under cold water. Peel tomatoes, cut in half and squeeze out seeds and chop coarsely. Keep water near boil. Shred zucchini on grater or in food processor. Drain mushrooms and squeeze dry, reserving soaking water for making soup. Chop mushrooms fine. Cook garlic, celery, parsley and 2 tablespoons butter in large skillet over medium heat until celery softens, about 5 minutes. Add rice and cook, stirring, until rice "sings" dryly when stirred across bottom of pan, about 3 minutes. Add white wine and cook, stirring, until it evaporates. Begin adding boiling water to skillet, 1 cup at a time. Cook until each addition of liquid has evaporated, stirring to keep from sticking. After 3 cups of water, add shredded zucchini. Add 1 more cup water and cook down. Add mushrooms and tomatoes and begin adding water 1/2 cup at a time. Total water will be about 5 cups. When rice is still slightly chewy but not at all chalky, remove from heat, add remaining 2 tablespoons butter, chives and mint and stir vigorously for 1 minute to mix. Season to taste with salt — it will take about 1 teaspoon because of the lack of broth — and serve immediately. Yields 6 entree or 8 appetizer servings.

Zucchini And Potatoes With Herb Sauce

2 Pound Zucchini; peeled, and Cut 1/4"-thick slices

3 Tablespoon Olive oil

Salt; to taste

Freshly-ground black pepper; to taste

1-1/2 Pound Baking potatoes

==== FOR HERB SAUCE ====

1/4 Cup Italian parsley; leaves only

1/4 Cup Capers; preserved in wine vinegar, drained

1/2 Tablespoon Fresh tarragon leaves

1 Hard boiled egg – (extra-large)

1 Teaspoon Anchovy paste

1 Teaspoon Dijon mustard

2 Tablespoon Fresh lemon juice

1/2 Cup Olive oil

Salt; to taste

Freshly-ground black pepper; to taste

Preheat oven to 450 degrees. In a shallow baking pan toss zucchini with 1 tablespoon oil and salt and pepper to taste and spread in one layer in pan. Roast until golden, about 10 to 15 minutes. Peel potatoes and cut crosswise into 1/4-inch thick slices. In a shallow baking pan toss potatoes with oil and salt and pepper to taste and spread in one layer in pan. Roast potatoes until golden, about 20 minutes. Potatoes may be roasted 8 hours ahead and kept covered at room temperature. Make herb sauce: Finely chop the parsley, capers, tarragon and hard boiled egg. Transfer to a medium-sized bowl, and stir in remaining ingredients. Season with salt and pepper. Arrange the zucchini and potato slices on a platter and drizzle with the herb sauce. This recipe yields 12 servings as part of a buffet.

Zucchini And Rosemary Soup

2 Tablespoon Butter; (1/4 stick)
1 Tablespoon Vegetable oil
1 Large Onion; chopped
2 Garlic cloves; sliced
2 Teaspoon Minced fresh rosemary
6 Cup Chicken stock or canned low-salt broth
1 Russet potato; peeled, sliced
3 Medium Zucchini; thinly sliced
1 Zucchini; cut into 1/2-inch cubes
Croutons
Chopped green onions

Melt butter with oil in heavy large saucepan over medium-high heat. Add onion; saute until translucent, about 5 minutes. Mix in garlic and rosemary. Add stock and potato; bring to boil. Reduce heat and simmer 10 minutes. Add sliced zucchini; simmer until tender about 15 minutes. Working in batches, puree in blender. Season with salt and pepper.

Cook cubed zucchini in saucepan of boiling salted water for 30 seconds. Drain. Rewarm soup over medium heat. Ladle into bowls. Top with zucchini and croutons. Sprinkle with green onions. Serves 8.

Zucchini And Shrimp Fritters

2 Tablespoon Vegetable oil
1/2 Cup Chopped onions
Salt
Cayenne
1/2 Pound Large shrimp; peeled, deveined, and cut into 1/2-inch pieces
3 Eggs; beaten
1-1/2 Cup Milk
2 Teaspoon Baking powder
1 Teaspoon Salt
3 1/4 Cup Flour
1 Tablespoon Chopped parsley
Crystal Hot Sauce
Worcestershire Sauce
1 Pound Fresh zucchini; grated
Solid vegetable shortening; for deep-frying
Creole seasoning

Heat the oil in a skillet over medium-high heat. Add the onions. Season with salt and pepper and saut for about 3 minutes, or until slightly wilted. Season the shrimp with salt and pepper. Add the shrimp and saut until the shrimp turn pink, 2 to 3 minutes. Remove and set aside to cool. Make a batter by combining the eggs, milk, baking powder, 1 teaspoon salt, and the cayenne. Add the flour, 1/4 cup at a time, beating and incorporating until all is used and the batter is smooth. Stir in the parsley. Season the batter with hot sauce and Worcestershire Sauce. Season the zucchini with salt and pepper. Add the shrimp mixture and grated zucchini to the batter and fold to mix. Heat the shortening to 360 degrees F. Drop the batter, a heaping tablespoon at a time, into the hot oil. When the fritters pop to the surface, roll them around with a slotted spoon in the oil to brown them evenly. Remove and drain on paper towels. Season with Creole seasoning.
Yield: about 2 dozen

Zucchini And Spinach Frittata

6 Teaspoon Olive oil

1 Zucchini; (about 1/2 pound),; cut into 1/4–inch dice

1 Large Bunc spinach; washed well, spun dry, and chopped course

10 Large Eggs

1 Tablespoon Chopped fresh tarragon leaves or 1 1/2 crumbled teaspoons dried

In a large non–stick skillet heat 2 teaspoons oil over moderately high heat until hot but not smoking and saute zucchini until it begins to brown. Add spinach and cook, stirring occasionally, until just wilted. Season mixture with salt and pepper. Remove skillet from heat and cool vegetables slightly.

Preheat oven to 225F. Grease a large baking sheet.

In a large bowl beat eggs lightly and stir in vegetables, tarragon, and salt and pepper to taste. In a 9–inch heavy omelet pan heat 1 teaspoon oil over moderately low heat until hot but not smoking and add 1 cup egg mixture, tilting pan to distribute evenly. Cook egg mixture until set underneath but still slightly wet in center, 3 to 4 minutes. Slide frittata halfway out of pan onto prepared baking sheet and fold second half over to make a half circle. (Eggs will continue to cook from residual heat.) Keep frittata warm in oven. Make 3 more frittata with remaining oil and egg mixture in same manner. Keep frittata warm, covered with foil, up to 1 hour.

Cut each frittata into 8 wedges. Makes 32 frittata wedges.

Zucchini And Tomato Salad With Garlic–Chili Dressing

6 Tablespoon Olive oil
1/4 Cup Chopped fresh cilantro
3 Tablespoon Fresh lemon juice
3 Garlic cloves; finely chopped
2 Teaspoon Chili powder
1 Teaspoon Ground cumin
1 Teaspoon Honey
Nonstick olive oil spray
6 Medium Zucchini; trimmed, quartered lengthwise
6 Large Plum tomatoes; quartered lengthwise

Preheat oven to 400F. Whisk first 7 ingredients in small bowl to blend. Season dressing with salt and pepper.

Spray baking sheet with nonstick spray. Arrange zucchini on baking sheet and spray lightly with nonstick spray. Sprinkle with salt and pepper. Bake zucchini until just beginning to brown, about 20 minutes.

Arrange zucchini and tomatoes on platter. Drizzle with enough dressing to coat. Serve with remaining dressing. Makes 6 servings.

Zucchini And White Bean Terrine

Nonstick vegetable–oil cooking spray

1 Tablespoon Olive oil

1 Medium–size onion; chopped

1 Clove garlic; chopped

6 Small Zucchini; (about 2 pounds)

One; (19–ounce) can white kidney beans (cannellini), drained and rinsed

3 Large Eggs

1/4 Cup Plain nonfat yogurt

2 Tablespoon Chopped fresh parsley leaves

1 Teaspoon Fresh thyme leaves

1/4 Teaspoon Ground black pepper

Boiling water

Thyme sprigs; (optional)

48 Assorted; (2 1/4–inch) crackers

1/2 Teaspoon Salt

1. Heat oven to 400 degrees F. Cut zucchini lengthwise into 1/4–inch–thick slices. Set aside the outer slices. On baking sheet, arrange remaining zucchini slices in a single layer. Lightly coat slices with cooking spray, turn slices over and spray other sides.

2. Roast zucchini 5 to 7 minutes or just until tender. Do not allow slices to brown. Transfer zucchini slices to paper towels.

3. Meanwhile, coarsely chop the outer zucchini slices. In large skillet, heat oil over medium heat. Add onion and saut until soft about 5 minutes. Add chopped zucchini and the garlic, saut until zucchini is tender 8 to 10 minutes. Remove from heat.

4. Coat two 6– by 3–inch loaf pans with cooking spray. In bottoms and up sides of pans, place roasted zucchini slices lengthwise, trimming to fit exactly at corners of pans. Add trimmings to onion–zucchini mixture.

5. In food processor fitted with chopping blade, process onion–zucchini mixture until finely chopped. Add drained beans, eggs, and yogurt, process until very smooth. Add parsley, thyme, salt, and pepper, process just until well mixed.

6. Divide pureed bean–and–zucchini mixture between pans and place pans in a roasting pan. Place in oven and pour boiling water into roasting pan to come 1 inch up sides of loaf pans.

7. Bake 1 1/4 to 1 1/2 hours or until center feels firm. Remove pans from water bath and cool completely on wire rack. Wrap and refrigerate terrines several hours or overnight until well chilled before unmolding.

8. Just before serving, unwrap terrines and invert to unmold onto 2 serving platters. With very sharp knife, cut crosswise into 12 slices, then lengthwise in half. Top with thyme sprigs, if desired. Serve a half slice of terrine atop a cracker.

Zucchini And Yellow Squash Julienne

1/2 Cup Thinly sliced scallion

1–1/2 Tablespoon Unsalted butter or olive oil

2 Medium Zucchini; cut into 2–inch julienne strips

2 Medium Yellow squash; cut into 2–inch julienne strips

1 Medium Red bell pepper; chopped fine

In a 12–inch skillet, preferably non–stick, cook scallion in butter or oil over moderate heat, stirring until softened. Add zucchini, squash, bell pepper, and salt and pepper to taste and cook, stirring, until vegetables are tender, about 5 minutes. Serves 6.

Zucchini Appetizers

3 Cup Grated zucchini
1 Cup Bisquick
1/2 Cup Onion; finely chopped
1/2 Cup Parmesan cheese; grated
2 Tablespoon Parsley
1/2 Teaspoon Salt
1/2 Teaspoon Seasoned salt
1/2 Teaspoon Dried marjoram or oregano
1 Dash Pepper
1 Clove garlic; finely chopped
1/2 Cup Vegetable oil
4 Eggs; slightly beaten

Heat oven to 350 degrees. Grease a 13x9-inch pan. Mix all ingredients; spread into pan. Bake 25 minutes, or until golden brown. Cut into pieces. May be eaten warm or cooled. Makes 4 dozen appetizers.

Zucchini Blossom Quesadilla

5 Tablespoon Unsalted butter
1/2 Cup Finely-diced red onion
2 Jalapeno chiles; stemmed, seeded, and finely diced
1 Pound Zucchini or other squash blossoms; roughly chopped
1 Teaspoon Salt
1/2 Teaspoon Freshly-ground black pepper
1/2 Cup Grated Manchego or Monterey Jack cheese
1 Cup Grated Panela cheese
1-1/2 Cup Grated Anejo, Parmesan, or Romano cheese
6 Flour Tortillas or 6 large Corn Tortillas

In a medium skillet over medium heat melt 3 tablespoons of butter. Cook the onions and jalapenos until soft, about 5 minutes. Stir in the zucchini blossoms, salt and pepper. Reduce the heat to low and cook, stirring frequently, until the flowers are wilted, about 5 minutes more. Set aside. Preheat oven to 350 degrees. In a bowl, combine 3 cheeses. Lay the tortillas out on a counter. Divide the cheese mixture into 6 portions and sprinkle one portion over half of each tortilla. Divide the zucchini mixture into 6 portions and arrange evenly over the cheese. Fold over each tortilla to enclose the filling. Melt the two remaining tablespoons of butter. Place the dry griddle or cast iron skillet over medium-high heat. Brush one side of a quesadilla with melted butter and place buttered side down in the pan. Cook until very lightly golden, about 1 minute. Brush the uncoated side with butter and flip over. Cook until the other side is golden, and transfer to a baking sheet. When all the quesadillas are browned, transfer the baking sheet to the oven and bake ten minutes, until the cheese begins to ooze. Serve hot, whole or cut into wedges. This recipe yields 6 servings.

Zucchini Blossoms And Goat Cheese Tamales Salad

1 Bag dried corn husks
20 Zucchini blossoms
1 Sprig fresh oregano
4 Ounce Goat cheese
1 Ounce Olive oil
1/4 Teaspoon Ground cardamom
2 Pound Masa Harina or cornmeal
6 Ounce Olive oil
3 Dry cascabel peppers
1 Tomato
3 Cloves
1/4 Teaspoon Whole cumin seeds
1 Small Garlic clove
2 Cup Water
Salt and pepper to taste

===== THREE TOMATO SALAD =====

2 Beefsteak tomatoes
Preferably vine ripened
2 Yellow tomatoes
8 Tomatillos
1 Ounce Extra virgin olive oil
2 Lemons
2 Sprigs basil
1 Tablespoon Balsamic vinegar
Salt and pepper to taste

Tamale Mixture: In a saucepan, boil cascabel peppers, 1 tomato cut into quarters, cloves, cumin seeds and garlic. Simmer until liquid is reduced by half. Place liquid into blender and mix until smooth. Cool blended mixture. When cool, put mixture into a mixing bowl and add masa harina, or cornmeal, and 6 oz. olive oil. Work mixture with your hands while slowly adding water until mixture becomes dry and rubbery.

Zucchini Blossom Filling: Lightly saute zucchini blossoms with 1 oz. olive oil and cardamom. Season with salt and pepper to taste. Place in a flat pan and cool. When cool, chop leaves of fresh oregano and crumble goat cheese. Mix oregano and goat cheese together with zucchini blossoms. Set aside for tamale mixture.

Assembling the Tamales: Soak cornhusks in water until soft. Smear cornhusks

with tamale mixture. Place a dollop of zucchini blossom filling and fold cornhusks so that the tamale mixture and cornhusks seal in the filling. Tie tamales with a strip of cornhusk and steam for 45 minutes.

Three Tomato Salad: Quarter all tomatoes and tomatillos. Seed and core these quarters and put in a sieve or chinois over a mixing bowl to catch the juices. Press cores and seeds with a rubber spatula catching as much of the juices as possible. Add to the tomato juice, extra virgin olive oil, lemon juice, balsamic vinegar, chopped basil, salt and pepper. Serves 4.

Zucchini Boats Stuffed With Succotash

- 4 Large Zucchini; halved lengthwise
- 2 Tablespoon Olive oil
- 4 Shallots; minced
- 1 Teaspoon Salt
- 1/2 Teaspoon Freshly-ground black pepper
- 1 1/4 Cup Corn; fresh off the cob (or use frozen thawed corn)
- 1/2 Cup Frozen baby lima beans; thawed
- 1/2 Cup Panela cheese or Ricotta
- 1 Egg
- 1 Tablespoon Unsalted butter; cut into bits

Preheat oven to 400 degrees. Use a melon baller to remove center core of seeds from each zucchini half, leaving hollowed out shells with about a 1/2-inch border of flesh. Set aside shells and chop flesh roughly. Heat olive oil in a small skillet over medium heat and add shallots, salt and pepper. Cook 5 minutes until soft and slightly golden. Add chopped zucchini centers, 1 cup of corn and the limas and saute over high heat 4 to 6 minutes. Remove from heat and let cool. In the bowl of a food processor fitted with the metal blade, place remaining 1/4 cup corn, cheese and egg. Process to blend thoroughly. Remove to a large bowl and mix in cooled corn/lima mixture. Divide the mixture among the zucchini shells, mounding up slightly. Place stuffed zucchini in a roasting pan and cover with foil. Roast for 20 minutes, remove the foil, and bake for another 10 minutes until filling is puffed up and firm and zucchini are soft. Remove from oven and serve 2 boats per person. This recipe yields 4 servings.

Zucchini Boats With Tabbouleh Filling

- 1/2 Cup Bulgur; (cracked wheat)
- 1 Teaspoon Salt
- 3 Tablespoon Fresh lemon juice
- 1/4 Cup Olive oil
- 1 Small Garlic clove; minced
- 3 Zucchini; (about 1/2 pound each), scrubbed, trimmed, and halved lengthwise
- 1/2 Cup Minced fresh mint leaves plus mint sprigs for garnish
- 1/2 Cup Minced fresh parsley leaves
- 1/2 Cup Finely chopped; seeded, peeled cucumber
- 1 Scallion; minced
- 1 Tomato; seeded and chopped fine

In a bowl combine the bulgur with the salt, pour enough boiling water over the bulgur to cover it by 1 inch, and let the bulgur soak for 1 hour. Drain the bulgur and squeeze it dry in a kitchen towel. In a bowl stir together the bulgur, the lemon juice, the oil, and the garlic and let the bulgur marinate, covered and chilled, for at least 1 hour and up to 3 hours. With a melon-ball cutter scoop out the zucchini flesh, reserving it for another use and leaving 1/4-inch shells. On a steamer rack set over boiling water steam the zucchini shells, cut sides up and covered partially, in batches for 3 to 5 minutes, or until they are just tender. Transfer the shells, cut sides down, to paper towels to drain and let them cool. Stir the minced mint, the parsley, the cucumber, the scallion, the tomato, and salt and pepper to taste into the bulgur mixture, divide the tabbouleh among the zucchini shells, and garnish the zucchini boats with the mint sprigs. Serves 6 as a side dish.

Zucchini Boats

- 4 Large Firm zucchinis; with skin
- 2 Tablespoon Unsalted butter
- 3/4 Cup Ground almonds
- 1/2 Cup Heavy cream
- 1 Teaspoon Salt
- 1/2 Teaspoon Freshly-ground black pepper
- 3/4 Cup Parmesan cheese
- 1/4 Cup Fine dry bread crumbs

Trim and discard zucchini ends. Working with the 3 widest, cut across width into 2-inch lengths. Using a melon baller or small spoon, scoop out inner meat and seeds of each 2-inch piece, leaving a thin base at bottom so boat stands for stuffing. Place scooped-out centers into a food processor. Roughly chop the remaining zucchini. Add to food processor and puree until well chopped. Bring a medium pot of salted water to a boil. Blanch zucchini boats just until they begin to soften, about 2 minutes. Immediately refresh in a bowl of iced water. Drain and arrange, flat-side down, in a large jelly roll pan or roasting pan. Preheat oven to 375 degrees. Melt butter in a medium saucepan over medium-high heat. Add reserved chopped zucchini and saute until liquid is evaporated, about 15 minutes. Stir in nuts, cook for 1 minute, then add cream, salt, and pepper. Bring to a boil. Cook until cream thickens, about 3 minutes. Add 1/2 cup Parmesan cheese and all bread crumbs. Remove from heat and stir until smooth. Using a tablespoon or pastry bag fitted with a plain tip, stuff zucchini boats with cream mixture. Pour boiling water into pan containing filled zucchini boats until it rises about 1/4-inch, to form a water bath. Bake 15 minutes. Heat broiler. Sprinkle remaining Parmesan cheese over tops and place under broiler until slightly golden, about 1 minute. Serve immediately. This recipe yields 6 servings.

Zucchini Bread II

4 Eggs
1 Teaspoon Vanilla
1-1/2 Teaspoon Baking powder
1 Cup Oil
4 Cup Zucchini squash; shredded
3 Cup All-purpose flour
1 Teaspoon Salt
1 Tablespoon Cinnamon
2 1/2 Cup Sugar
1-1/2 Teaspoon Baking soda
Nuts; optional
Raisins; optional

Beat eggs until fluffy. Add sugar, vanilla, oil and blend. Stir in zucchini and dry ingredients. Add nuts and raisins if desired. Put in any type pan. Bake at 350 degrees for 1 hour.

Makes 2 regular size loaves.

Zucchini Bread

3 Eggs
2 Cup Sugar
1 Cup Oil
2 Cup Zucchini; grated
3 Teaspoon Vanilla
3 Cup Flour
1/2 Teaspoon Baking powder
1 Teaspoon Soda
1 Teaspoon Salt
3 Teaspoon Cinnamon

Beat eggs and add oil, sugar, zucchini and vanilla. Mix well. Add dry ingredients. Turn into 2 greased and floured loaf pans. Chopped nuts may be added. Bake at 350 degrees for 1 hour.

Zucchini Cake With Ginger & Hazelnuts

2 Cup Flour
1 Teaspoon Baking soda
3/4 Teaspoon Baking powder
1/4 Teaspoon Salt
1 1/4 Cup Sugar
2 Large Eggs
1/2 Cup Vegetable oil
1/3 Cup Orange juice
2 Teaspoon Orange zest
2 Teaspoon Peeled; grated ginger root
1 Teaspoon Vanilla extract
1–1/2 Cup Grated zucchini
1/2 Cup Finely chopped hazelnuts.

1. Preheat oven to 350 degrees. Sift the flour, baking soda, baking powder and salt into a large bowl. Stir in the sugar. In another bowl, whisk together the eggs, oil, orange juice, zest, ginger and vanilla. Pour the wet ingredients into the bowl with the flour and stir until just combined. Fold in the zucchini and hazelnuts.

2. Butter and flour a tube pan. Scrape the batter into the pan and bake until a toothpick inserted into the center of the cake comes out clean, about 45 minutes. Cool the cake in the pan for 10 minutes. Remove from the pan and cool completely on a wire rack. Slice and serve.

Yield: 12 Servings

Zucchini Cake

3 Eggs
2 Cup Sugar
3/4 Cup Oil
2 1/4 Cup Flour
2 Cup Zucchini; grated
2 Teaspoon Soda
2 Teaspoon Cinnamon
1 Teaspoon Salt
1/2 Teaspoon Baking powder
1 Cup Nuts; chopped
3 Teaspoon Vanilla

Blend all ingredients together. Pour into greased and floured Bundt pan and bake at 350 degrees for one hour.

Zucchini Casserole

Wash and slice or dice one zucchini, boil till almost done. Drain. Brown 1 pound hamburger and one onion, layer squash and meat. Put small can of tomato sauce over each layer plus 1/2 cup catsup. Sprinkle with breadcrumbs and Parmesan cheese over top. Bake 30 minutes at 350 degrees.

Zucchini Cookies

1/2 Cup Margarine
1 Cup Sugar OR 1/2 Cup Honey
1 Egg
2 Cup Flour
1 Teaspoon Baking soda
2 Teaspoon Cinnamon
1/2 Teaspoon Cloves
1/4 Teaspoon Salt
1 Cup Zucchini; grated
1 Cup Raisins
1 Cup Nuts; chopped

Cream margarine and sugar or honey; beat in egg. Add dry ingredients and mix well. Stir in zucchini, raisins, and nuts. Chill dough and drop teaspoonfuls onto greased cookie sheet. Bake 12 minutes at 350 degrees.

Makes approximately 5 dozen small cookies.

Zucchini Coriander Soup

1/2 Cup Chopped onion
2 Tablespoon Olive oil
3/4 Pound Zucchini; scrubbed and cut into 1/2-inch pieces
1-1/2 Cup Chicken broth
1-1/2 Cup Chopped fresh coriander
2 Teaspoon Fresh lemon juice; or to taste

In a large saucepan cook the onion in the oil over moderately low heat, stirring until it is softened, add the zucchini and salt and pepper to taste, and cook the mixture, covered, stirring occasionally, for 4 minutes. Add the broth and 1 1/4 cups water and simmer the mixture, covered, for 10 minutes, or until the zucchini is tender. Remove the pan from the heat, stir in the coriander, and let the mixture cool. In a blender or food processor puree the mixture in batches, transferring the soup as it is pureed to a bowl. Stir in the lemon juice, season the soup with salt and pepper, and serve it at room temperature or chilled.

Makes about 4 cups, serving 4.

Zucchini Crostini

- 1 Small Onion; sliced thin
- 1/4 Cup Olive oil
- 2 Medium Zucchini; halved lengthwise and cut crosswise into 1/4-inch-thick slices
- 2 Garlic cloves; minced
- 6 Plum tomatoes; peeled, seeded, and cut into 1/4-inch dice
- 1 Teaspoon Fresh thyme leaves; chopped
- 1/4 Cup Dry white wine
- 1 Loaf Italian or French bread cut into 1/2-inch-thick slices
- 10 Thin slices provolone cheese; (about 1/4 pound), halved

Preheat oven to 450F.

In a large heavy skillet cook onion in oil over moderate heat, stirring occasionally, until soft. Add zucchini and garlic and cook, stirring, until zucchini is barely tender. Add tomatoes and thyme and cook, stirring occasionally, about 2 minutes. Add wine and salt and pepper to taste and simmer until liquid is reduced by about half, about 4 minutes. Remove skillet from heat and cool mixture.

On a baking sheet toast bread in middle of oven until pale golden, about 4 minutes.

Mound about 2 tablespoons zucchini mixture on each toast and top with a half slice provolone. Bake crostini in middle of oven until cheese is melted and golden. Makes about 20 crostini.

Zucchini Dinner Rolls

1 Cup Zucchini; coarsely grated
1/2 Teaspoon Salt
3 1/2 Cup Flour
1 Package Rapid rising dry yeast
1/2 Teaspoon Sugar
1/3 Cup Grated Parmesan cheese
1 Cup Very warm water; 120 – 130 degrees
1 Tablespoon Vegetable oil

In a colander, combine the zucchini and salt. Set aside for 30 minutes.

In a large bowl, combine 3 cup of flour, yeast, sugar and all but 1 Tablespoon of the cheese. Press zucchini to drain well and add to flour mixture. Toss to mix evenly. Stir water and oil into flour mixture to make a soft dough. Turn onto floured board and knead, using extra 1/2 cup of flour, until dough is smooth and elastic. Shape dough into a ball and place in lightly oiled bowl, turning once. Cover with damp cloth and allow to rise 20 minutes.

Grease 12 muffin-pan cups or 9-inch square baking pan. Punch down dough and divide into 12 balls; place in cups or pan. Sprinkle rolls with remaining cheese. Cover pan with damp cloth and let dough rise until doubled, about 40 minutes. Heat oven to 400 degrees. Bake rolls 20–28 minutes until golden brown. Remove from pan and allow to cool on wire rack.

Zucchini Flower Risotto

4 Ounce Arborio rice
1 Tablespoon Finely chopped white onion
1 Tablespoon Finely chopped carrot
1 Tablespoon Finely chopped celery
3 Tablespoon Finely chopped zucchini
1/2 Teaspoon Minced garlic
3 Tablespoon Finely chopped Italian parsley
3 Tablespoon Finely chopped basil
3 Tablespoon Finely chopped thyme
3 Tablespoon Finely chopped rosemary
3 Tablespoon Finely chopped chives
1 Cup Dry white wine
6 Ounce Zucchini flowers; (coarsely chopped)
Hot vegetable stock or water
Extra virgin olive oil
Grated rocca reggiano cheese; (optional)

Saute carrots, onions, celery and garlic in 1 Tbsp. olive oil until soft (do not brown). Add rice and continue to cook for one minute. Add wine and cook until the wine is almost evaporated. Add vegetable stock or water 4 oz. at a time, each time letting the liquid almost evaporate. Cook for 20 minutes (stirring constantly) before you add the zucchini and the zucchini flowers. Finish cooking until the rice is 'al dente', and there is moistness similar to oatmeal. Turn the heat lower, while stirring; add the herbs, 2 oz. olive oil and 2 oz. cheese. Season for salt and serve on a dinner plate.

Zucchini Frittata With Blossoms

- 12 Large Eggs
- 1 Cup Freshly grated Parmesan
- 2 Medium Zucchini; rinsed and cut into 2-inch-long julienne strips (about 3 cups)
- 3 Tablespoon Olive oil
- 1 Onion; chopped fine
- 3 Garlic cloves; minced
- 1–1/2 Tablespoon Fresh thyme leaves or 1/2 teaspoon dried; crumbled
- 6 Zucchini blossoms; pistils removed if desired, up to 8

In a bowl whisk together the eggs, add 1/2 cup of the Parmesan and salt and pepper to taste, and whisk the mixture until it is combined well. In a 12-inch non-stick skillet saut the zucchini in 2 tablespoons of the oil over moderately high heat, stirring until it is softened and transfer it with a slotted spoon to a small bowl. Add the remaining 1 tablespoon oil to the skillet and in it cook the onion and the bell pepper with salt and pepper to taste over moderate heat, stirring, until the vegetables are softened. Add the garlic and the thyme and cook the mixture, stirring, for 1 minute. Stir in the zucchini, pour in the egg mixture, and arrange the zucchini blossoms decoratively on the surface.

Preheat the broiler. Cook the frittata over moderate heat, without stirring, for 12 to 15 minutes, or until the edge is set but the center is still soft, and sprinkle the remaining 1/2 cup Parmesan over the top. (If the skillet handle is plastic, wrap it in a double thickness of foil.) Broil the frittata under the broiler about 4 inches from the heat for 2 to 3 minutes, or until the cheese is bubbling and golden. Let the frittata cool in the skillet for 5 minutes, run a thin knife around the edge, and slide the frittata onto a serving plate. Cut the frittata into wedges and serve it warm or at room temperature. Serves 6.

Zucchini Fritters

5 Tablespoon Bisquick
1/2 Cup Cheese; grated
1/4 Teaspoon Salt
1/8 Teaspoon Pepper
2 Tablespoon Onion; minced
2 Cup Zucchini; grated
2 Eggs; beaten
3 Tablespoon Margarine
Green chilies; to taste
2 Cup Zucchini; grated

Blend Bisquick, cheese, salt and pepper. Add grated zucchini, eggs and green chilies. Mix well. Melt 3 tablespoons margarine in skillet. Fix fritters like potato cakes and fry.

Zucchini Gratin

2 Tablespoon Butter; (1/4 stick)
6 Medium Zucchini; sliced
2 Tablespoon Chopped fresh tarragon or 2 teaspoons dried
1 1/4 Cup Grated Parmesan cheese
1/2 Cup Milk
1/2 Cup Whipping cream
2 Eggs

Preheat oven to 350F. Butter 9-inch-diameter deep-dish glass pie plate. Melt butter in heavy large skillet over medium-high heat. Add zucchini; saute until golden, about 5 minutes. Season with salt and pepper. Layer half of zucchini in prepared dish. Sprinkle half of tarragon and 1/2 cup cheese over. Repeat layering with zucchini, tarragon and 1/2 cup cheese. Combine milk, cream and eggs in small bowl. Season with salt and pepper. Pour custard over zucchini. Sprinkle 1/4 cup cheese over. Bake until gratin is set in center, about 35 minutes. Serves 6.

Zucchini Halves With Couscous & Corn

5 Teaspoon Olive oil
4 Small Zucchini; (about 8 ounces each), stems trimmed and each cut lengthwise in half
2 Medium Shallots; minced (about 1/4 cup)
1/4 Teaspoon Salt
1–1/2 Cup Corn kernels; (cut from 3 medium ears of corn)
3/4 Cup Israeli couscous
3/4 Teaspoon Ground cumin
1 1/4 Cup Chicken broth*
2 Tablespoon Chopped fresh parsley leaves
Diced tomato and sage sprigs for garnish

1. Preheat oven to 425 degrees F. Grease broiling pan with 2 teaspoons olive oil. With spoon, scoop out flesh from each zucchini half, leaving about 1/4–inch shell. Reserve zucchini flesh. Place zucchini halves, cut side down, in broiling pan, set aside.
2. In nonstick 12–inch skillet, heat 2 teaspoons olive oil over medium heat until hot. Add shallots and cook 2 minutes, stirring. Coarsely chop reserved zucchini flesh. Increase heat to medium–high, add chopped zucchini and salt, and cook 8 minutes, or until liquid evaporates and zucchini begins to brown. Add corn to skillet and cook 2 minutes, stirring. Transfer mixture to small bowl.
3. To same skillet, add couscous and remaining 1 teaspoon olive oil. Reduce heat to low, cook 2 minutes, stirring. Add cumin and cook 1 minute longer, stirring. Add chicken broth and 1/2 cup water; heat to boiling over medium–high heat. Reduce heat to low, cover and simmer 25 minutes or until liquid is absorbed and couscous is tender.
4. Meanwhile, place zucchini halves in oven and roast 15 minutes or until tender and edges are browned.
5. Return corn mixture to skillet with couscous, stir in chopped parsley and heat through. Place zucchini halves on platter, fill with couscous and corn mixture. Sprinkle with diced tomato and garnish with sage sprigs.

Zucchini In A Yogurt Dressing

1 Tablespoon Salt; plus
1/4 Teaspoon Salt
1 Pound Zucchini – (2 medium); cut 1/2" dice
3/4 Cup Plain yogurt
1/4 Teaspoon Cayenne pepper; or to taste
3/4 Teaspoon Ground Roasted Cumin Seeds; see * Note
1/2 Teaspoon Brown or granulated sugar
1 Tablespoon Vegetable oil
1/2 Teaspoon Brown mustard seeds
==== GROUND ROASTED CUMIN SEEDS ====
4 Tablespoon Whole cumin seeds

* Note: Place whole cumin seeds into a heated, small cast-iron skillet. Keep over medium heat. Stir the cumin until it is a few shades darker and emits a distinct roasted aroma. Grind in a clean and dry coffee grinder. Store unused portion in a tightly lidded jar for future use.

Bring 2 1/2 quarts of water to a rolling boil. Add 1 tablespoon salt, stir and put in the zucchini. Boil rapidly for 3 to 4 minutes, or until the zucchini are just done. Drain and leave to cool. Put the yogurt in a bowl and beat lightly with a fork until smooth. Add remaining salt, cayenne, roasted cumin, and sugar. Stir to mix. Heat the oil in a very small pan or skillet over fairly high heat. When very hot, add the mustard seeds. As soon as the mustard seeds begin to pop, this takes just a few seconds, pour the seeds and oil over the yogurt. Stir to mix. Gently fold the zucchini into the yogurt. Serve warm or cold. This recipe yields 4 servings.

Zucchini In Mint Vinaigrette

- 1/2 Teaspoon Sugar
- 1/2 Teaspoon Salt
- 2 Tablespoon Fresh lemon juice
- 1/4 Cup Vegetable oil
- 2 Zucchini; each cut into 1/4-inch slices
- 3 Tablespoon Chopped fresh mint leaves

In a small bowl whisk together the sugar, the salt, the lemon juice, and the oil. Transfer the vinaigrette to a skillet, bring it to a boil, and add the zucchini, stirring to coat it with the dressing. Simmer the zucchini for 3 minutes, or until it is crisp-tender, stir in the mint, and let the zucchini cool in the dressing. Serve the zucchini at room temperature. Serves 2.

Zucchini Lasagna

===== BECHAMEL =====

4 Tablespoon Unsalted butter
4 Tablespoon Flour
2 Cup Milk; heated
Freshly-grated nutmeg
Salt and pepper

===== FILLING =====

2 Tablespoon Unsalted butter
Extra-virgin olive oil
2 Cup Sliced onions
1 Tablespoon Minced garlic
Salt and pepper
Minced fresh oregano
6 Zucchini; trimmed, cut lengthwise into 1/4-inch slices
4 Sheets instant lasagna; (such as Delverde Instant Lasagna Ondine)
6 Ounce Fresh mozzarella; sliced
1 Cup Grated Parmesan cheese

Make bechamel: Heat milk just until small bubbles form around edges. In a saucepan over moderately low heat melt butter, add flour and whisk mixture over moderately low heat for 2 minutes. Slowly stir in milk and bring to a simmer, whisking constantly for 5 minutes. Season with nutmeg, salt and pepper.

Make filling: In a large skillet heat 1 tablespoon each of butter and olive oil over moderate heat, add onions and garlic and cook, stirring occasionally, 20 minutes or until golden brown; season to taste with salt and pepper.

Preheat oven to 450 degrees. Brush zucchini with olive oil, fresh oregano, salt and pepper to taste and arrange on oiled baking sheets. Roast 20 minutes, until soft.

In a large pot of boiling, salted water cook noodles for 3 minutes, or until soft. Drain and pat dry.

Assemble lasagna: Reduce oven temperature to 375 degrees F. In a well-buttered 9-inch square baking dish, spread 1/4 cup bechamel sauce. Top with a lasagna noodle. Spread with another 1/4 cup bechamel. Layer on one-third each of onion mixture, zucchini slices and mozzarella. Top with

1/4 cup bechamel, 1/4 cup Parmesan and a lasagna noodle. Repeat to make 2 more layers, finishing with bechamel and Parmesan. Dot with remaining butter. Cover loosely with foil and bake 10 minutes. Uncover and bake 20 minutes more, or until top is golden and filling is bubbling. Let stand 5 minutes before serving.

Yield: 6 to 8 servings

Zucchini Loaves

3 Eggs
1-1/2 Cup Oil
2 Cup Zucchini; chopped
1-1/2 Cup Sugar
1 Teaspoon Vanilla
3 1/3 Cup All-Purpose Flour
2 Teaspoon Baking Soda
1 Teaspoon Baking Powder
1 Teaspoon Salt
1 Teaspoon Cinnamon
1 Teaspoon Cloves
2/3 Cup Chopped Nuts

Heat oven to 250 degrees.
Grease and flour 2 loaf pans, 9x5x3 inches.

Beat eggs, oil, zucchini, sugar and vanilla on low speed, scrapping bowl occasionally, 1 minute.

Add flour, baking soda, baking powder, salt, cinnamon and cloves. Beat on low speed, scraping bowl occasionally, until moistened, about 15 seconds. Beat on medium speed 45 seconds.

Stir in nuts. Spread in pans.
Bake until wooden pick inserted in center comes out clean, 55 to 60 minutes.
Cool 10 minutes; remove from pans. Cool completely before slicing.

Refrigerate leftover bread.

Zucchini Marmalade

2 Pound Zucchini; peeled & cubed

2 Pound Sugar

1 Lemon; Juice of

2 Oranges; sliced thin

Mix zucchini, sugar and oranges; let stand overnight . Add lemon juice and bring to boil. Remove from heat let stand 2–4 hours. Bring to second boil, turn heat low and cook until thick. Then seal in jars.

Large zucchini can be used, peel, seed, and cube, cut out pithiness.

Zucchini Moons

- 2 Small Zucchini
- 1 Teaspoon Butter; (more or less)
- 2 Tablespoon Water
- A shake of salt
- A shake of pepper
- 2 Teaspoon Parmesan cheese; (or to taste)

Cut the zucchini into rounds about 1/4 inch thick. Heat the pan to medium-hot. Put the zucchini, butter, and water in the pan. Shake in some salt and pepper. Stir and cook until it seems done. This will take about 5 minutes. Transfer to a plate and sprinkle with cheese.

Zucchini Orange Salad

2 Medium Zucchini; sliced thin
1 Medium Onion; thinly sliced
1 Cup Chopped celery
16 Ounce Green beans; canned, drained
15 Ounce Mandarin oranges in juice; drained
16 Ounce Wax beans; canned, drained
8 Ounce Waterchestnuts; canned, sliced, drained
1-1/2 Cup Sugar
1 Cup Vinegar
1 Tablespoon Water
1 Teaspoon Salt

In a large bowl, toss zucchini, onion and celery. Cover with boiling water; let stand for 1 hour. Drain, Add beans, oranges and water chestnuts. Combine remaining ingredients in a saucepan. Bring to a boil; boil for 1 minute. Pour over salad; cover and refrigerate 24 hours before serving.

Yield: 16–20 servings.

Zucchini Pancakes

- 1 Pound zucchini; coarsely grated
- 1 Tablespoon Freshly-chopped parsley
- 2 Teaspoon Chopped lemon zest
- 1/2 Teaspoon Chopped garlic
- Salt; to taste
- Freshly-ground black pepper; to taste
- 2 Eggs
- 1/2 Cup Flour
- 1/2 Cup Olive oil
- 3 Lemon wedges; for garnish

In a bowl combine grated zucchini, parsley, lemon zest and garlic. Season with salt and pepper. Stir in eggs and flour. In a skillet heat 1/4-inch olive oil until it ripples. Spoon batter by tablespoons into skillet and flatten each mound into a 3-inch pancake. Cook pancakes for 1 minute on each side. Remove with a slotted spatula to a paper-towel lined baking sheet. Keep warm in a 250 degree oven while you continue to prepare remaining batter. Arrange pancakes on a platter, sprinkle with salt, garnish with lemon wedges and serve immediately. This recipe yields 4 to 6 servings.

Zucchini Pancakes II

1–1/2 Pound Zucchini; (about 3 large)
1 Teaspoon Salt
1/4 Cup Thinly sliced red onion
1 Large Egg
3/4 Cup Coarse fresh bread crumbs
Black pepper to taste
Vegetable oil for brushing skillet

Grate zucchini on the largest holes of a grater into a colander and combine well with salt. Let zucchini drain 30 minutes.

Preheat oven to 200 degrees F.

Using hands, squeeze as much liquid from zucchini as possible. In a bowl stir together zucchini, onion, egg, bread crumbs, and pepper to taste until combined well.

Lightly brush a 12–inch non–stick skillet with oil and heat over moderately high heat until hot but not smoking. Drop four 1/8–cup measures of zucchini mixture into skillet and with a spatula flatten into 1/4–inch–thick pancakes. Cook pancakes 2 to 3 minutes on each side, or until golden and cooked through, transferring pancakes to an ovenproof plate. Keep pancakes warm in oven while making more pancakes in same manner.

Yield: about 8 to 10 pancakes.

Zucchini Panzotti In Sage Butter And Cacio

1 Medium Zucchini
3 Tablespoon Virgin olive oil
1/2 Medium Red onion; finely chopped
2 Garlic cloves; peeled, sliced thin
1 Bunch Fresh oregano; leaves only
1 Egg
1/2 Cup Ricotta
1/2 Cup Freshly-grated Pecorino
Salt; to taste
Freshly-ground black pepper; to taste
1/2 Teaspoon Freshly-grated nutmeg
1/4 Cup Finely-chopped Italian parsley
1 Recipe Basic Fresh Egg Pasta
8 Sage leaves
1/4 Pound Cacio di Roma (or other semi-soft sheep's milk cheese)

To make panzotti, rinse and dry zucchini and trim both ends. Slice into 1/16-inch rounds and set aside. In a 10- to 12-inch saute pan, heat olive oil until smoking. Add onion and garlic and cook over medium heat until lightly browned and softened, about 8 to 10 minutes. Add zucchini and oregano leaves and cook until very soft, about 7 to 8 minutes. Remove from heat and allow to cool. In a mixing bowl, stir together coated zucchini mixture, egg, ricotta, Pecorino, nutmeg and parsley until well mixed and season lightly with salt and pepper. Roll out Basic Fresh Egg Pasta into sheets on second thinnest setting and cut into 3-inch rounds with water glass or pasta cutter. Place 1/2 tablespoon zucchini mixture into each and fold into a half moon. Continue until all the pasta is used. Bring 6 quarts water to boil and add 2 tablespoons salt. Drop pancotti into water and cook until pasta is tender, about 3 to 4 minutes. Meanwhile, melt butter in a 12- to 14-inch saute pan and add sage leaves. Drain pasta in a colander and pour into butter mixture. Toss to coat well and pour into a heated pasta dish. Shave cacio over pasta using a vegetable peeler and serve. This recipe yields 4 servings.

Zucchini Parmesan Latkes

2 Pound Zucchini
1/2 Pound Russet potatoes; peeled
1/2 Tablespoon Lemon juice
1 Cup Chopped scallions
1/2 Cup Grated Parmesan cheese
1 Teaspoon Chopped garlic
3/4 Cup Chopped parsley
1 Teaspoon Salt
1/2 Tablespoon Pepper
2 Teaspoon Sugar
1/3 Cup Flour
2 Medium Eggs
Peanut oil for frying

Grate the zucchini and potatoes and toss in the lemon juice to prevent browning. Squeeze the zucchini and potatoes through towels or a sieve. It is imperative that you get almost all the moisture out of the vegetables. Add the scallions, cheese, garlic, 1/2 cup of the parsley, salt and pepper, sugar, flour, and eggs and toss to make sure that the ingredients are well mixed. Heat a 1/2 inch of peanut oil in a pan until hot and add thin silver dollarsize pancakes, frying over high heat until golden brown and crispy. When serving, sprinkle with a little more salt and the remaining chopped parsley.

Yield: 24 pancakes

Zucchini Pickles II

4 Quart Squash; cut in 1/2" cubes
8 White onions; sliced
2 Green bell peppers
2 Cloves garlic; sliced
2 Red bell peppers; optional
5 Cup Sugar
3 Cup Vinegar
1-1/2 Teaspoon Celery seed
1-1/2 Teaspoon Turmeric
2 Teaspoon Mustard seed

If squash is tender, don't peel it. Wash and slice in 1/2" inch cubes. Add onion, peppers, and garlic. Mix well. Add 1/4 cup salt and cover with ice and let stand 3 hours. Drain well. Mix remaining ingredients and pour over squash mixture. Heat to a boil and let boil 10 minutes. Pack hot into hot jars. Makes 8 pints.

Zucchini Pickles

1 Quart Distilled Vinegar; white
2 Cup Sugar
1/4 Cup Salt
2 Teaspoon Celery Seed
2 Teaspoon Ground Turmeric
1 Teaspoon Dry Mustard
5 Pound Zucchini; unpeeled cut 1/4 inch slices
1 Quart Onions; thinly sliced

Combine first 6 ingredients; bring to a boil.

Pour over zucchini and onions; let stand 1 hour, stirring occasionally.

In saucepot, bring mixture to a boil, then simmer 3 minutes.

Continue simmering while quickly packing one clean, hot jar at a time.

Fill to within 1/2" of top making sure vinegar solution covers vegetables.

Cap each jar at once. Process 5 minutes in boiling-water bath.

Makes 6 –7 pints.

Zucchini Pie

5 Cup Zucchini; peel & slice
4 Tablespoon Cornstarch
1 Cup Sugar
1/2 Cup Brown sugar
2 Teaspoon Cinnamon
1/2 Teaspoon Nutmeg
3 Tablespoon Lemon juice
2 Tablespoon Butter
2 Unbaked pie crusts

Put zucchini into water and bring to a boil. Let stand for 5 minutes. Drain well. Put zucchini into pie shell.

Mix together remaining ingredients and spread over zucchini. Put on the top pie crust. Bake at 350 degrees for 1 hour or until golden brown.

Zucchini Pudding

1/4 Cup Flour
1/4 Cup Cornmeal
1 Teaspoon Baking powder
1 Teaspoon Ground coriander
2 Tablespoon Oil
1/2 Cup Chopped onion
1 Teaspoon Minced garlic
3 Cup Small-diced; skin-on zucchini
1 Tablespoon Minced jalapeno pepper
1/2 Teaspoon Salt
1/4 Teaspoon Freshly-ground black pepper
2 Eggs
1/2 Cup Milk
1/2 Cup Sour cream
1/2 Cup Grated Monterey Jack cheese

Preheat the oven to 350 degrees. In a small bowl, combine, flour, cornmeal, baking powder, and coriander. Blend well, and set aside. In a large skillet, heat oil over medium heat. Add the onion and garlic, and cook for 1 minute. Add the zucchini, jalapeno, salt, and pepper. Cook, stirring for 2 minutes. Remove from heat. In a large bowl, beat the eggs until blended. Mix in the milk, sour cream, and cheese. Add the reserved dry ingredients, and blend well. Add the zucchini mixture and mix well. Scrape into a buttered 9-inch square dish. Bake for 40 minutes.

Zucchini Raisin Bran Muffins

2/3 Cup All-purpose flour
2/3 Cup Whole-wheat flour
2/3 Cup Miller's bran; (available at natural foods stores, specialty foods shops, and some supermarkets)
2 Teaspoon Double-acting baking powder
3/4 Teaspoon Salt
1 Teaspoon Cinnamon
1/4 Teaspoon Ground cloves
1 Stick unsalted butter; softened (1/2 cup)
2/3 Cup Sugar
2 Large Eggs
1 Teaspoon Vanilla
1/4 Cup Milk
1/2 Cup Raisins
1/2 Cup Chopped walnuts
2 Cup Coarsely grated zucchini

Preheat the oven to 375F. In a bowl whisk together the flours, the bran, the baking powder, the salt, the cinnamon, and the cloves. In a large bowl with an electric mixer cream the butter with the sugar until the mixture is light and fluffy, add the eggs, 1 at a time, beating well after each addition, and beat in the vanilla. Beat the flour mixture into the butter mixture, beat in the milk, and stir in the raisins, the walnuts, and the zucchini. Divide the batter among 12 well-buttered or paper-lined 1/2-cup muffin tins and bake the muffins in the middle of the oven for 25 to 30 minutes, or until a tester comes out clean. Turn the muffins out onto a rack and let them cool.

Makes 12 muffins.

Zucchini Raisin Nut Bread

1-1/2 Cup All-purpose flour; plus
2 Tablespoon All-purpose flour
1 Cup Whole-wheat flour
1 Tablespoon Double-acting baking powder
3/4 Teaspoon Salt
1 Teaspoon Cinnamon
1/4 Teaspoon Ground cloves
3/4 Cup Granulated sugar
1/2 Cup Raisins
1/2 Cup Chopped walnuts
1/2 Cup Unsalted butter – (1 stick); melted
2 Large Eggs; lightly beaten
1/2 Cup Milk
2 Teaspoon Grated lemon zest
2 Cup Coarsely-grated zucchini

Preheat oven to 350 degrees. Butter a 9- by 5- by 3-inch loaf pan. In a bowl sift together the 1 1/2 cups all-purpose flour, whole-wheat flour, baking powder, salt, cinnamon and cloves. Stir in the sugar. In a separate bowl toss the raisins and walnuts with the remaining 2 tablespoons flour. Add the butter, eggs, milk, lemon zest, raisins, walnuts and zucchini and mix until just combined. Pour the batter into the prepared loaf pan. Bake for 45 to 50 minutes or until the bread pulls away from the sides of the pan and tester inserted in the middle comes out clean. Cool bread in pan on a rack for 15 minutes, remove from pan and allow to completely cool before cutting. This recipe yields 1 loaf.

Zucchini Relish II

10 Cup Ground zucchini squash
4 Cup Ground onions
5 Tablespoon Salt
2 1/2 Cup Vinegar
1 Tablespoon Dry mustard
4 Tablespoon Cornstarch
1 Teaspoon Celery seeds
4 Cup Sugar
1 Tablespoon Turmeric
1 Teaspoon Black pepper
2 Bell peppers; ground

Mix ground zucchini, onions and 5 tablespoons salt, and soak overnight. The next morning, rinse vegetables well; put in a large pot and add the vinegar, sugar, peppers and spices. Cook 30 minutes at low temperature. Pack in sterilized jars and seal.

Zucchini Relish

5 Pound Zucchini squash
1-1/2 Pound Onions
3 Cup Vinegar
5 Cup Sugar
1-1/2 Teaspoon Turmeric
1-1/2 Teaspoon Celery seeds
2 Teaspoon Mustard seed

Grind together zucchini and onion. Drain. Put vinegar, sugar and spices in saucepan. Bring to boil. Add ground vegetables. Remove from heat, cover and let stand 2 hours. Bring to simmer and simmer 3 minutes. Put into clean jars and seal.

Zucchini Rice Pilaf

- 2 Teaspoon Vegetable oil
- 1 Onion; chopped
- 1 Cup Long grain rice
- 2 Cup Vegetable stock or water
- 2 Cup Grated zucchini

In heavy saucepan, heat oil over medium–high heat; cook onion, stirring occasionally, for about 3 minutes or until softened. Add rice; cook, stirring, for 1 minute.

Add stock or water; bring to boil. Reduce heat to low; cover and simmer for 20 minutes. With fork, stir in 2 cups zucchini; cook, covered, for 5 minutes or until zucchini and rice are tender and liquid is absorbed.

Zucchini Ripieni

- 2 Large Zucchini
- 2 Slice Mortadella; chopped
- 1/2 Pound Breast of chicken; leftover or pre-cooked, chopped
- 2 Ounce Ricotta cheese
- 2 Ounce Parmesan; grated
- 1 Medium Egg
- 1 Small Bunch Italian parsley; chopped together with 1/2 clove of garlic
- Grated nutmeg to taste
- Salt and pepper to taste
- Bread crumbs
- 1 Celery stalk; coarsely chopped
- 1 Carrot; coarsely chopped
- 1 Onion; coarsely chopped
- 3 Peeled canned tomatoes

Core and cut each zucchini into 3 pieces. In a bowl mix together Mortadella, chicken, ricotta, Parmesan, egg, parsley, garlic, nutmeg, salt, and pepper. Stuff the zucchini with the filling and put bread crumbs on both ends of the zucchini.

Arrange the zucchini in a baking pan and sprinkle with celery, carrots, and onions. Crush the peeled tomatoes with your hands and place over the zucchini. Drizzle with olive oil. Cover with aluminum foil and bake at 350 degrees for 45 minutes. Uncover and bake for an additional 15 minutes.

Yield: 3 servings.

Zucchini Salad II

- 2 Small Zucchini; chopped
- 2 Tomatoes; diced
- 1 Medium Green bell pepper; chopped
- 1 Small Onion; chopped
- 1/2 Teaspoon Salt
- 1/4 Cup Oil
- 2 1/4 Cup Vinegar
- 2 Tablespoon Parsley; chopped
- 1 Teaspoon Sugar
- 1/4 Teaspoon Black pepper

Mix the first 4 ingredients. Mix and add the rest of the ingredients. Let set several hours or overnight. Pimentos may be used instead of green bell peppers.

Zucchini Salad

- 1 Package Lime Jello; (3 oz.)
- 1 Cup Boiling water
- 1 Cup Applesauce
- 2 Tablespoon Lemon juice
- 1 Cup Zucchini; shredded
- 1/2 Cup Carrot; shredded
- 2 Tablespoon Green bell pepper; minced
- 1 Tablespoon Onion; minced

===== TOPPING =====

- 1 Cup Cool Whip
- 1/2 Cup Miracle Whip

Dissolve Jello with boiling water. Add applesauce and lemon juice. Let cool and thicken. Then add the zucchini, carrots, green bell pepper, and onion. Pour in a 6 1/2x10-inch Pyrex pan. Mix Cool Whip and Miracle Whip together and spread over salad. Cut in squares to serve.

Zucchini Slaw

5 Small Zucchini
3 Carrots; peeled
1 Yellow bell pepper; stemmed, seeded
4 Large Radishes; trimmed
3 Corn ears; kernels removed
1/4 Cup Mayonnaise
6 Tablespoon Cider vinegar
3/4 Teaspoon Celery seeds
1–1/2 Tablespoon Sugar
3/4 Teaspoon Salt
1/2 Teaspoon Freshly–ground black pepper
Zucchini blossoms for garnish; (optional)

Using the largest holes on a box grater, grate the zucchini and carrots, and transfer to a large bowl. Cut the yellow pepper and radishes into 1–inch matchsticks, and add to bowl. Slice the celery as thinly as possible on the bias, and add to the bowl; add the corn. In a bowl, whisk together the mayonnaise, vinegar, celery seeds, sugar, salt, and pepper. Pour over salad; toss to combine. Garnish with zucchini blossoms, if desired, and serve. Makes 6 cups.

Zucchini Soup

3 Pound Zucchini
8 Tablespoon Butter
4 Cup Chopped onion
1/4 Cup Flour
3 Cup Chicken broth; degreased
1 Clove garlic; minced
Salt and pepper; to taste
2 Cup Plain yogurt
1/2 Cup Chopped green onions

Chop zucchini into 1–inch cubes and set aside.

Melt butter in a deep kettle and add chopped onion. Cook, stirring until onion is wilted. Add zucchini and cook a minute or two longer. Sprinkle flour on top, stir in and cook another two minutes. Add chicken broth, garlic, and salt and pepper to taste. Cover and simmer about 5 minutes.

Zucchini must remain somewhat crisp. Chill. Stir in the yogurt. Serve sprinkled with chopped green onions.

Zucchini Stuffed With Feta And Dill

Four; (1/2–pound) zucchini, scrubbed
2 Onions; chopped
2 Tablespoon Olive oil
1/4 Pound Feta cheese; crumbled
3 Tablespoon Minced fresh dill

Trim and discard the stem ends from 2 of the zucchini, halve the 2 zucchini lengthwise, and with a melon–ball cutter scoop out the flesh, reserving it and leaving 1/4–inch–thick shells. Arrange the shells, cut sides up, on a steamer rack set over simmering water and steam them, covered, for 3 to 5 minutes, or until they are just tender. Invert the shells on paper towels to drain.

Cut the remaining 2 zucchini crosswise into 1/4–inch–thick slices. In a non–stick skillet cook the onions in the oil over moderate heat, stirring, until they are softened, add the reserved flesh, chopped, and the zucchini slices, and saute the mixture over moderately high heat, stirring, until it is golden. In a food processor blend the mixture with the Feta until the zucchini slices are chopped coarse and stir in the dill. Divide the filling among the 4 zucchini shells, arrange the stuffed zucchini in an oiled flameproof baking dish, and broil them under a preheated broiler about 4 inches from the heat for 3 minutes, or until the filling is bubbling and deep golden. Serves 4.

Zucchini Stuffed With Lamb And Mint

4 Medium Zucchini
4 Tablespoon Virgin olive oil
1 Medium Spanish onion; finely chopped
4 Garlic cloves; thinly sliced
1 Pound Ground lamb; crumbled
2 Eggs
1 Bunch Fresh mint leaves; picked, left whole
1 Cup Basic Tomato Sauce
Salt; to taste
Freshly-ground black pepper; to taste
1/2 Cup Fresh bread crumbs

Preheat oven to 450 degrees. Trim zucchini and cut in half lengthwise. Using a spoon or a melon baller, remove a canal down center of each zucchini half, leaving 1/4-inch all around and the ends closed. Roughly chop the excess zucchini flesh and set aside. In a 10- to 12-inch saute pan, heat olive oil until just smoking. Add onion and garlic and cook over medium-high heat until softened, about 6 to 7 minutes. Add zucchini pieces and crumbled lamb and cook until lamb is cooked through, about 10 minutes. Drain fat from lamb mixture and place in a large mixing bowl. Add eggs, half of the mint leaves and the Basic Tomato Sauce and mix well. Season both the mixture and the zucchini boats with salt and pepper. Stuff the lamb mixture into zucchini boats and pile high. Place in an oven-proof baking dish just large enough to hold the 8 pieces and sprinkle with bread crumbs. Bake for 20 to 25 minutes until crisp on top and remove. Serve warm or at room temperature with a chicory salad and sprinkle with remaining mint leaves.

Zucchini Stuffed With Tomato

4 Zucchini; short and fat
2 Tablespoon Olive oil
1 Garlic clove; crushed
2 Tablespoon Onion; chopped
2 Cup Tomatoes; red ripe, diced
4 Tablespoon Dry red wine
1/4 Cup Dry white wine
1/2 Teaspoon Dried dill weed; weed, not seed
1/8 Teaspoon Sugar
1/4 Cup Freshly–grated Parmesan or Romano cheese
Freshly–ground black pepper; to taste
Salt; to taste

Cut both ends from the zucchini, then cut them in half crosswise through the middle. Scoop out most of the pulp from one end, reserving the pulp for a later soup. Leave a round tube of squash that is sealed at the other end. Set them aside. Heat a frying pan and add the oil, garlic and onion. Saute until the onion is clear. Add the tomatoes, red wine, dill, sugar, salt and pepper. Cook for about 5 minutes or until the tomatoes are limp but not mushy. Stand the squash baskets on one end in a baking dish just large enough to hold them. A glass pie plate will work well. Fill each basket with the tomato mixture and top with the cheese. Pour the white wine around the bottoms of the squash and bake them, uncovered, at 400 degrees until tender but firm, about 35 minutes.

Zucchini Tian

1/2 Cup Caramelized onions
2 Tablespoon Roasted Garlic puree
1 Tablespoon Chopped fresh thyme; plus extra
For garnish
Salt; to taste
Freshly-ground white pepper; to taste
3 Tablespoon Freshly-grated Parmesan cheese
1 Zucchini; sliced 1/4" thick on a slight angle
2 Ripe plum tomatoes; sliced 1/4" thick
2 Tablespoon Extra-virgin olive oil
4 Lamb medallions -; (2 Ounce ea)

Preheat oven to 450 degrees and grill to high. Divide caramelized onions between two 3-inch round ovenproof earthenware "tian" dishes, spreading it to cover bottom of dish. Spread roasted garlic paste over onions. Sprinkle with chopped thyme, salt and pepper. Beginning with zucchini, completely cover caramelized onion layer with zucchini and tomato shingles, overlapping pieces slightly and alternating between the two. Drizzle with 1 tablespoon olive oil and season with thyme, salt and pepper. Sprinkle with Parmesan cheese and cover with foil. Bake for 12 minutes. Meanwhile, brush lamb with oil and season with salt and pepper. When tians have baked 6 minutes, begin lamb, grilling medallions about 3 minutes per side. Remove to a cutting board, cover loosely with foil and let sit at least 5 minutes. Remove tian from oven. Uncover, tilt carefully, and slide it out onto a dinner plate. Slice lamb and arrange it slightly off to side of tian. Garnish with chopped thyme and Parmesan cheese. This recipe yields 2 servings.

Zucchini Waffles

1 1/4 Cup All-purpose flour
1-1/2 Teaspoon Baking powder
1/4 Teaspoon Dried whole basil
1/4 Teaspoon Baking soda
1/4 Teaspoon Salt
1/8 Teaspoon Coarsely ground pepper
1 Cup Nonfat buttermilk
1 Cup Shredded zucchini
1/2 Cup No-salt-added cream-style corn
1/3 Cup Sliced green onions
2 Teaspoon Vegetable oil
1 Egg; lightly beaten
Vegetable cooking spray

Combine first 6 ingredients; stir well, and set aside. Combine buttermilk and next 5 ingredients; add to dry ingredients, stirring just until moistened.

Coat a waffle iron with cooking spray, and preheat. Spoon about 1/3 cup of batter per 4-inch waffle onto hot waffle iron, spreading batter to edges. Cook 5 to 6 minutes or until steaming stops; repeat procedure with remaining batter. Serve with pimento-cheese sauce. Yield: 8 (4-inch) waffles.

Zucchini With Jalapeno Monterey Jack

1 Medium Zucchini; scrubbed and cut into 1/4-inch thick slices
1/2 Cup Coarsely grated jalapeno Monterey Jack
1 Teaspoon All-purpose flour

Spread the zucchini in a microwave-safe dish. In a small bowl toss the jalapeno Monterey Jack with the flour, sprinkle the mixture over the zucchini mixture on high power (100%), uncovered, for 3 to 4 minutes, or until the zucchini is tender and the cheese is melted. Season the zucchini mixture with salt and pepper. Serves 2.

Zucchini With Pistachios

- 1 Tablespoon Butter
- 1/3 Cup Chopped toasted pistachio nuts
- 1/3 Cup Shredded Swiss cheese
- 2 Tablespoon Fine dry bread crumbs
- 2 Tablespoon Chopped fresh parsley
- 1 Pinches salt and pepper
- 4 Cup Zucchini sticks
- 1 Tablespoon Water

In bowl, microwave butter at High for 30 seconds or until melted; toss with pistachios, cheese, bread crumbs, parsley, salt and pepper. Set aside. In shallow dish, microwave zucchini sticks and water, covered, at High for 4 minutes or until tender–crisp; drain. Sprinkle with topping; microwave at High for 1 minute or until cheese melts.

Zucchini With Tomato And Cheese

Olive oil

2 Medium-size; (about 1 pound) zucchini, sliced crosswise into
1/4-inch-thick rounds

1/2 Teaspoon Dried basil

1/4 Teaspoon Salt

5 Medium-size; (about 1 pound) plum tomatoes, sliced crosswise
into 1/4-inch-thick rounds

1 Small Red onion; thinly sliced

4 Ounce Asiago or Gruyere cheese; cut into thin slices

1. Heat oven to 400 degrees F; brush the bottom of a 10-inch round baking dish or pie plate with olive oil. In medium-size bowl, toss zucchini with basil and salt.

2. To assemble vegetables in a ring, create small stacks of alternating slices of zucchini, tomato, and onion; lay stacks sideways, tightly, end to end, in a ring around inside edge of baking dish. Insert slivers of cheese randomly into vegetable ring. (Any remaining slices of zucchini, tomato, or cheese can be piled in center of ring, if desired.)

3. Brush vegetables with olive oil and bake 45 to 50 minutes or until zucchini is very tender and liquid that collects in bottom of baking dish evaporates. Cool at least 20 minutes before serving. Serve warm or at room temperature.

Zucchini, Potato And Egg Skillet Supper

1/4 Cup Butter or olive oil
2 Potatoes; peeled and diced
2 1/2 Cup Coarsely grated zucchini
1/4 Cup Chopped fresh chives or green onions
4 Eggs
Salt and pepper

In 10 inch heavy skillet, melt half of the butter over medium heat; cook potatoes, stirring often, for about 5 minutes or until tender. Add zucchini and chives; cook, stirring, for 1 minute.

In large bowl, beat eggs lightly; stir in vegetables. Season with salt and pepper to taste.

Wipe out skillet and melt remaining butter; pour in egg mixture. Reduce heat to medium–low; cook, shaking pan occasionally, for about 5 minutes or until bottom is lightly browned. Cover and cook for 5 to 6 minutes longer or until top is firm. Serve in wedges. Makes 4 servings.

Zucchini, String Bean, and Eggplant Stew

1/4 Cup Olive oil
2 Medium Onions julliened
4 Garlic
1 Bunch Scallions sliced
1 Pound Green beans
3 Medium Diced zucchini
3 Medium Eggplant diced medium
2 Large Tomatoes diced medium
2 Large Tomatoes grated on box grater
1 Canned crushed tomatoes with juice
2 Ounce Extra virgin olive oil
1/2 Cup Parsley chopped

In a medium-size heavy gauge pot, heat olive oil add onion, cook until soft 4–5 minutes. Add scallions and a pinch of salt. Add garlic, cook 3 more minutes. Add grated tomatoes, cook 4–5 minutes, add canned tomatoes crushed 3–4 minutes. Fold in string beans, cook 5–8 minutes until slightly tender, add zucchini, cook 3 minutes add, eggplant and season with salt and pepper. Cook until all vegetables are tender. Adjust seasoning, salt and pepper; fold in parsley and drizzle extra olive oil.

Zucchini–And–Cheese Stuffed Mushrooms

12 Fresh mushrooms; (2–inch) (3/4 pound)
3 Cup Coarsely shredded zucchini
1/4 Cup Reduced–fat sharp Cheddar cheese; (1 ounce) shredded
1 Tablespoon Nonfat mayonnaise
1/8 Teaspoon Salt
1/8 Teaspoon Ground red pepper
1 Dash Black pepper
1/4 Teaspoon Worcestershire sauce
2 Teaspoon Grated Parmesan cheese

Remove stems from mushrooms and discard; set caps aside.

Arrange zucchini in a vegetable steamer over boiling water in a Dutch oven. Cover and steam 5 minutes. Place zucchini on several layers of paper towels; cover with additional paper towels. Let stand 15 minutes, pressing down occasionally to remove moisture.

Combine zucchini and next 6 ingredients; stir well. Spoon mixture evenly into mushroom caps. Carefully arrange mushrooms in a single layer in steamer over boiling water in pan. Cover and steam 6 minutes or until mushrooms are barely tender. Arrange mushrooms on a serving platter; sprinkle with Parmesan cheese. Yield: 1 dozen appetizers (serving size: 1 stuffed mushroom).

Zucchini–Cilantro Dip

2 Medium Zucchini; trimmed, grated
1/2 Teaspoon Salt
1 Cup Plain yogurt
3/4 Cup Sour cream
2 Tablespoon Olive oil
1 Tablespoon White wine vinegar
1/4 Cup Chopped fresh cilantro
2 Large Garlic cloves; minced
1 Teaspoon Ground cumin
Generous pinch of cayenne pepper
Assorted crudites
Pita bread; cut into triangles

Place grated zucchini in colander and sprinkle with salt. Let drain 30 minutes. Rinse zucchini. Drain well. Using kitchen towel, squeeze as much water from zucchini as possible.

Whisk 1 cup yogurt, 3/4 cup sour cream, 2 tablespoons olive oil and 1 tablespoon vinegar in medium bowl until well blended. Mix in zucchini, cilantro, garlic, cumin and cayenne pepper. Season mixture to taste with salt and pepper. Cover dip and refrigerate 2 hours to blend flavors. (Can be prepared 1 day ahead. Keep refrigerated.)

Transfer dip to serving bowl. Serve with crudites and pita bread.

Zucchini–Lemon Muffins

2 Cup All–purpose flour
1/2 Cup Sugar
1 Tablespoon Baking powder
2 Teaspoon Grated lemon rind
1/4 Teaspoon Salt
1/4 Teaspoon Ground nutmeg
1 Cup Coarsely shredded zucchini
3/4 Cup Skim milk
3 Tablespoon Vegetable oil
1 Egg
Vegetable cooking spray

Combine the first 6 ingredients in a bowl, and make a well in center of mixture. Combine zucchini, milk, oil, and egg; stir well. Add to flour mixture, stirring just until dry ingredients are moistened.

Divide batter evenly among 12 muffin cups coated with cooking spray. Bake at 400 degrees for 20 minutes or until golden. Remove from pans immediately, and let cool on a wire rack. Yield: 1 dozen (serving size: 1 muffin).

Zucchini–Noodle Soup With Turkey Meatballs

3/4 Pound Freshly ground raw turkey
1/2 Cup Soft breadcrumbs
1/4 Cup Minced fresh parsley
1/2 Teaspoon Salt
1/2 Teaspoon Poultry seasoning
1/8 Teaspoon Coarsely ground pepper
1 Tablespoon Vegetable oil
1–1/2 Cup Coarsely chopped carrot
4 Cup Diced zucchini
5 1/2 Cup No–salt–added chicken broth
1 Tablespoon Chopped fresh oregano
1/4 Teaspoon Salt
1/8 Teaspoon Coarsely ground pepper
2 Cup Medium egg noodles; uncooked
Chopped fresh parsley; (optional)

Combine first 6 ingredients in a bowl, and stir well. Shape mixture into 1–inch meatballs; set aside.

Heat oil in a large Dutch oven over medium heat. Add carrot; stir well. Cover, reduce heat, and cook 10 minutes or until tender. Add zucchini and next 4 ingredients; bring to a boil. Add noodles; cover, reduce heat, and simmer 5 minutes. Add meatballs; cover and simmer 7 minutes. Yield: 10–1/2 cups (serving size: 1–1/2 cups).

Zucchini–Parmesan Squares

3 Pound Zucchini; trimmed, cut into 1–inch pieces
1/4 Cup Butter; (1/2 stick)
1 Large Onion; chopped
4 Garlic cloves; chopped
2 Eggs; beaten to blend
1/2 Cup Grated Parmesan cheese
1/2 Cup Fresh white breadcrumbs
1/4 Cup Chopped fresh basil or 1 tablespoon dried
Additional grated Parmesan cheese

Preheat oven to 375F. Butter 8–inch square baking dish. Steam zucchini until tender, about 10 minutes. Transfer to large bowl and mash coarsely with fork. Spoon zucchini into sieve and drain well, pressing to release excess water. Place drained zucchini in bowl.

Melt butter in heavy large skillet over medium–high heat. Add onion and garlic; saute until light brown, about 10 minutes. Add onion mixture to zucchini in bowl. Add eggs, 1/2 cup Parmesan, breadcrumbs and basil; stir to blend well. Season with salt and pepper. Transfer mixture to prepared dish. Bake until firm in center and brown on top, about 45 minutes. Cut into squares and serve, passing additional Parmesan separately.

Zucchini–Tomato Frittata Sandwiches

3 Large Egg whites
2 Large Eggs
2 Tablespoon Thinly sliced fresh basil
1/4 Teaspoon Salt
1/4 Teaspoon Ground black pepper
1 Tablespoon Olive oil
1 Medium Zucchini; trimmed, very thinly sliced
2 Plum tomatoes; seeded, chopped
1 Garlic clove; minced
8 Slice Crusty Italian bread or wheat bread
2 Tablespoon Tapenade*
1 Large Bunch arugula; trimmed

*A thick paste or spread made from brine–cured olives and seasonings; available at Italian markets and some supermarkets.

Whisk first 5 ingredients in medium bowl to blend.

Heat oil in 9–inch–diameter nonstick skillet over medium–high heat. Add zucchini and saute 2 minutes. Add tomatoes and garlic; saute 1 minute. Spread vegetables in even layer in skillet. Add egg mixture to skillet; reduce heat to low and cook 2 minutes. Cover and cook until top of egg mixture is set, about 3 minutes longer. Run spatula around sides of skillet to loosen frittata, then slide out onto plate. Cut frittata into 4 wedges.

Place 4 bread slices on work surface. Spread each with 1/2 tablespoon tapenade. Top each with some arugula, then 1 frittata wedge. Top with remaining bread slices. Cut sandwiches crosswise in half and serve.

Zucchini–Wrapped Red Snapper

2 Teaspoon Cumin seeds
Four; (6– to 7–ounce) red snapper fillets, skinned
4 Tablespoon Olive oil
1 Large Onion; sliced
1/8 Teaspoon Cinnamon
4 Garlic cloves; sliced thin
1–1/2 Pound Plum tomatoes; cut into chunks
Two; (3–inch) strips fresh orange zest, removed with a vegetable peeler
1/4 Cup Dry white wine
1/4 Cup Fresh orange juice
1/4 Cup Chopped flat–leafed parsley leaves
Two; (7–inch–long) zucchini (each about 1/2 pound)
Garnish: flat–leafed parsley sprigs

Preheat oven to 450F.

In a small dry heavy skillet, toast seeds over moderate heat, shaking skillet, until fragrant, being careful not to burn them, and cool.

Brush an ovenproof skillet large enough to hold red snapper fillets in one layer with 3 tablespoons oil and cook onion over moderate heat, stirring, 5 minutes, or until softened and slightly golden.

Stir in seeds, cinnamon, and garlic and cook, stirring, 1 minute. Add tomatoes and zest and cook, stirring, 5 minutes or until tomatoes are slightly softened. Stir in wine and cook, stirring, until most of liquid is evaporated. Remove pan from heat and stir in orange juice, parsley, and salt and pepper to taste.

Pat fillets dry and season with salt and pepper.

Trim ends of zucchini and with a mandoline or other hand–held slicing device, slice zucchini lengthwise into about twenty–eight 1/8–inch–thick strips. On a work surface, arrange fillets in one layer and place about 7 zucchini strips crosswise on top of each fillet, overlapping them slightly and leaving ends of fillet exposed. Carefully tuck ends of zucchini strips under each fillet and with a long spatula, transfer zucchini–wrapped fillets, zucchini strip ends down, to tomato sauce (fillets should be in one layer). Brush tops of fillets with remaining tablespoon oil and bake fillets in skillet in middle of oven 15 to 20 minutes, or until just cooked through.

For The Love Of Zucchini

Discard zest and divide fillets and sauce among 4 plates. Garnish fillets with parsley. Serves 4.