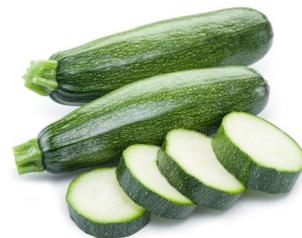




HEALTHY WAYS ZUCCHINI



Tips!

Add zucchini to your favorite baked goods!
Replace pasta in dishes for zucchini noodles.

RECIPES

Pasta with Zucchini Sauce

Ingredients:

2 cups pasta
1 small garlic clove (or 1/4 tsp garlic powder)
2 medium zucchini
1 tbsp canola oil

1/2 cup grated parmesan cheese
1/4 tsp salt
pinch ground black pepper

Directions:

1. Cook pasta according to package instructions.
2. Peel and mince garlic. Rinse and grate zucchini. Measures 2 cups grated zucchini.
3. In a large skillet over medium heat, heat oil. Add zucchini and minced garlic or garlic powder. Cook until mixture softens and zucchini yields some liquid, about 5 minutes.
4. Drain pasta, reserving 1/2 cup cooking liquid.
5. Add 1-2 tsp cooking liquid to zucchini mixture. Add drained pasta. Stir, coating pasta evenly with sauce. Add more pasta water as needed.
6. Transfer pasta to large bowl for serving. Sprinkle with grated parmesan. Season with salt and pepper. Toss to combine.

Zucchini Crisps

Ingredients:

Non stick cooking spray
3 medium to large zucchini, sliced into 1/4 in rounds
1 tbsp vegetable oil
1/4 cup parmesan cheese (optional)

2/3 cup corn flakes, crushed in bag
1/8 tsp black pepper
1/4 tsp garlic powder (optional)

Directions:

1. Preheat oven to 450F.
2. Lightly coat a baking sheet with non-stick cooking spray.
3. Put zucchini in a bag and add vegetable oil. Shake well to coat all sides.
4. Combine cheese, crushed cornflakes, pepper and garlic if using, in a bowl. Press zucchini rounds into the parmesan mixture, coating on both sides.
5. Place in a single layer on your prepared baking sheet. Bake until browned and crisp, about 10 minutes. Serve warm.

Zucchini Muffins

Ingredients:

3/4 cup zucchini, grated or shredded
1 cup applesauce
5 tbsp oil
1/4 cup water
1 tbsp vinegar
3/4 cup all purpose flour

3/4 cup whole-wheat flour (or all purpose)
3/4 cup brown sugar
1 tsp baking soda
1 tsp cinnamon
1/4 tsp salt
non-stick cooking spray

Directions:

1. Preheat oven to 350F. Lightly cook muffin pan with non-stick cooking spray.
2. In a medium bowl, add applesauce, oil, water, vinegar, and zucchini. Mix with a fork.
3. In a large bowl, mix together flour, brown sugar, baking soda, cinnamon, and salt.
4. Combine wet ingredients with dry ingredients.
5. Spread batter evenly throughout muffin tins. Bake for 25-30 minutes.



MAKE IT A MEAL: RECIPES



Zucchini Meatballs

Ingredients:

6 zucchinis, shredded
1 carrot, shredded
1 onion
1 egg
1 cup bread crumbs
2 cloves garlic
1/2 cup low fat ricotta
1 tbsp onion powder

1/2 cup parmesan
1 tbsp salt
1 tbsp pepper
3 tbsp basil (fresh or dried)
3 tbsp parsley (fresh or dried)
2 tbsp Italian seasoning
1 tbsp garlic powder
2 tbsp oil

Directions:

1. Put shredded zucchini and carrot into a strainer and add salt to remove liquid. Set aside for 20 minutes.
2. Chop onion and garlic. Add to carrot and zucchini and put on a pot on medium heat. Cook for 5 minutes to remove excess liquid.
3. Once cooled, add ricotta and stir. Add egg and stir.
4. Add parmesan, breadcrumbs, basil, parsley, Italian seasoning, garlic and onion powder, oil, and pepper to zucchini mixture. Stir.
5. Form into balls.
6. Bake for 40-60 minutes on 375F. Flip halfway through.
7. Serve with your favorite whole wheat pasta or enjoy alone!

Zucchini Fritters

Ingredients:

1lbs fresh zucchini, about 3 medium
1 tsp salt
1 tbsp oregano
1 tsp onion powder
1 tsp garlic powder

1/2 tsp cumin
1/4 cup breadcrumbs
1/4 cup whole wheat flour
3-4 tbsp vegetable oil

Directions:

1. In a medium bowl, grate zucchini and add salt. Leave for about 30 minutes.
2. Drain or squeeze the excess water from the shredded zucchini. Try to dry it out as best as you can.
3. Place zucchini back in the bowl and add all the seasonings to the flour and breadcrumbs. Stir to combine.
4. Shape into 8-10 fritters.
5. Heat a large skillet on medium heat. Add oil when pan is hot and then add fritters. Careful to not crowd the pan.
6. Each fritter will take about 4 minutes per side, or until browned and crispy.
7. Transfer to a paper towel lined plate.
8. Add more oil as needed.
9. Serve with low fat Greek yogurt instead of sour cream.

Zucchini Salsa

Ingredients:

2 large tomatoes, chopped
1 medium zucchini, finely diced
1 poblano pepper, seeded and chopped (optional)
1/2 cup chopped onion
2 tbsp minced fresh or dried cilantro

2 garlic cloves (or 1/4 tsp garlic powder)
1/2 tsp salt
1/4 tsp pepper
3 tbsp lime juice
1 jalapeno pepper, seeded and chopped (optional)

Directions:

1. Combine the tomatoes, zucchini, poblano pepper, jalapeno pepper, onion, cilantro, garlic, salt and pepper in a large bowl.
2. Add lime juice, toss to combine.
3. Cover and refrigerate for about 1 hour.
4. Serve and enjoy!