

## **Zucchini Cooking Tips:**

- Simply rinse off zucchini, no need to peel.
- Zucchini is very versatile. Try it raw, broiled, steamed, fried, grilled, sautéed, or stir-fried.
- Steam small zucchini whole, halved lengthwise, or in larger chunks to best preserve texture, 5-15 minutes. Check tenderness with a fork. Be careful not to overcook. Top with butter, olive oil, and a pinch of salt and pepper and serve hot, or drizzle with olive oil or a vinaigrette and serve at room temperature.
- Grate or thinly slice raw zucchini into salad, or add zucchini sticks or rounds to a veggie platter with dip.
- Add slices to your favorite tomato sauce, pizza, quiche, or other baked dishes.
- Add chunks to soups and stews toward end of cooking time.
- Substitute zucchini in a potato pancake recipe.
- Try this superb, seasonal and quick dish: Fill a large frying pan with chunks of green onion or leek, zucchini, and other summer squash, bell pepper, tomato and eggplant. Salt and pepper to taste. Garlic and fresh basil are optional. Toss with light coating of olive oil, cover, and allow to simmer in its own juices until everything is very tender...even approaching mushy.

Serve as side dish or over spaghetti. It is excellent cold as well.

- Grill zucchini sliced in half lengthwise (face down) or skewer chunks for shish kabob.
- If squash is oversized, make a zucchini boat –the kids can help. Cut large squash in half lengthwise and scoop out pulpy middle. Prebake or steam upright in large pot to tenderize but not fully cook. Stuff zucchini with favorite mixture such as pizza fixings. Place on cookie sheet and bake until heated through and full tender.