

Andrea Todd's Zucchini Ideas

Intervale Community Farm Food Samples
27 and 30 June 2011

Zucchini Ideas

- *Grilled Zucchini*
 - Cut Zucchini into long slim strips, lightly covered in marinade (olive oil, salt, pepper, garlic, and sweetener.)
 - Place on grill. Cook and turn until lightly browned.
- *Grated Zucchini*
 - Grate zucchini into 1-2 cup measurements; let drain in a colander. Place in bags and freeze for future use in breads, omelets, or other favorites!
- *Zucchini Fritters!*
 - *Fritters are delicious. Here are two zucchini fritters I like:*
 - <http://www.nytimes.com/2010/02/19/health/nutrition/19recipehealth.html>
 - <http://www.epicurious.com/recipes/food/views/Zucchini-Fritters-5000>

Zucchini Salad

Ingredients:

- 2-4 Cups raw zucchini cut into tiny cubes
- 1 Cup mint
- 1-2 Tablespoons vinegar
- 1 Tablespoon honey or sugar
- Salt and Pepper to taste

Creation:

- Chop zucchini into cubes
- Mix with vinaigrette
- Add finely chopped mint, salt and pepper