

August 2016 Cooking Class

Mexican Zucchini

Serves 4

Ingredients:

- 2 medium zucchini, diced
- 2-3 garlic cloves, crushed
- 3 Tablespoons fresh lemon or lime juice
- 1 ½ teaspoon Extra Virgin Olive Oil
- ½ teaspoon salt
- 1 Tablespoon minced fresh cilantro or cilantro paste
- 1 large tomato, cored, seeded, and diced
- 1 green onion, thinly sliced
- 1 teaspoon minced jalapeño
- 1 (15 oz) can black beans, drained & rinsed
- ½ cup crumbled queso blanco (or queso fresco, cotija, or feta)
- Freshly ground pepper, to taste

Directions:

1. In a zip-close plastic bag, combine the lemon or lime juice, garlic, oil, cilantro, and salt; add the zucchini. Squeeze the air out of the bag and seal the bag; turn to coat the zucchini. Let stand in bag for 30 minutes.
2. Remove the zucchini mixture from the plastic bag and pour into a large bowl.
3. Add the diced tomato, green onion, jalapeño, and beans to the bowl of zucchini.
4. Season with salt and pepper to taste.
5. Top with the queso blanco.

One Pot Zucchini Mushroom Pasta

Yield: 6 servings

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Ingredients:

- 1 pound of whole wheat pasta
- 1 yellow onion, diced
- 2 cups (1 pound) of cremini mushrooms, thinly sliced
- 2 zucchini, thinly sliced and quartered
- 1 (15 ounce) can tomato sauce or crushed tomatoes
- 4 cloves of garlic, minced
- 2 sprigs of fresh thyme

- 2 teaspoons dried oregano
- 1 Tablespoon dried basil
- Kosher salt & freshly ground pepper, to taste
- 4 ½ cups vegetable broth
- 2 cups fresh spinach leaves
- 1/3 cup grated Parmesan

Instructions:

1. In a large pot over medium high heat, combine the pasta, onion, mushrooms, zucchini, tomatoes, garlic, thyme, oregano, basil, salt, & pepper with 4 ½ cups of vegetable broth.
2. Bring to a boil; reduce heat and simmer, uncovered, until the pasta is cooked through and the liquid has reduced, about 8 to 10 minutes.
3. Stir in the spinach and Parmesan. Serve.

Zucchini Fritters

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Ingredients:

- 1 ½ pounds zucchini, grated
- 1 teaspoon salt
- ¼ cup cornmeal
- ¼ cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 large egg, beaten
- Kosher salt and freshly ground black pepper, to taste
- 2 Tablespoons Olive Oil

Instructions:

1. Place grated zucchini in a colander over the sink. Add salt and gently toss to combine; let sit for 10 minutes. Using a clean dish towel or cheese cloth, drain zucchini completely by squeezing out extra liquid.
2. In a large bowl, combine zucchini, cornmeal, Parmesan, garlic, and egg; season with salt and pepper to taste.
3. Heat olive oil in a large skillet over medium heat. Scoop tablespoons of batter for each fritter, flattening with a spatula, and cook until the underside is nicely golden brown, about 2 minutes. Flip and cook on the other side, about 1 to 2 minutes longer.