

## *Alice Waters' Ratatouille*

food52.com

1 medium or 2 small eggplant, cut into 1/2-inch dice  
4 tablespoons olive oil, divided, plus more to taste  
2 medium onions, cut into 1/2-inch dice  
4 to 6 garlic cloves, chopped  
1/2 bunch of basil, tied in a bouquet with kitchen twine + 6 basil leaves, chopped  
pinch of dried chile flakes  
2 sweet peppers, cut into 1/2-inch dice  
3 medium summer squash, cut into 1/2-inch dice  
3 ripe medium tomatoes, cut into 1/2-inch dice  
Salt to taste

Toss the eggplant cubes with a teaspoon or so of salt. Set the cubes in a colander to drain for about 20 minutes. Heat 2 tablespoons of olive oil in a heavy-bottomed pot. Pat the eggplant dry, add to the pan, and cook over medium heat, stirring frequently, until golden. Add a bit more oil if the eggplant absorbs all the oil and sticks to the bottom of the pan. Remove the eggplant when done and set aside.

In the same pot, pour in 2 more tablespoons olive oil. Add onions and cook for about 7 minutes, or until soft and translucent. Add the garlic, basil bouquet, dried chile flakes, and a bit more salt. Cook for 2 or 3 minutes, then stir in peppers. Cook for a few more minutes, then stir in summer squash. Cook for a few more minutes, then stir in tomatoes.

Cook for 10 minutes longer, then stir in eggplant and cook for 10 to 15 minutes more, until all the vegetables are soft. Remove the bouquet of basil, pressing on it to extract all its flavors, and adjust the seasoning with salt.

Stir in the chopped basil leaves and more extra virgin olive oil, to taste. Serve warm or cold.

## *Buttery Patty Pan Squash with Basil*

[www.foodrenegade.com](http://www.foodrenegade.com)

- 5 or 6 medium patty pan squash, sliced
- 1/4 C melted butter
- 1 bunch fresh basil, chopped
- sea salt

Begin by preheating your oven to 350F degrees and prepping the veggies – cutting your patty pan squash into 1/4 inch slices and chopping your fresh basil. Layer the patty pan slices at the bottom of a 2 quart baking dish and lightly drizzle with melted butter. Scatter some freshly cut basil on top and lightly sprinkle with sea salt. Continue forming these layers of patty pan squash, butter, basil, and salt until you've used all your squash and basil. Cover the dish and bake it in the 350F degree oven for 30 minutes, or until the squash is tender. Remove from the oven and serve as a delectable side

## ***Buttery Summer Squashes with Basil***

adapted from [www.foodrenegade.com](http://www.foodrenegade.com)

3 to 5 medium summer squash( Patty Pan, Zucchini, Yellow Summer, Cusa), sliced

1/4 C melted butter

1 bunch fresh basil, chopped

sea salt

Begin by preheating your oven to 350F degrees and prepping the veggies – cutting your squash into 1/4 inch slices and chopping your fresh basil. Layer the squash slices at the bottom of a 2 quart baking dish and lightly drizzle with melted butter, scatter some freshly cut basil on top and lightly sprinkle with sea salt. Continue forming these layers until you've used all your squash and basil. Cover the dish and bake it in the 350F degree oven for 30 minutes, or until the squash is tender. Remove from the oven and serve as a delectable side.

## *Chocolate Zucchini Cupcakes*

Simple & Delicious | May/June 2009

- 1-1/4 cups butter, softened
- 1-1/2 cups sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2-1/2 cups all-purpose flour
- 3/4 cup baking cocoa
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup plain yogurt
- 1 cup grated zucchini
- 1 cup grated carrots
- 1 can (16 ounces) chocolate frosting (alternative: sprinkle top of hot cupcakes with chocolate chips)

Heat oven to 350 degrees.

In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Combine the flour, baking cocoa, baking powder, baking soda and salt; add to the creamed mixture alternately with yogurt, beating well after each addition. Fold in zucchini and carrots.

Fill paper-lined muffin cups two-thirds full. Bake at 350° for 18-22 minutes or until a toothpick inserted near the center comes out clean. If sprinkling with chocolate chips, top cupcakes with them while hot. Otherwise, cool for 10 minutes before removing from pans to wire racks to cool completely. Frost cupcakes. Yield: 21 cupcakes.

## *Corn and Zucchini Saute*

Tested till Perfect | [www.cbc.ca/bestrecipes](http://www.cbc.ca/bestrecipes)

- 1 tbsp (15 mL) vegetable oil
- 3 green onions, sliced
- 1 zucchini, halved lengthwise and sliced
- 1/2 tsp (2 mL) dried oregano
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) pepper
- 2 cups (500 mL) fresh or frozen corn

In large skillet, heat oil over medium heat; fry onions, until softened, about 3 minutes. Add zucchini, oregano, salt and pepper. Fry, stirring occasionally, until zucchini is tender-crisp, about 3 minutes. Stir in corn; sauté until hot, about 3 minutes.

## *Crunchy Topped Squash Casserole*

www.cooks.com | modifications S. Brewer

- 8 to 10 medium sized mixed summer squashes
- 1/2 cup chopped onion
- 8 oz sour cream (or yogurt or other substitute)
- Salt and pepper to taste
- 1/2 teaspoon dried basil
- 1/2 cup bread crumbs
- 1 cup cheese (sharpish is my preference)
- 1/3 cup melted butter
- 1/2 teaspoon paprika
- Cooked and crumbled bacon to top

Note: originally this recipe called for yellow summer squash, but we found it to be a bit bland, so a mix of zucchini, yellow summer squash, cusa and/or patty pan is suggested - a little fresh sweet corn is nice too)

Wash squash and trim off ends. Chunk squash and cook with onions in boiling water until tender (next time, I'm going to saute instead), then drain and mash. Combine squash, sour cream, salt, pepper and basil. Pour into greased casserole dish. Combine bread crumbs, cheese, butter and paprika, then sprinkle over squash mixture - top with bacon. Bake at 300 degrees for 40 minutes.

## *Golden Summer Squash & Corn Soup*

Eating Well | July/August 2009

- 1 tablespoon extra-virgin olive oil
- 1 medium shallot, chopped
- 2 medium summer squash (approx 1 lb), diced
- 3 teaspoons chopped fresh herbs, such as thyme or oregano, divided
- 1 14 oz can chicken or vegetable broth
- 1/4 teaspoon salt
- 1 cup fresh corn kernels (from 1 large ear) - note: after cutting off kernels, use dull edge of knife to press down the length of the ear to push out the rest of the corn and milk
- 1 teaspoon lemon juice
- 1/4 cup crumbled feta cheese

Heat oil in large saucepan, add shallot and cook, stirring, 1 minute. Add squash and 1 teaspoon herbs and cook, stirring occasionally, until squash starts to soften, 3 to 5 minutes. Add broth and salt, bring to a boil. Reduce heat to a simmer and cook until squash is soft and mostly translucent, about 5 minutes. Transfer to a blender and puree until smooth. Return soup to pan, add corn. Bring to a simmer over medium heat, stirring occasionally, until corn is tender, 3 to 5 minutes. Remove from heat, stir in lemon juice. Serve garnished with the remaining herbs and feta.

## *Grilled Summer Squash and Zucchini*

Gourmet | June 2007

- 6 medium yellow squash and/or green zucchini (3 pounds)
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 teaspoons coarse-grain mustard
- 1/4 teaspoon sugar

Prepare grill for indirect-heat cooking over medium-hot charcoal (high heat for gas).

Trim squash and/or zucchini and halve lengthwise, then toss with salt, pepper, and 2 tablespoons oil in a large bowl.

Oil grill rack, then grill vegetables directly over hottest part of coals, covered only if using a gas grill, turning over once, until grill marks appear, about 6 minutes total. Move vegetables to area of grill with no coals underneath and grill, covered, until tender, about 4 minutes more. Transfer to a platter.

While vegetables are grilling, whisk together lemon juice, mustard, sugar, and remaining 2 tablespoons oil in a small bowl. Pour dressing evenly over vegetables before serving.

## *Grilled Vegetable Tacos*

adapted from

WeightWatchers Annual Recipes for Success 2012

1 red onion, quartered

1 large zucchini (or 3 small/medium zucchini or variety of summer squashes) cut into 1/4" slices

1 yellow bell pepper, halved and seeded

Cooking spray

1/2 teaspoon chili powder

1 1/2 teaspoons Worcestershire sauce

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1/2 cup refrigerated guacamole

6 (6 inch) flour tortillas

6 (0.3 ounce) hard taco shells

1/2 cup pico del gallo

1 cup shredded Monterey Jack cheese

Preheat grill to medium high heat.

Place first 3 ingredients on grill rack coated with cooking spray; grill 10 minutes or until vegetables are tender, turning occasionally. Cut vegetables into bite sized pieces. Combine vegetables, chili powder and next 3 ingredients.

While vegetables grill, spread about 1 tablespoon guacamole in center of each tortilla, leaving a 1 inch border. Place a hard taco shell in center of each tortilla, and gently press flour tortillas around shells, allowing guacamole to adhere.

Spoon vegetable mixture evenly into taco shells, top with 1 tablespoon pico del gallo and about 2.5 tablespoons cheese.

Points Plus value per serving: 8

## *Grilled Zucchini*

www.kalynskitchen.com

1 large zucchini or 2 small/medium zucchini sliced in slices 1/2 to 5/8 inch thick

1/2 cup of your favorite vinaigrette salad dressing

1 tsp. garlic powder or garlic puree (optional, but good)

1-2 tsp. dried oregano, basil, thyme, rosemary, or a combination (optional)

Cut zucchini into slices, making sure the slices are the same thickness. Combine salad dressing with garlic powder and dried herbs of your choice, if using. (I like this both with and without the extra flavorings. This is one place where fresh herbs are not better.) Put zucchini slices into Ziploc bag, pour in marinade and let zucchini marinate 4 hours or longer, even as long as all day if desired. No need to refrigerate it while it's marinating, but you can if you prefer.

To cook zucchini, preheat grill to medium-high. (You can only hold your hand there for 3-4 seconds.) You can spray the grill with non-stick spray if desired, but you don't really need it.

Place zucchini on grill, having a spray bottle handy for taming any flames that shoot up from the oil in the marinade. After about 4 minute, check for grill marks, and rotate zucchini a quarter turn. Cook 3-4 more minutes on first side.

Turn zucchini to second side and cook about 4 minutes more, or until zucchini is starting to soften, with the outside slightly charred and browned. Season with salt and fresh ground black pepper and serve hot.

## ***Honey Glazed Roasted Vegetables***

[www.eggplantrecipes.net](http://www.eggplantrecipes.net)

1/4 cup Honey

1/4 cup Olive Oil

3 tablespoons Balsamic Vinegar

1 Garlic Clove, peeled and crushed

Salt, Pepper, and Dried Thyme, to taste

4-6 cups mixed halved Red Potatoes, sliced Zucchini,

thickly sliced Onions, Red Peppers, Carrots, Sweet

Potatoes, sliced Eggplant

Preheat oven to 400 F. Combine honey, olive oil, balsamic vinegar, crushed garlic, salt, pepper, and thyme in small bowl. Mix well. Arrange red potatoes, zucchini, onions, red peppers, carrots, sweet potatoes, and eggplant in roasting pan. Brush honey mixture over vegetables. Bake 30 minutes. Stir occasionally

## *Mom's Veggie Casserole*

G. Todosciuk

- 1-2 Yellow Summer Squash, sliced
- 1-2 Zucchini, sliced
- 1-2 Yellow Zucchini, sliced
- 1-2 Cusa, sliced
- 2-3 Patty Pan Squash, sliced
- 1 medium onion, sliced
- Oil of your choice or butter
- Salt and pepper to taste
- 2 large tomatoes, sliced
- Cheese of your choice

Using a large, deep skillet or shallow casserole dish, set on medium low heat on burner and add oil. Begin layering using onion first, then squash in any order. Lightly salt and pepper every couple of layers. Finish with sliced tomatoes. Add just a splash of water, cover and cook for 10 to 15 minutes - squash and tomatoes should be tender and hot. Add cheese to top, cover and let cheese melt.

## Oatmeal Garden Cookies

3 c oatmeal  
1 1/2 c raisins  
1 grated zucchini  
1 grated yellow summer squash  
2 diced apples  
1 1/2 c flour  
1 c butter  
2 eggs  
1 c brown sugar  
1/8 c molasses  
1 tsp vanilla  
1 tsp baking soda  
1/2 tsp baking powder  
1 tsp salt  
1 tbsp cinnamon  
1 tsp cloves

Grate zucchini and summer squash. Dice apples. Cream together the butter, molasses, vanilla and sugar. Add dry ingredients, adding oatmeal last. Stir in vegetables, apples and raisins by hand.

Using a tablespoon or cookie scoop, drop onto cookie sheet lined with parchment paper. Bake at 375 F for 11 - 13 minutes or until golden brown. Cookies should have a soft interior with a slightly crunchy exterior.

## ***Parmesan Zucchini Fries***

www.swansonvitamins.com

- 1 cup flour (any combination you prefer)
- 3/4 cup bread crumbs (recipe calls for Panko style)
- 1/4 Parmesan cheese, grated
- 1/2 tsp garlic powder
- 1/2 tablespoon Italian Spice blend
- 2 egg whites, whisked
- 1.5 pounds zucchini, cut into strips (sized like fries)

Preheat oven to 425 F. Mix the flour and garlic powder in a Ziploc baggie and add the zucchini strips, shake to coat.

Whisk the eggs in a bowl. In another bowl, mix the bread crumbs, cheese and Italian seasoning together.

Remove the zucchini strips from the baggie, shaking off the excess flour. Dunk each strip individually in the egg and then roll in the bread crumb mixture. Place on a cookie sheet and put in the oven for 10 minutes. Flip them over and return to the oven for another 10 minutes.

Serve plain or with a favorite dipping sauce.

## *Ricotta Stuffed Squash*

www.cooks.com

- 8 yellow summer squash or zucchini squash or patty pan squash
- 2 tbsp. butter
- 1 sm. onion, finely chopped
- 1 clove garlic, minced or pressed
- 1 (10 oz.) pkg. frozen chopped spinach, thawed
- 2 eggs
- 2 c. (1 lb.) ricotta cheese
- 1/4 c. grated Parmesan
- 1 tbsp. chopped parsley
- 1/2 tsp. salt
- 1/2 tsp. dry basil
- 1/2 tsp. oregano leaves
- Dash of pepper
- Tomato sauce (recipe follows)

Cut squash in half lengthwise. Scoop out seeds and part of pulp, leaving shells about 1/2 inch thick. Steam squash shells over boiling water until crisp-tender, about 5 minutes. Plunge in cold water, drain well, set aside.

In small frying pan over medium heat, melt 1 tablespoon of the butter. Add onion and garlic and cook until onion is limp. Squeeze spinach to remove excess moisture. Add spinach to onion mixture and cook for 1 minute; let cool.

In a bowl, combine eggs with ricotta until well blended. Stir in Parmesan, parsley, salt, basil, oregano, pepper and spinach mixture. Fill squash shells with about 3 tablespoons of filling per squash. Arrange shells in a shallow baking pan. Melt remaining 1 tablespoon butter and brush over cut surfaces of squash. If made ahead, cover and refrigerate. Bake uncovered in a 350 degree oven for 20 minutes (30 minutes if refrigerated). While squash is baking, prepare tomato sauce to spoon over squash before serving.

**TOMATO SAUCE:** In 1-quart pan, simmer together for 5 minutes 1 (15 oz.) can tomato sauce, 2 tablespoons chopped parsley, 1 clove minced garlic, 1 teaspoon dry basil, 1/2 teaspoon oregano. Salt and pepper to taste.

## *Roasted Patty-Pan Squash*

[www.fearlesskitchen.com](http://www.fearlesskitchen.com)

- 8 patty-pan squash, quartered
- 2 tablespoons olive oil
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme
- Kosher salt and black pepper to taste

Preheat your oven to 450 degrees. Combine all ingredients in the roasting pan. Toss to coat well. Roast until reasonably tender and fragrant, about 15 - 20 minutes.

## *Stuffed Cusa*

cucinapanzano.blogspot.com

- 1 lb ground lamb or ground hamburger
- 4 medium sized cusa- pulp & seeds removed and chopped into bite sized pieces
- 2 cloves garlic, smashed
- 2 shallots, minced
- Olive oil to sauté
- 1 cup long grained rice, uncooked
- 3 fresh tomatoes, chopped fine & pulsed in processor
- 1/2 cup freshly chopped mint
- 1 tsp ground cinnamon
- 1/8 tsp ground allspice
- Sea salt, white pepper, sumac pepper to taste
- 3/4 cup vegetable or chicken stock

Preheat oven to 375 degrees. Halve squash lengthwise and scoop out pulp and seed with a spoon and chop into bite size pieces, then set aside. Sauté in olive oil ground meat, shallots, garlic and squash pulp until squash is just tender and meat just about browned. Once cooked, add rice along with a little bit of the tomato to hold all it together and give it some texture. Add seasoning and mint and mix all together well. Line a baking pan with the emptied cusa squash shells and begin to stuff them with the meat/rice/tomato mixture. Sprinkle a little cinnamon on top and a drizzle of more tomato sauce. Pour vegetable stock around each stuffed squash to come up to about half way up the squash in baking dish. Cover with foil and bake 30 minutes. Enjoy!

## *Stuffed Summer Squash*

Diana Rattray | [southernfood.about.com](http://southernfood.about.com)

- 2 medium summer squash (yellow, zucchini, cuza), halved lengthwise
- 1 tablespoon olive oil
- 2 tablespoons plus 1-1/2 teaspoons butter, divided
- 1/4 cup finely chopped onion
- 2 tablespoons finely chopped pepperoni
- 1/4 cup grated Parmesan cheese, divided
- 4 tablespoons fine bread crumbs, divided
- 1 tablespoon fresh parsley, minced
- Salt and pepper to taste

Remove pulp from squash, leaving 1/4 inch thick shells. Chop pulp and reserve. Cook shells gently in hot oil in a covered skillet over medium low heat. Turn shells once, cooking about 2 to 3 minutes per side or until just tender. Transfer to a rack, cool and pat dry with a paper towel.

Add 1-1/2 teaspoons butter to oil in skillet. Add squash pulp and onion. Cook until onion is tender. Stir in pepperoni, 1 tablespoon Parmesan cheese, 2 tablespoons bread crumbs, parsley and salt and pepper to taste.

Fill shells with mixture. Mix remaining cheese and bread crumbs, sprinkle over squash. Dot with remaining butter. Broil squash 4 inches from heat for 2 to 3 minutes or until golden brown.

## *Sweet Spiced Zucchini Pickles*

eatdrinkandbemary.wordpress.com

4 cups zucchini (and/or cuza), cut into 1" cubes

2 cups white vinegar

1 1/2 cups granulated sugar

2-4 cinnamon sticks

20-40 whole cloves

Wash the zucchini. Cut the ends off and remove the seeds, then cut the zucchini into 1" cubes. Soak the zucchini cubes in ice water for two to four hours.

About 45 minutes before ready to begin canning, set a large pot of water on the stove to boil. See sterilization tips above. Bring the vinegar, sugar, cinnamon sticks and cloves to a boil and continue boiling for approximately 10 minutes. Place the zucchini in the hot jars, ladle the hot brine over the zucchini, make sure that a cinnamon stick gets into every jar, and immediately put the lid on.

When enough jars are lidded to begin the seal bath, place them in the large pot of boiling water. When the water begins to reboil, start timing. Boil the jars for 5-10 minutes (depending on jar size or whichever set of guidelines you decide to listen to). Remove the jars and set aside to cool. The pickles will be good to eat after about 1 week.

They have a taste and texture pretty similar to baked apples. My father's pronounced them the single best reason for planting zucchini.

## *Yellow Squash Relish*

www.cooks.com

8 c yellow squash, thinly sliced

2 c onions, thinly sliced

2 red bell pepper, thinly sliced

2 green bell pepper, thinly sliced (if you don't like green peppers, just add another color)

3 c sugar

2 c white vinegar

2 tsp mustard seed

2 tsp celery seed

Prepare vegetables and salt to taste. Let stand 2 hours and drain. In a large pot, combine sugar, vinegar and spices and bring to a boil. Add vegetables and bring to a boil. Boil for 5 minutes. Pour into hot jars and seal.

## *Zucchini and Thai Basil Pancakes*

R. Yang and S. Chirchi

1 cup flour

1/2 teaspoon baking soda

About 1 tsp. kosher salt

1 large egg

1 cup coarsely shredded zucchini, drained and squeezed dry in a kitchen towel

2 green onions, sliced on a diagonal

1/4 cup Thai basil or regular basil cut into fine shreds, plus small basil sprigs

About 1/4 cup canola oil, divided

Preheat oven to 250° and set a baking sheet in it. Mix flour, baking soda, and 1 tsp. salt in a medium bowl. Add egg and 3/4 cup water and whisk until smooth. Stir in zucchini, onions, and basil shreds.

Heat an 8-in. nonstick frying pan over medium-high heat, add 1 tbsp. oil, and swirl. Spoon in one-quarter of batter and quickly spread even. Cook until underside is deep brown, 2 minutes; flip. Add a little oil if pan looks dry; brown second side. Transfer to oven. Make more pancakes the same way.

Quarter pancakes, garnish with basil sprigs, and add more salt if you like.

Note: these are a savory pancake and should be used as an appetizer or side dish.

# Zucchini Cake

S. Brewer

4 eggs  
3 cups sugar  
1.5 cups oil  
3 cups flour  
1.5 teaspoons baking soda  
1 teaspoon salt  
1.5 teaspoons cinnamon  
1.5 teaspoons baking powder  
3 cups grated zucchini  
1 cup walnuts (optional or use your favorite nuts)  
1 teaspoon vanilla

Mix eggs, sugar and oil together. Add dry ingredients, stir until mixed. Grease the bottom of Bundt pan (or your preferred baking pan or cupcakes). Bake at 350 degrees for 1 hour (adjust time for different pan or cupcakes)

## ***Zucchini Dill Pickles***

www.gardenguides.com

2 lbs small zucchini (white, green, yellow)

2 med onions

1/4 cup Kosher or Pickling salt

Ice water

2 cups cider vinegar

2 cups water

1 tablespoon sugar

1 tablespoon mustard seed

4 dill heads or 1/4 cup dill seed

4 garlic cloves, sliced thin

1 bundles dill leaves or 4 teaspoons dill weed

Trim the ends from the zucchini and slice about 3/8" thick. Slice the onions about 1/4" thick (so you have onion rings).. Layer in a bowl with salt (zucchini/onions/salt, repeat) and cover with ice water, cover with plate to weight and let sit for 2 hours, then drain. Mix the vinegar, sugar, water and mustard in large pan. Bring to a boil, then simmer for 5 minutes. Remove pan from heat, add the dill heads, zucchini and onions. Cover and let sit for 2 hours, stirring occasionally. Fill a canning kettle with water and bring to a boil. Sterilize 4 pint jars and scald 4 lids and rings. Bring the zucchini mixture back to a boil and stir in the garlic and dill leaves. Ladle into hot sterilized jars, cover with lids and rings. Process in hot water bath for 10 minutes. Store for 1 week at room temperature before using. If any jars don't seal, store in the refrigerator and use within 2 weeks.

## *Zucchini, Mint and Yogurt Spread*

Joanna Miller | [www.thekitchn.com](http://www.thekitchn.com)

- 1 large zucchini, cut into 1-inch half-moons
- 2 tablespoons olive oil
- 1/2 cup Greek yogurt
- 2 tablespoons mint, roughly chopped
- zest of 1 lemon
- salt and pepper

Heat oil in a skillet over medium-high heat. Sprinkle zucchini slices with salt and pepper and add to the pan. Cook for about 5 minutes, turning once, until both sides are nicely browned. Remove from heat. Once zucchini have cooled to room temperature, place in a food processor. Add mint and lemon zest (reserving a bit of both for garnish), a pinch of salt, pepper and yogurt. Pulse until pureed. Spread dip onto a serving plate, drizzle with remaining olive oil and sprinkle with reserved mint and lemon zest. Add olives if desired.