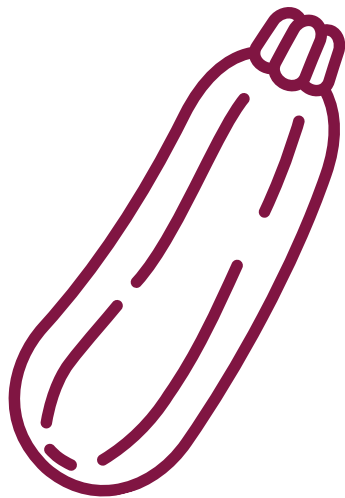


ZUCCHINI

(COURGETTE)

WHAT PARTS CAN I EAT AND HOW?



THE FRUIT (TOP INCLUDED!)

- Baked or roasted
- Stuffed
- In fritters (fried or baked)
- In baked goods like brownies, loaves, cakes or cookies
- Baked fries
- Pickled
- In a lasagna
- Raw in a salad or as crudité

WHEN IS IT IN SEASON?



Zucchini is in season from **June to October**.

STORAGE



An extra step is to pat your zucchini with a paper towel to remove any extra moisture, then place it in a ventilated plastic bag, also stored in the crisper drawer. Properly stored zucchini stays good in the fridge for about five to seven days.

ZUCCHINI CARROT FRITTERS + DIP

MAKES 14 FRITTERS

INGREDIENTS:

FRITTERS

- 2 cups shredded zucchini (*with peel*)
- 2 cups shredded carrot, peeled
- 1/3 cup raw oats
- 2/3 cup whole wheat flour
- 1 tsp baking powder
- 1 tsp pepper & salt
- 2 large eggs, lightly beaten
- 1/3 cup scallions or onions

DIP

- 2 cloves garlic, finely minced
- 1/2 cup cucumber, peeled and shredded
- 1 1/2 cups plain yogurt
- 1 tbsp vinegar or lemon juice + herbs

INSTRUCTIONS:

1. Preheat oven to 400F. Line with parchment paper or grease baking pan.
2. Put shredded zucchini and carrot in colander. Sprinkle with salt. Let rest for 10min. Using your hands, squeeze out as much liquid as possible. Transfer into large bowl.
3. Add flour, baking powder, oats, eggs, scallions and pepper. Stir until well mixed.
4. Scoop fritter mix onto the pan making 14 portions. Bake 3min, then flip. Let cook until golden brown and cooked through.
5. Mix dip ingredients in a bowl and serve with fritters.

MUTABAL KOUSA

(MIDDLE EASTERN ZUCCHINI DIP)

SERVES 6

INGREDIENTS:

- 1 cup shredded zucchini (*with peel*)
- 2 cloves garlic, crushed
- 1 tablespoon olive oil
- 1/2 cup tahini
- 1/2 lemon, juiced
- 1/2 tsp sumac
- Salt & pepper, to taste
- Garnishes: *sumac, aleppo peppers, pomegranate seeds, chopped parsley*

INSTRUCTIONS:

1. Squeeze out excess water from grated zucchini.
2. Heat oil in pan on medium heat. Add garlic and cook until fragrant, about 2 minutes. Add zucchini and let caramelize. Set aside to cool.
3. In a bowl, combine the lemon juice, tahini and sumac. Season with salt and pepper.
4. Fold pan contents into the yogurt mixture. Garnish and serve.