

I ILLINOIS EXTENSION

Grilled Zucchini-Tomato Cheese Toastie

(serves 4)

Make use of late-spring and early-summer produce in this twist on a grilled tomato and cheese sandwich.



Spread

1/4 cup reduced-fat mayonnaise or softened cream cheese
1 clove garlic, minced
1/2 tsp dried oregano
1/2 tsp dried basil
1/8 tsp salt
1/8 tsp black pepper

Sandwich

1 medium zucchini
1 medium tomato, thinly sliced
4 slices part-skim mozzarella cheese
8 slices bread or roll, preferably whole-grain
softened butter or oil

Directions

1. Wash hands with soap and water.
2. In a small bowl, combine mayonnaise, garlic, oregano, basil, salt, and pepper.
3. Wash and cut both ends off zucchini. With a vegetable peeler, peel zucchini into wide ribbons.
4. To assemble sandwiches, spread mayonnaise mixture evenly on 4 slices of bread. Top with zucchini ribbons, tomato slices, and cheese. Top sandwiches with remaining bread slices.
5. Heat a large skillet over medium heat.
6. Spread a small amount of *softened butter or oil* on both sides of each sandwich. Add to skillet and cook 2-3 minutes or until lightly brown. Flip sandwiches and grill on second side about 2 minutes or until lightly brown and cheese is melted.

Nutrition Facts per serving: 280 calories, 13g fat, 540mg sodium, 29g carbohydrate, 5g fiber, 13g protein

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Zucchini Carrot Bars

(serves 16)

This simple quick bread makes a yummy snack or dessert.



Ingredients

3/4 cup all-purpose flour
3/4 cup whole-wheat flour
1 tsp baking powder
1 tsp ground ginger
1/4 tsp baking soda
2 large eggs, beaten

1 1/2 cups shredded carrot
1 cup shredded zucchini
2/3 cup brown sugar
1/2 cup chopped walnuts (optional)
1/2 cup vegetable oil
1/4 cup honey

Directions

1. Preheat oven to 350°F.
2. Wash hands with soap and water.
3. Gently rub produce under cool running water.
4. Combine flours, baking powder, baking soda, and ginger in a large bowl.
5. In another bowl, combine eggs, carrot, zucchini, brown sugar, walnuts (if using), oil, and honey.
6. Add carrot mixture to flour mixture. Stir just until moistened.
7. Spread into an ungreased 13 x 9 x 2-inch baking pan.
8. Bake at 350°F for 25 minutes or until a toothpick inserted in the center is clean.

Nutrition Facts per serving (including nuts): 190 calories, 10g fat, 70mg sodium, 24g carbohydrate, 1g fiber, 3g protein

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Berry-Nana-Squash Smoothie

(serves 3, 1 cup servings)

Summer squash is tender enough to blend up smoothly even without cooking.



Ingredients

- 1 cup frozen mixed berries
- 1/2 cup diced banana
- 1 cup diced zucchini or yellow squash
- 1 cup low-fat vanilla yogurt
- 1 cup ice cubes

Directions

1. Wash hands with soap and water.
2. Gently rub fresh produce under cool running water.
3. Add all ingredients to a blender.
4. Blend until smooth, about 1-2 minutes.

Nutrition Facts per serving: 130 calories, 1g fat, 55mg sodium, 28g carbohydrate, 2g fiber, 4g protein

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Roasted Zucchini

(serves 8)

Roasting is an easy, hands-off cooking method.



Ingredients

4 medium zucchini (about 7 inches long)
2 Tbsp vegetable oil
1 tsp dried oregano
1 tsp dried basil
1/2 tsp garlic powder
1/8 tsp black pepper
1/4 tsp salt

Directions

1. Preheat oven to 400°F.
2. Wash hands with soap and water.
3. Gently rub zucchini under cool running water. Dry with a clean towel.
4. Cut off stem. Slice zucchini in half, length-wise. Slice into half-moon discs, about 1/4-inch thick. Pat zucchini pieces with a dry, clean towel to remove excess moisture. Put in a medium bowl.
5. Mix oil, oregano, basil, garlic, black pepper and salt in a separate bowl with fork or wire whisk. Pour onto zucchini pieces and mix gently.
6. Spray a baking pan or cookie sheet with nonstick cooking spray. Place zucchini onto pan.
7. Bake for 15 to 20 minutes and flip zucchini pieces. Bake an additional 15 to 20 minutes or until zucchini is tender and lightly browned.

Nutrition Facts per serving: 50 calories, 3.5g fat, 80mg sodium, 3g carbohydrate, 1g fiber, 1g protein

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Zucchini Pineapple Bread

(serves 24)

This bread is filled with lots of fruits and veggies.



Ingredients

3 eggs	1 1/2 cups whole wheat flour
1/2 cup vegetable oil	1 1/2 cups all-purpose flour
1/2 cup applesauce (unsweetened preferred)	2 tsp baking soda
1 cup sugar	1 tsp salt
2 tsp vanilla extract	1/4 tsp baking powder
2 cups shredded zucchini	1 1/2 tsp ground cinnamon
1 can (14-15 ounces) crushed pineapple, drained	3/4 tsp ground nutmeg

Directions

1. Preheat oven to 350°F.
2. Wash hands with soap and water.
3. Wash zucchini and slice off both ends. Cut zucchini into large chunks and grate. Measure shredded zucchini by packing firmly into a measuring cup.
4. In a large mixing bowl, combine eggs, oil, applesauce, sugar, vanilla, shredded zucchini, and pineapple.
5. In a separate bowl, stir together flours, baking soda, salt, baking powder, cinnamon, and nutmeg.
6. Slowly add dry ingredients to the zucchini mixture and mix well. Pour batter into 2 greased loaf pans.
7. Bake for about one hour or until toothpick inserted in middle comes out clean.
8. Cool for 10 minutes. Remove and place on wire rack to cool completely.

Nutrition Facts per serving: 150 calories, 6g fat, 220mg sodium, 24g carbohydrate, 1g fiber, 3g protein

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Summer Squash and Onion Packets

(serves 2)

This recipe is seasoned very simply. Add fresh or dried herbs to customize the flavors.



Ingredients

2 small yellow summer squash or zucchini (or a combination of both)
1 small onion
1 Tbsp butter or margarine, *divided*
1/4 tsp black pepper, *divided*

Directions

1. Wash hands with soap and water.
2. Wash squash under cool, running water. Cut into 1/4-inch rounds.
3. Cut onion in half and then into thin slices.
4. Gather 2 large pieces of foil. Divide cut squash and zucchini evenly between foil. Divide butter and black pepper evenly between foil packets. Fold foil to seal all sides.
5. Grill over indirect heat for 15-20 minutes or until vegetables are tender.
To bake, preheat oven to 350°F and bake in foil for 30-45 minutes.

Nutrition Facts per serving: 80 calories, 6g fat, 10mg sodium, 7g carbohydrate, 2g fiber, 2g protein

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Zucchini and Corn Chowder

(serves 4)

Try this chowder on cool, rainy days in summer or any time of year.



Ingredients

1 medium carrot, diced
1 medium stalk celery, diced
1 medium potato, diced
Half a medium onion, diced
2 cloves garlic, minced
1 Tbsp oil

2 cups fat-free, low-sodium vegetable or chicken broth
1 1/2 cups diced zucchini (about half a large zucchini)
1 cup corn kernels (fresh or frozen)
1 cup 2% milk
1/2 tsp ground black pepper

Directions

1. Wash hands with soap and water.
2. Wash produce and cut as directed in **Ingredients** list.
3. To a large saucepan, add oil, carrots, celery, potato, onion, and garlic. Cook over medium heat, stirring occasionally, for 5 minutes.
4. Stir in broth. Cover and let mixture simmer until vegetables are tender, about 10-15 minutes.
5. Add zucchini and corn. Cover and cook 5 minutes or until zucchini is tender.
6. Stir in milk and black pepper. Cook uncovered 5 minutes or until milk is heated.
7. For a thicker chowder, try option A or B below:
 - A. With a ladle, scoop out 1 cup of mixture without much liquid. Puree in a food processor until smooth, and stir back into chowder.
 - B. In a small bowl, mix 1 Tbsp all-purpose flour with 1/2 cup of chowder liquid until smooth. Pour into saucepan, and stir occasionally until mixture thickens.

Nutrition Facts per serving: 170 calories, 5g fat, 120mg sodium, 27g carbohydrate, 3g fiber, 5g protein

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Roasted Ratatouille

(serves 6)

Serve with your favorite protein and a whole-grain roll.



Ingredients

1 medium zucchini
1 medium eggplant
1 small onion
1 small bell pepper (any color)
4 mushrooms
1 large tomato (or 1 cup grape tomatoes)
2 cloves garlic, minced
3 Tbsp oil
1 tsp each dried basil, thyme leaves, and rosemary leaves
1/2 tsp ground black pepper

Directions

1. Preheat oven to 400°F.
2. Wash hands with soap and water.
3. Wash and dice zucchini, eggplant, onion, bell pepper, mushrooms, and tomato into 1/2-inch cubes.
4. In a large bowl, combine vegetables, garlic, oil, herbs, and black pepper.
5. Spread onto a foil-lined baking sheet. Bake for 45 minutes or until vegetables are tender.

Nutrition Facts per serving: 100 calories, 7g fat, 5mg sodium, 10g carbohydrate, 4g fiber, 2g protein

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Colorful Coleslaw

(serves 6)

Use pre-shredded bags of cabbage or coleslaw mix to speed up preparation.



Ingredients

2 cup zucchini, shredded
1 cup green cabbage, shredded
1 cup red cabbage, shredded
2 green onions, thinly sliced
1/2 cup radishes, thinly sliced
1/3 cup mayonnaise, low-fat
1/8 tsp black pepper

Directions

1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. Mix together prepared zucchini, cabbages, onions, and radishes in a large bowl.
4. In a separate small bowl, mix together mayonnaise and pepper.
5. Toss vegetables with dressing.
6. Chill at least one hour before serving

Nutrition Facts per serving: 50 calories, 3g fat, 125mg sodium, 5g carbohydrate, 1g fiber

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Summer Chili

(serves 8)

This unique, veggie-packed chili pairs well with cornbread or tortilla chips.

Ingredients

3/4 lb. lean ground beef or turkey
1 cup chopped onion
1 cup diced carrots
3/4 cup chopped green bell pepper
2 garlic cloves, minced (or 1/2 tsp. garlic powder)
3 1/2 cups chopped fresh tomatoes



1 can (15 ounces) kidney beans, drained and rinsed
2 cups water
1 1/2 Tbsp chili powder
3/4 tsp dried oregano
2 cups diced yellow squash or zucchini

Directions

1. Wash hands with soap and water.
2. Gently rub vegetables under cool running water.
3. Cook beef or turkey in large pot over medium heat until meat is no longer pink and drain.
4. Add onions, carrots, green bell pepper, and garlic.
5. Cover and cook over low heat until onion is softened, about 8 minutes.
6. Stir in tomatoes, beans, water, chili powder, and oregano.
7. Cook uncovered until chili comes to a boil.
8. Reduce heat and simmer, uncovered, about 20 minutes.
9. Add squash and simmer, about 10 minutes longer.

Nutrition Facts per serving: 190 calories, 7g fat, 130mg sodium, 16g carbohydrate, 4g fiber, 17g protein

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