

The Many Uses of Zucchini

Zucchini Bread, Sautéed Zucchini, Mock Apple Pie

Zucchini is an extremely versatile vegetable that can be used in sweet or savory dishes no matter whether they're big or small. Here are three basic recipes for how to use zucchinis.

Zucchini Bread 2-3 loaves (recipe can easily be made into double batch)

Ingredients

- 3 C Flour
- 2 tsp Baking Soda
- 2 tsp Cinnamon
- 2 Egg
- ½ C Vegetable oil
- 1 ⅓ C Sugar
- 2 tsp Vanilla
- ½ tsp Salt
- 3-4 C Zucchini, grated

Directions:

Grate zucchini and add to large bowl. Add in egg, vanilla, oil, and sugar; mix with beaters. Add flour, baking soda, cinnamon, and salt; mix until combined.

Preheat oven to 350 F. Spray loaf pans with cooking oil and divide batter between pans. Bake for 45-50 minutes until toothpick inserted in center comes out clean. Let cool completely before slicing.

Sautéed Zucchini

Ingredients (exact measurements are not needed, alter recipe to suit taste)

- Zucchini, sliced
- Garlic cloves, diced
- Vegetable oil
- Butter

Heat oil in sauté pan over medium-high; add in garlic cloves and zucchini. When zucchini starts turning translucent, add in butter and stir vegetables. Continue heating until zucchini is cooked and softened.

Tips

- Don't have a teaspoon? The cap of vanilla bottles is exactly one teaspoon.
- Add extra flavor to your zucchini bread. Some options for add-ins include, chopped nuts, dried cranberries, lemon zest, chocolate chips, or cocoa powder.
- To use very large zucchinis in baking, cut open zucchini and gut the seeds. The rest of the zucchini can now be used.

Mock Apple Pie

Crust (yields bottom and top crust)

- 2 ²/₃ C Flour
- 1 tsp Salt
- 1 C Shortening
- 8 tbsp Cold Water

Pie Filling

- 3-4 C Zucchini, peeled and sliced
- 3 tbsp Cinnamon
- ½ C Brown Sugar, packed
- ½ C Sugar
- 1 tsp Salt
- ¾ C Flour

Directions:

Place zucchini, sugar, and cinnamon in large bowl. Mix to thoroughly coat zucchini. Set aside.

To make crust, add flour, salt, and shortening to large bowl. Cut in shortening with pastry blender, forks, or hands until mixture is crumbly and there are no large chunks of shortening. Pour water into center of dough, one tablespoon at a time. Mix together with spoon or hands until dough comes together. Add more water if dough is too dry.

Place half of dough on floured surface and dust flour on top. Roll out into a circle large enough to fit pie pan. Trim edges to leave a 3” border. Place crust into pie pan. Roll out remaining dough into circle.

Preheat oven to 350 F. Mix flour into pie filling then pour into pie crust. Place top crust layer on top and trim edges to leave a 3” border. Roll top and bottom crust layers under, tuck on top of pie rim, and pinch crust closed. Cut slit marks on top of pie. Bake for one hour.