



*Supermom's
Ten Tasty
Zucchini
Recipes*



By Erica Johns

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Each summer the mighty and prolific zucchini makes an appearance in gardens and farmer's markets all around the USA. It seems that once people make a loaf or two of zucchini bread, they don't know what else to do with the stuff.

It's been the same at my house. My husband plants a bunch of zucchini plants ("You never know how many will survive!" he tells me.) And then summer comes, the heat cranks up, and next thing we know we've got zucchini covering every flat surface in our kitchen.

This year I decided that I was going to find some really good zucchini recipes for a change. I didn't want to make zucchini bread every day, and my kids had hated just about everything else I'd ever bothered to do with the things. Time to experiment!

My test kitchen efforts went on for about a month or so. I hunted down various recipes, tried them out, tossed all the ones that weren't good enough to recommend, and tweaked, healthified, and simplified the ones that I liked but weren't as nutritious or easy as I wanted them to be.

The result is this book. The concept is simple: Just ten tasty recipes that are worth making, and making again. You'll use whole wheat flour, nutritious and delicious coconut sugar, and other whole food ingredients that taste great while also helping you stick to your health goals. As always, my standards were taste, health, and ease of preparation. I'm happy to share this collection with you.

~Erica Johns
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About the Author

Erica Johns and her husband Dave are the happy parents of six fabulous children, ages 9-20. Erica loves to share about healthy living at SupermomsHealthAndWellness.com.

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What's so great about zucchini?

Aside from the fact that it grows with ease and is dirt-cheap in the summertime, zucchini has many health benefits as well. There are only 29 calories in a cup of cooked zucchini, with no fat or cholesterol. It is high in vitamins A and C, and also contains smaller amounts of vitamins B6, E, K, thiamin, riboflavin, niacin, betaine, pantothenic acid, folate and choline. Zucchini also has high mineral content, including manganese, potassium, magnesium, iron, phosphorus, zinc, copper and selenium.

As if all that wasn't enough, zucchini also has high levels of phytochemicals. Two of these are lutein and zeaxanthin, which may help protect vision and lower the risk of macular degeneration and cataracts. Other phytochemicals in zucchini include secoisolariciresinol, isoflavones and cucurbitacin E.

According to World's Healthiest Foods, zucchini helps prevent cellular changes that can lead to cancer. The vitamins C and A in zucchini may protect against atherosclerosis, osteoarthritis, rheumatoid arthritis and asthma. The folate in zucchini can help protect against heart attack and stroke. As a high-fiber food, zucchini can also contribute to colon health, including protection against colon cancer, as well as helping lower cholesterol levels.

Freezing zucchini

Even though you are hopefully going to love all of the recipes in this book, chances are that you may have *even more* zucchini than you can use up while it's fresh-from-the-garden. Plus, once you see how great these recipes are, you will want to save some zucchini in your freezer so you can use it for months to come.

I have found that some varieties of zucchini, and especially zucchini that has gotten quite large, can sometimes have a rather spongy middle, and a whole lot of seeds. When I come across one of those gems, I wash the zucchini, slice into large slices (maybe 4 inches thick or more), and then I cut away the "good stuff" from the "spongy stuff." I throw the spongy core away (unless I'm saving the seeds for next year's garden) and just use the dense, seedless part of the zucchini for the freezer or for cooking.

There are a few different ways to process zucchini for the freezer. If you have a food processor, the simplest way is to just shred it up using the shredding blade. If you don't have a shredding blade, you can also just chop up the zucchini into small pieces. Either way will work just great for all recipes that call for shredded zucchini.

It is also nice to freeze some zucchini in chunks. Although some instructions tell you to blanch your zucchini, you don't really have to. Simply cube up a clean zucchini and put the chunks into the freezer! Those cubes will work great for future soups, stews, and casseroles. I typically freeze my zucchini in two-cup portions inside sandwich-sized Ziploc bags. It's easy and gets the job done, and when I need a certain amount of zucchini for a recipe, I know how many bags I need. When placing the bags into your freezer, try to smooth them out to be flat, so they take up less space and store well.

Sweet and Yummy Zucchini Muffins

Ingredients:

- 1-1/2 cups whole wheat flour
- 1 cup coconut sugar*
- 2 teaspoons aluminum-free baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon sea salt
- 1/2 cup coarsely chopped pecans or walnuts
- 1-1/2 cups grated zucchini
- 1/3 cup coconut oil, melted
- 2 large eggs, lightly beaten
- 1/2 teaspoon pure vanilla extract

Directions:

1. Preheat oven to 350 degrees. Line cups of a standard (12-cup) muffin tin with paper liners. Set aside.
2. In a medium bowl, mix together flour, sugar, baking powder, cinnamon, and salt. Mix in nuts.
3. In another bowl, combine zucchini, oil, eggs, and vanilla; add to flour mixture, and mix just until combined (do not overmix).
4. Divide batter evenly among cups. Bake until a toothpick inserted in the center of a cupcake comes out clean, 40 to 45 minutes.
5. Cool in tin on a wire rack for 10 minutes; turn cupcakes out, right side up, and cool completely.

*You will see coconut sugar mentioned in my recipes a lot. Why? Because it is a whole-food alternative to white and brown sugar that works easily, and is full of nutrients and trace minerals that your body needs! There is no weird taste, and you won't be weakening your immune system when you eat it. I have found coconut sugar through several different sources online and at Whole Foods. Usually I get the best price when purchasing Big Tree Farms SweetTree Organic Coconut Palm Sugar, Blonde, 16-ounce pouches, pack of six from Amazon.com. You can save more if you use the Subscribe & Save option, plus you'll get free shipping!

Chocolate Zucchini Muffins

An indulgent snack for the lunch box or break time.

Ingredients:

- 3 eggs
- 1-1/2 cups coconut sugar
- 1 cup coconut oil
- 1/3 cup unsweetened cocoa
- 1-1/2 teaspoon pure vanilla
- 2 cups grated zucchini
- 3 cups whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon cinnamon
- 1 cup dark chocolate chips (you can substitute semi-sweet or milk chocolate chips if you prefer)

Preheat oven to 350 degrees.

In large bowl mix together the eggs, sugar, oil, cocoa powder, and vanilla. Add the zucchini and mix well.

Then add dry ingredients, mixing well without over-doing it.

Stir in chocolate chips last.

Line 24 muffin cups with paper liners. Fill each muffin cup about 3/4 full.

Bake for about 25 minutes, or until muffins spring back when you touch them, and a toothpick inserted into the middle of one comes out clean. (melted chocolate chips don't count!)

Remove muffins from pans and cool on wire racks. You may even want to stick some in the freezer for on-the-go snack needs, or to come to your rescue when a Chocolate Attack hits. ☺

Zucchini Spice Bread

This bread smells and tastes so wonderful!

Ingredients:

- 1 cup + 2 Tablespoons coconut sugar
- 2/3 cup coconut oil-melted
- 2 teaspoons pure vanilla extract
- 2 large eggs
- 1-1/2 cups whole wheat flour
- 1/2 teaspoon aluminum-free baking powder
- 1/2 teaspoon baking soda
- 1-1/2 teaspoon ground cinnamon
- 3/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 3/4 teaspoon sea salt
- 1-3/4 cup grated zucchini

Directions:

Preheat oven to 350 degrees.

Spray a 9x5 loaf pan with no-stick spray.

In a large bowl mix together sugar, oil, vanilla, and eggs. Then add in the dry ingredients, mixing well. Mix in the grated zucchini.

Pour the batter into your loaf pan, spreading it evenly.

Bake for 45-55 minutes at 350 degrees, or until toothpick inserted in center comes out clean. Cool in pan for about ten minutes before turning out of pan onto a cooling rack.

The Ultimate Zucchini Sandwich

To say that I love this sandwich would be an understatement. It is everything that a grilled sandwich should be: Crispy and buttery on the outside, flavorful and comforting on the inside.

Ingredients:

- 2 teaspoons olive oil
- 2 cloves minced garlic
- 2 cups (approx) shredded zucchini
- sea salt
- fresh ground black pepper
- 2 tablespoons sour cream or plain Greek yogurt
- 2 more cloves minced garlic
- 4 slices of hearty and dense whole wheat bread
- thinly sliced fresh tomato slices
- 1/2 cup of shredded sharp cheddar cheese
- softened real butter

Equipment needed:

2 good skillets (I use one iron skillet and one electric skillet)

In a skillet, heat the olive oil on medium-high, then sauté 2 cloves of minced garlic for a minute or two. Then add the shredded zucchini and about 1 teaspoon of sea salt and a dash of black pepper. Stir occasionally and cook on medium-high until the zucchini is cooked down and all of the liquid has evaporated. This takes approximately 10-15 minutes.

To make the Special Sauce, you should combine the sour cream or yogurt, 1-2 cloves of minced garlic, and some salt and pepper until it tastes nice and flavorful. Feel free to add other herbs such as basil if you like. Set aside.

Once the zucchini is done, you will need to heat a second skillet (or clean the first one, setting aside the cooked zucchini). I use an electric skillet and heat it to 350. Time to assemble the sandwiches!

Butter one side of one piece of bread and place it on the heated skillet. Spoon about 1 teaspoon of the Special Sauce onto the bread and spread it around. Add a generous amount of the cooked zucchini and spread it around. Top with one or two thin slices of tomato and a sprinkling of shredded cheddar cheese. Butter one side of another piece of bread. Place it on top of the sandwich, butter side up. Repeat for the second sandwich. (You may have enough for more than 2!) Cook for about 4 minutes, then carefully turn each sandwich over and cook on the other side for about 4 minutes.

Oooey gooey delicious!

Zucchini Quinoa Patties

My newest quick go-to lunch and dinner solution!

Ingredients:

- 2 heaping cups of cooked quinoa
- ¾ cup Mexican blend shredded cheese (or Sharp Cheddar works great)
- ½ cup small curd cottage cheese
- 1 cup shredded zucchini (if it's quite wet, try to press the water out of it first)
- 3 eggs
- 3 tablespoons whole wheat flour
- ½ cup of Thrive freeze-dried onions or about ½ of a small onion, chopped
- ½ cup Thrive freeze-dried celery
- ½ teaspoon coconut sugar
- a little sea salt and black pepper and garlic powder
- a sprinkle of Lawry's seasoned salt

To cook quinoa: Bring 2 cups of water plus a little salt to a boil, then add 1 cup of quinoa. Reduce heat to low and keep covered while it cooks for 15-20 minutes or until all the water is absorbed. Let cool for a couple minutes.

I use an electric skillet at 250 degrees for this, but you could also use a skillet on your stove top. You'll just have to work on finding the perfect temp. to cook these at. Use no-stick spray to coat your skillet and let heat up before you drop the patties onto it.

Combine all the ingredients and then drop about a ¼ cup of the mixture at a time onto the skillet, patting it down just a little bit.

Let cook for about 4 minutes on each side.

Easy and so delicious!

Black Bean and Zucchini Taco Bake

This was surprisingly delicious. One note: Make sure you have a large skillet when making this! It will get quite full.

You will need:

- 1 medium onion, chopped
- 1 medium green pepper, chopped
- a little olive oil
- 22 ounce salsa verde
- 1 ½ cups fresh, diced tomatoes (If your kids are like mine and don't like any chunks of tomatoes, run the chunks through the food processor to make them nice and smooth.)
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1 teaspoon salt
- 2-3 cups of cooked black beans
- 1 medium zucchini, thin sliced and then quartered, or you could shred it
- 1 package of ten 8-inch whole wheat flour tortillas
- grated cheddar cheese or Mexican blend cheese

Preheat oven to 400 degrees. Spray a 9x13 pan with no-stick spray.

Using a large skillet, saute the onion and green pepper til soft. Stir in salsa verde, tomatoes, spices, beans, and zucchini. Stir well and frequently so the bottom doesn't burn. Bring to lightly bubbling and let cook for about 5-10 minutes.

Rip up 5 of the tortillas into bite-sized pieces and cover the bottom of the pan and layer over each other. Then pour half of the tomato/bean/zucchini mixture on top and spread out. Sprinkle half the cheese on top. Then do another layer of ripped tortillas, followed by the rest of the tomato/bean/zucchini mixture, followed by the rest of the cheese.

Bake at 400 for 15 minutes. Let sit for 10 minutes before serving.

Cut into squares or rectangles like you would for lasagna. You could also serve this with sour cream and guacamole. Yum!

Rich and Creamy Zucchini-Garlic Soup

I first found a recipe for a roasted zucchini soup, but it took well over an hour to make, included a lot of fuss, and you would have needed to buy a special French cheese that I wasn't sure would be readily available in all markets. It was delicious, but I wanted to make it easier. After several tries, the result is this simplified soup that is really quite wonderful. Even the kids like it. ☺

Ingredients:

- 2 tablespoons minced garlic
- 4 cups shredded zucchini
- 1 large yellow onion, cut into 1-inch chunks
- Sea Salt and black pepper
- 5 cups organic vegetable stock, or more as needed
- 1/2 brick of cream cheese

In a large stock pot, add all ingredients except for the cream cheese. Bring to a boil, then simmer for 15 minutes or until zucchini is limp and fully cooked. Turn off the heat, and then use your immersion blender to puree the soup til smooth and creamy.*

*If you are like me and do not have an immersion blender, do this: Nest a colander inside a large bowl. Pour the soup into the colander, collecting the liquidy portion in the bowl, and the solid portion in the colander. Pour the soup solids into your blender or food processor and whiz it up until smooth. Add the cream cheese and whiz it all up again. Then add it all back into the stock pot, add in the soup liquids from the bowl.

Cube up your half-block (4 ounces) of cream cheese and then add into the hot soup. Use your immersion blender to mix it up until it is smooth and creamy. Taste and adjust salt and pepper as needed.

Serve and enjoy!

Zookie Cookies

Our favorite cookie recipe for using zucchini!

Ingredients:

- 1 stick real butter, softened
- 1/2 cup coconut sugar
- 1 egg
- 1/2 teaspoon pure vanilla extract
- 1 cup whole wheat flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1 cup shredded zucchini
- 1 cup old fashioned oats
- 3/4 cup shredded, unsweetened coconut
- 1/2 cup chocolate chips (dark, semi-sweet, or milk chocolate)
- 1/2 cup raisins

Preheat oven to 350 degrees.

In large bowl cream together butter, sugar, egg, and vanilla. Then add flour, baking soda, and salt, mixing well.

Add zucchini, oatmeal, coconut, raisins, and chocolate chips. Mix well.

Drop by teaspoonfuls onto greased cookie sheets.

Bake at 350 degrees for 12-14 minutes.

Makes about 2 dozen cookies.

Cranberry-Chocolate Chip Zucchini Cookies

A cookie that children and adults can appreciate.

Ingredients:

- 1 stick butter, softened
- 1 cup coconut sugar
- 1 egg, beaten
- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon sea salt
- 1 cup grated zucchini
- ½ cup chocolate chips (dark, semi-sweet, or milk chocolate)
- ½ cup dried cranberries

Preheat oven to 350 degrees. Spray cookie sheets with no-stick spray or line with parchment paper.

Cream butter and sugar together. Then add eggs. Mix well.

Add flour, baking soda, cinnamon, and salt, mixing well.

Add zucchini, mixing well.

Add chocolate chips and dried cranberries, mixing well.

Drop by teaspoonfuls onto your cookie sheets, leaving 2 inches between each.

Bake for 15 minutes or until golden and set.

Let stay on the cookie sheets for the first 2-3 minutes out of the oven, then remove to wire cooling racks.

Cool completely and then enjoy!

Chocolate Zucchini Cake

So let's just say that you have a lot of zucchini from your garden that needs to be used up, and you and chocolate have a friendly relationship. Why not put 'em together and make this simple cake?

Preheat oven to 350 degrees. No-stick spray a 9x13 pan.

Stir together:

- 2 cups whole wheat flour
- 2 cups coconut sugar
- ¾ cup of unsweetened cocoa
- 2 teaspoons baking soda
- 1 teaspoon baking powder without aluminum
- ½ teaspoon sea salt
- 4 eggs
- 1 cup natural applesauce
- ½ cup melted coconut oil
- 3 cups grated zucchini

Once you mix up all of the ingredients, just pour it all into your pan and bake for 50-60 minutes, until the center tests as done.

Very moist and delicious.