

Zucchini Blessings?
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Are you currently involved in a neighborhood-wide zucchini distribution scheme or waking up to find bags of homeless zucchini on your porch? Have you grilled, baked, sautéed, steamed, stuffed, fried, and roasted zucchini? Or turned it into relish, soup, fritters, casseroles or bread until you can no longer look another zucchini in the face? No surprise. This time of year zucchini (AKA courgette) inundate our gardens and farmer's markets. What's up with this prolific summer squash?

Nutritionally speaking, the easy to grow zucchini is high on the list of healthy vegetables. It is fat free, cholesterol free and low in sodium and calories. Zucchini has Vitamins A, C and K, manganese, potassium (more potassium than a banana), magnesium and folate. The peel is a good source of dietary fiber. The largest zucchini on record weighed 65 pounds and was almost 70 inches long. However, bigger is not always better, small to medium zucchini are better flavored. And speaking of flavor, if you are tired of all the recipes you've forced your zucchini to perform in, you might try this one, it's a little different.

Chile-Cheese Zucchini Squares

Preheat oven to 325° F / Grease a 9" x 13" baking dish with 1-2 Tbsp butter and allow it to warm/melt in the oven as it preheats.

Take 5 medium zucchini (diced and cooked just SLIGHTLY tender crisp) cool with cold water (so it doesn't continue cooking) drain, set aside.

Mix 2 Tbsp. all-purpose flour, 2 tsp. baking powder, and 1 tsp. salt together. Whisk in ½ c. milk until smooth.

To the milk mixture add 4 slightly beaten eggs and a 4 ounce can of diced green chiles.

Next, stir in 4 cups of shredded Colby/Monterey Jack cheese and the diced zucchini.

Pour into the prepared baking dish and bake for 40-45 minutes. Allow dish to sit for 5 minutes before cutting into squares.

PS. Serves about 10-12. This recipe makes a great side dish (top with a dab of salsa). Or, wrap it up in a tortilla with refried beans for a breakfast burrito. Muy bueno y delicioso!