

Zucchini with tomatoes

5-6 large basil leaves, chopped

1 tablespoon olive oil

3 cloves of garlic, minced

½ onion, diced

Add olive oil, garlic and onions to a pan. Sauté until translucent.

Add the zucchini and tomatoes. Simmer/cook until they are soft. Finish with fresh basil to garnish.

From my grandmother's recipe box



Fresh zucchini salad

2 cups of raw zucchini, sliced

1-2 tablespoons of balsamic vinegar

1-2 tablespoons of olive oil

1 cup of cherry tomatoes, cut in half

5-6 large basil leaves, chopped into ribbons (or use smaller whole basil leaves)

Salt to taste

Place the zucchini on the bottom of the serving dish. Sprinkle on the olive oil, balsamic vinegar. Then, add the basil and tomatoes, add the salt (to taste) to finish.

Recipe adapted from my cousin AJ



Grilled zucchini with garlic

3 zucchinis, chopped lengthwise

4 cloves of garlic, pressed

1-2 tablespoons of olive oil (you want the pressed garlic to be covered. I normally use a small microwave safe bowl so I can use less oil.)

Parmesan if you would like to add it

Basil to garnish

Salt and pepper to taste (I recommend this if you do not add the cheese)

Grilled the zucchinis over medium/high heat (I cook them with the lid closed about 7-8 minutes each side.) You want the grill marks.

Microwave the pressed garlic into a microwave safe bowl. Microwave in 30 second increments until aromatic and toasted. You do not want it brown and clumpy. I normally do it 2 times, each for about 30 seconds. Then, drizzle the roasted garlic on the zucchini. Add the parmesan and basil to garnish.



Roasted zucchini

1 large (perhaps overgrown) zucchini, cut into circles

1 tablespoon of avocado oil

smokey paprika to taste

granulated onion to taste

granulated garlic to taste

Salt and pepper to taste

Grill the zucchini with avocado oil, then add all smokey paprika, granulated onion, granulated garlic, and the salt and pepper to taste

*I normally add just a little oil on a plate and dip both sides of the zucchini in it so that there is a little oil but not too much on each side. If you want to cook them in the oven vs grilling, I would cook at 400 degrees. The lower heats yield a softer and more mushy/watery zucchini.