

Try these great zucchini ideas from

www.health.com

## Fresh Zucchini Muffins

by Jenna Weber

*These tender, sweet muffins are the perfect way to use up all that summer zucchini!*

Makes about 12 muffins

1.5 cups all-purpose flour  
1/2 cup white sugar  
1/2 cup packed brown sugar  
1.5 cups grated zucchini (about 2 small to medium-size zucs)  
1/2 tsp salt  
2 eggs  
1/2 tsp. cinnamon  
1/4 tsp. nutmeg  
1 tsp. vanilla extract (or vanilla paste)  
1/3 cup canola oil  
2 tsp. baking powder  
Cinnamon and sugar for topping

1. Preheat oven to 375 (190C). In large bowl, whisk together flour, sugars, salt, baking powder, cinnamon, and nutmeg. Set aside.
2. In medium bowl, combine grated zucchini, eggs, vanilla, and oil. Stir well to combine, then gently stir into flour mixture. Be careful not to overwork this—it will lead to dense muffins!
3. Fill lined muffin tins about 3/4 of the way up with the batter and then sprinkle cinnamon and sugar on each. Bake for about 30 minutes or until golden.



Photo Credit: Elise Bauer

[www.health.com/food/zucchini-muffins](http://www.health.com/food/zucchini-muffins)

## Zesty Zucchini Spaghetti

### Ingredients

3/4 pound (1/2 kg) uncooked spaghetti  
1 can chipotle chillies in adobo sauce  
2 teaspoons olive oil  
2 garlic cloves, minced  
4 cups shredded zucchini  
3/4 teaspoon salt  
1/4 teaspoon black pepper  
2 tablespoons Parmesan cheese, shaved

### Preparation

Cook pasta according to package directions, omitting salt and fat. Remove 1 chilli (smaller for less spice, larger for more) and 1 tablespoon sauce from can (reserve remaining sauce for another use). Remove seeds from chilli (for extra heat, leave seeds in); mince chilli. Heat oil in a large nonstick skillet over medium-high heat. Add chilli, sauce, and garlic; sauté 1 minute. Add zucchini; cook, stirring constantly 4 minutes. Toss pasta with zucchini mixture. Sprinkle with salt, pepper, and cheese.

Photo Credit: Leigh Beisch



[www.health.com/health/recipe/0,,10000001046804,00.html](http://www.health.com/health/recipe/0,,10000001046804,00.html)

## Zucchini Fries

### Ingredients

2 zucchini  
1 egg white  
1/4 cup milk  
1/2 cup shredded Parmesan cheese  
1/2 cup seasoned breadcrumbs  
Vegetable cooking spray

### Preparation

Preheat oven to 425° (220 C). Cut zucchini into 3-inch (8 cm) sticks. Whisk an egg white in a small bowl, and add milk. Combine Parmesan and seasoned breadcrumbs in a separate bowl. Dip zucchini sticks into egg mixture, and then roll in breadcrumb mixture. Coat a baking sheet with cooking spray, and place zucchini on sheet. Bake for 25–30 minutes or until golden brown.



Photo: Lee Harrelson;  
Styling: Jan Gautro, Laura Zapalowski

## Tomato-Zucchini Bake

by Frances A Largeman-Roth RD

### Ingredients

Cooking spray  
1 pound (1/2 kg) sliced zucchini  
1 1/2 cups fresh or frozen corn kernels  
1 1/4 pounds sliced vine-ripened tomatoes  
1/2 cup panko (flaked breadcrumbs)  
1/4 cup finely grated Parmesan

### Preparation

Preheat oven to 400° (200 C). Coat a 2-quart (2 litre) shallow baking dish with cooking spray, and alternately layer sliced zucchini, corn kernels, and sliced tomatoes. Combine panko and Parmesan, and sprinkle on top. Bake, uncovered, in the center of oven 30 minutes or until top is golden brown. Cover with foil, and bake for 10 minutes more or until vegetables are tender. Serve immediately.



Photo: Quentin Bacon

[www.health.com/health/recipes/0,,10000001831902,00.html](http://www.health.com/health/recipes/0,,10000001831902,00.html)

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