

# The DISH



**VICKI RASMUSSEN**  
FOOD COLUMNIST  
[vickir@windomnews.com](mailto:vickir@windomnews.com)

So I've apparently found a way to not get a million zucchini growing in a garden — and I even replanted the zucchini twice, because they took forever to come up. Just plant a pumpkin plant near your zucchini and the pumpkin plant will climb everywhere — even on top of the zucchini. It's cut my zucchini produce, drastically. Of the eight to 10 plants, I've gotten two zucchini. I guess it's a good thing my summer squash is producing way more than I need! I eat it almost every day and I've gotten quite a bit spiralized and in the freezer. I cook the spiralized squash all winter in place of pasta! So, if you're lucky enough to be overloaded with zucchini here are a few ways to use some up.

## **Cheddar, Chive & Zucchini Quick Bread**

1½ cups zucchini, shredded (do not squeeze)  
¼ cup chives, diced  
2 large eggs  
¾ cup sour cream  
¼ cup butter, melted and cooled  
1½ cup cheddar cheese, shredded  
2 cups all-purpose flour  
1½ tsp. baking powder  
½ tsp. baking soda  
½ tsp. salt

Mix the zucchini, chives, eggs, sour cream and butter well before mixing in the cheese.

Mix the flour, baking powder, baking soda and salt. Mix the dry ingredients into the wet ingredients and pour the batter into a greased 9-by-5-inch loaf pan.

Bake in a preheated 350 degree oven until a toothpick pushed into the center of the bread comes out clean, about 50 to 60 minutes. Take out and top with fresh cheddar cheese and chives and bake an additional 10 minutes. Let cool. Remove from pan and slice. Top with butter if desired.

## **Zucchini & Corn Fiesta Salad**

1 Tbsp. extra-virgin olive oil  
4 small (or 3 medium) zucchini, sliced into ¼-inch thick coins  
1 jalapeño, seeds and ribs removed, finely chopped  
2 minced garlic cloves  
1½ cups frozen/thawed corn or fresh grilled corn  
1 pint cherry tomatoes, halved  
½ cup crumbled feta cheese  
**CHILI-LIME VINAIGRETTE**  
3 Tbsp. extra-virgin olive oil  
2 Tbsp. fresh lime juice  
½ tsp. chili powder  
½ tsp. kosher salt  
¼ tsp. ground cumin  
3 Tbsp. finely chopped fresh cilantro, plus more for garnish

Heat 1 Tbsp. oil in a large skillet over medium. Add zucchini; cook 5 to 6 minutes, stirring only occasionally, until golden-brown and tender. Add jalapeño and garlic; cook 2 more minutes, until aromatic. Stir in corn, cook 1 minute, until heated through. Transfer mixture to a bowl.

Prepare dressing by combining olive oil, lime juice, chili powder, salt, cumin and cilantro in a small bowl; stir with a whisk.

Add tomatoes and feta cheese to zucchini and corn mixture. Pour dressing over top and gently toss to combine. Garnish with additional cilantro, if desired.

## **Zucchini Crisps with Sriracha Greek Yogurt Sauce**

½ cup vegetable oil  
1 cup Panko  
½ cup Parmesan cheese  
Parsley, salt and pepper  
2 large eggs, beaten  
2 zucchini, thinly sliced to ¼-inch thick rounds  
**GREEK YOGURT SAUCE:**  
1 cup plain Greek yogurt  
1 Tbsp. Sriracha hot sauce (or to your preference)  
½ tsp. garlic powder  
Salt and pepper

Heat the vegetable oil in a skillet over medium high heat.

While it's heating, place the Panko, Parmesan and a sprinkle of parsley, salt and pepper in a shallow bowl.

In a separate bowl, beat the eggs.

When the oil is hot, dredge the zucchini rounds in egg, then in the Panko mixture and press to coat. Plunge them into the hot oil, 4 or 5 at a time, and cook just a minute or two until golden brown. Remove and set on a paper towel-lined plate. Repeat with all the zucchini.

For the sauce, mix all ingredients and adjust according to taste. Serve zucchini immediately.

## **Roasted Garlic-Parmesan Zucchini, Squash & Tomatoes**

2 small zucchini (1 lb), cut into ½-inch thick slices  
2 small yellow squash (1 lb), cut into ½-inch thick slices  
Small tomatoes, sliced  
3 Tbsp. olive oil  
4 cloves garlic, minced  
1¼ tsp. Italian seasoning  
Salt and freshly ground black pepper  
1 cup finely shredded Parmesan cheese  
Fresh or dried parsley, for garnish (opt.)

Preheat oven to 400 degrees. Line an 18-by-13-inch rimmed baking sheet with a sheet of parchment paper or aluminum foil.

In a small bowl whisk together olive oil, garlic and Italian seasoning (if possible let rest 5-10 minutes to allow flavors to infuse into oil). Place zucchini, squash and tomatoes in a large mixing bowl. Pour olive oil mixture over top and gently toss with hands to evenly coat.

Pour onto prepared baking dish and spread into an even layer. Season with salt and pepper. Sprinkle Parmesan over the top of each. Roast in preheated oven 25-30 minutes until veggies are tender and Parmesan is golden brown. Garnish with parsley if desired and serve warm.