

## ZUCCHINI HUMMUS

*A new twist on a classic Middle Eastern dish.*

1 to 2 tablespoons olive oil  
3 cloves garlic, chopped  
3 small zucchini, coarsely chopped  
1 cup canned or cooked garbanzo beans, drained  
¼ cup tahini (sesame seed paste)  
4 scallions, chopped  
3 tablespoons chopped parsley  
2 tablespoons chopped fresh basil  
¼ cup lemon juice  
⅛ teaspoon cayenne pepper  
½ teaspoon sesame oil  
salt and freshly ground pepper to taste

**GARNISH:**  
chopped parsley  
lemon slices

✧ In a medium skillet, heat 1 tablespoon oil, add garlic and zucchini and sauté, stirring frequently, over low heat for about 8 to 10 minutes, or until zucchini is soft. Add more oil if needed. Place mixture in a food processor or food mill, add garbanzo beans, tahini, scallions, parsley, basil, lemon juice, and cayenne. Process until smooth. Mix in sesame oil and add salt and pepper to taste. Garnish with parsley and lemon slices. Serve with crackers or pita bread triangles.

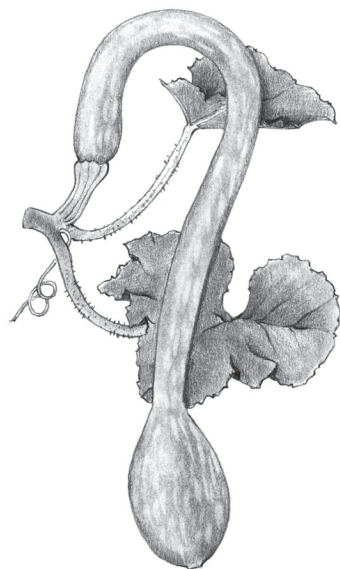
*Makes 2¼ cups*

## CREAMY GRATED ZUCCHINI

2 tablespoons butter or margarine  
2 cloves garlic, minced  
6 medium zucchini, grated  
1 tablespoon chopped lemon thyme leaves  
3 tablespoons low fat sour cream  
salt and freshly ground pepper to taste

✧ In a medium skillet, melt butter. Add garlic and sauté until fragrant. Add zucchini and lemon thyme and cook over low heat, stirring frequently, until the zucchini is tender. Remove from heat. Stir in sour cream. Add salt and pepper to taste.

*Serves 4*



## CRUNCHY HERBED ZUCCHINI SLICES

*Simple Italian summer fare that showcases fresh zucchini.*

6 medium zucchini, cut on the diagonal into ¼-inch thick slices  
1 teaspoon grated lemon zest  
juice of ½ lemon

### CRUMB MIXTURE:

1 cup fresh bread crumbs  
¼ cup freshly grated Parmesan cheese  
2 tablespoons chopped fresh basil  
2 tablespoons finely chopped fresh parsley  
1 teaspoon chopped fresh thyme

4 tablespoons olive oil  
1 clove garlic, minced  
¼ teaspoon salt

✧ Toss zucchini with lemon zest and lemon juice. Set aside. Combine crumb mixture ingredients and set aside. In a large skillet, heat 2 tablespoons of the olive oil, add garlic, and sauté until fragrant. Add zucchini and sauté until just tender, about 5 to 8 minutes. Arrange zucchini on a baking sheet with slices touching each other. Sprinkle salt over zucchini and top with prepared crumb mixture. Drizzle with the remaining 2 tablespoons of olive oil. Preheat broiler. Place zucchini slices under the broiler until just lightly browned. Watch carefully to avoid burning.

*Serves 4*

## BAKED ZUCCHINI WITH LEMON THYME

*A simple and scrumptious dish that bakes up easily in the oven.*

4 medium zucchini (1 pound)  
1½ tablespoons olive oil  
salt and freshly ground pepper to taste  
2 teaspoons chopped fresh lemon thyme\*  
2 teaspoons chopped fresh oregano  
¼ cup freshly grated Parmesan cheese

✧ Preheat oven to 350°F.

Split zucchini in half and arrange cut side up, on a large sheet of heavy duty aluminum foil. Sprinkle with oil, salt and pepper, herbs, and cheese. Fold up all four sides of the foil into a packet and crimp edges. Bake for 35 minutes or until zucchini is tender.

\* Or substitute regular thyme plus 1 to 2 teaspoons fresh lemon juice.

*Serves 4*

