



The Prolific Zucchini

About zucchini

This member of the cucurbitaceae family can be eaten raw or cooked. Buy it small or medium in size; very large zucchini can be woody.

Summer Vegetable Pasta Salad

Make this on farmers market day and enjoy it all week. Ideal for a potluck.

2 cups uncooked shaped pasta (such as penne, rotelle, medium shells or bowtie)

Favorite creamy bottled salad dressing, such as Caesar or Ranch

4 ounces mild cheese, such as Colby, Monterey Jack or Havarti, cubed (1 cup)

1 cup sliced zucchini

3½ cups other cut-up fresh vegetables, such as celery, red pepper, cucumber, snow peas, carrot and red radishes (use 3 to 4 for variety and color)

Seasoned salt and lemon pepper to taste

Minced parsley and/or snipped basil leaves for garnish

- Cook pasta according to package directions. Rinse under cold water; drain.
- Turn pasta into large bowl. Squirt a tablespoon or two of dressing from bottle onto pasta; toss using two large spoons to coat pasta with dressing.
- Add cheese to bowl with pasta. Again squirt on about a tablespoon of dressing; toss again.
- One at a time, add each prepared vegetable to the salad bowl, mixing it in with a little more dressing.
- Cover salad and refrigerate until ready to serve. After chilling you may need to add a little more dressing (or plain mayonnaise) to moisten the mixture.
- Just before serving, garnish bowl with parsley and/or basil. Salad keeps well.
Makes 6 servings.

Savor the Season

Zucchini Pasta Toss

Serve for supper with broiled burger patties or sizzled ham and French bread.

1 cup short-cut spaghetti or broken spaghetti (4 ounces)
3 tablespoons olive or canola oil, divided
1 medium green zucchini squash, cut julienne (1 ²/₃ cups)
1 small yellow zucchini squash, cut julienne (1 cup)
1 small red or yellow sweet pepper, cut julienne (in thin matchstick strips)
½ cup chopped onion or sliced green onions
Salt and lemon pepper to taste
A few sprinkles garlic salt
Handful of fresh basil leaves, snipped with kitchen shears
Grated Parmesan or Swiss cheese

Note: Shredder disc on food processor can be used for squash.

- Cook spaghetti according to package directions. Drain and toss with 1 tablespoon of the oil. Turn into large serving bowl; cover and set aside.
- While pasta cooks, heat rest of oil in large skillet. Stir-fry sweet pepper and onions over medium heat, until pepper starts to soften, 3 minutes.
- Add squash to skillet; continue to cook and stir seasoning lightly with salt and lemon pepper. When veggies are tender (3 to 4 minutes), mix in basil. Add veggies to bowl of pasta; toss to mix. Serve at once. Pass cheese at table.
- Makes 2 to 3 servings. This pasta keeps and reheats very well.

This tipsheet was prepared for the University of Minnesota Farmers Market by author and food writer Ann L. Burckhardt, retired editor of the popular Taste section of the Star Tribune newspaper. Look for recipes and cooking tips appearing online at: www.farmersmarket.umn.edu