

Cream of Zucchini Soup

<i>2 Tbsp. oil/butter</i>	<i>1 tsp. basil</i>
<i>1 onion, diced</i>	<i>1 tsp. onion powder</i>
<i>4 garlic cloves, crushed</i>	<i>½ tsp. garlic powder</i>
<i>3 diced zucchini</i>	<i>½ tsp. ground cumin</i>
<i>3 potatoes, peeled and diced</i>	<i>½ tsp. dill</i>
<i>4 cups water</i>	<i>1 ½ tsp. sea salt</i>
<i>1 Tbsp. parsley</i>	<i>opt.: 1 Tbsp. lemon juice</i>

Saute onion and garlic in oil, add water and rest of ingredients (except lemon juice) and simmer until vegetables are tender (at least 30 minutes). Puree in a blender or with a hand blender. Add lemon (if you choose) to taste.

Zucchini Fritters

<i>1 medium zucchini</i>	<i>½ tsp. sea salt</i>
<i>1 cup bean flour*</i>	<i>pinch of cayenne</i>
<i>½ tsp. ground cumin</i>	<i>1 cup water</i>

Grate zucchini. Combine all dry ingredients and then mix in water. Stir grated zucchini into the mixture. Cook a couple minutes on each side in a hot oiled skillet.

*we use moong flour (from mung beans) bought at a local Indian grocery, but you can also use chickpea flour or other bean flours.

Variation: Grate half an onion and add to mixture before cooking, or add ½ tsp. of onion powder.

These are great as a side dish with soup!

Apple Zucchini Cake

<i>2 ¾ cups wholegrain flour*</i>	<i>2 cups grated zucchini</i>
<i>3 Tbsp. ground flax**</i>	<i>2-3 apples, grated (2 cups)</i>
<i>2 ½ tsp. baking powder</i>	<i>¼ cup oil/butter</i>
<i>½ tsp. sea salt</i>	<i>½ cup honey/maple syrup</i>
<i>½ tsp. nutmeg</i>	<i>½ cup liquid***</i>
<i>2 tsp. cinnamon</i>	<i>1 cup chopped nuts</i>
	<i>Opt.: ½ cup raisins</i>

Mix dry ingredients (left column). Combine ingredients in right column and briefly combine with dry ingredients. Spread into an oiled 9 x 12 pan and bake at 350 degrees for 45-55 minutes, until lightly browned (check with a knife).

* Whole wheat pastry flour works great in baked good recipes (a gentler flavor and texture than regular whole wheat flour, which is used in making yeast breads). Wholegrain spelt flour is a great option for those allergic to wheat.

** or one beaten egg

*** water, milk or non-dairy milk (rice, soy, almond, oat)

Strategies to Get Rid of Excess Zucchini

Anonymously leave them on a neighbor's doorstep (most common solution)

Sneak them into a friend's car when they're over for a visit.

Leave them in your mailbox for your local postperson.

Use it to play "catch" with your dog

Use it as a substitute football (at least for the tossing, maybe not the kicking!)

Kids can use zucchini "phones" when playing out in their forts