

SENIOR ADVOCATE

Prime News for Those in Their Prime

Great Zucchini Dinner

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Got zucchini? Whether purchasing or picking zucchini — choose firm, slender zucchini with a bright green color and free of wrinkled skin and soft spots.

For best quality, harvest zucchini when it is young and tender, about 6 to 8 inches long and about 2 inches in diameter. As zucchini gets longer and bigger around, it becomes tougher and develops more seeds. These larger zucchini can be used to make quick breads. Just scoop out the seeds with the tip of a spoon, then grate the remainder of the zucchini.

Store unwashed zucchini in a perforated plastic bag in the crisper drawer of the refrigerator. You can either purchase perforated plastic bags, or make small holes with a sharp object in plastic bags (about 20 holes per medium-sized bag). Wash zucchini just before preparation. For best quality, use zucchini within about three to four days.

August 8 has often been called "Sneak Some Zucchini onto Your Neighbor's Porch Day," just because of its overabundance this time of year. Before you give your zucchini away, try this tasty recipe!

Lemon Rosemary Zucchini

1 tablespoon extra virgin olive oil
1 medium yellow bell pepper, diced
2 teaspoons finely minced fresh rosemary
2 cups chopped zucchini (2 medium)
1 to 3 teaspoons freshly squeezed lemon juice
Salt and freshly ground black pepper to taste

In a medium non-stick skillet, heat olive oil over medium heat. Add yellow pepper and rosemary and sauté 2 minutes. Add zucchini and salt and pepper, to taste. Continue to sauté for another 4 to 5 minutes or until zucchini is just tender. Remove from heat and stir in lemon juice. Makes 4 servings.

Recipe courtesy of The New American Plate.

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