

Zucchini Slaw

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- 1 1/2 pounds zucchini, (3 medium) grated
- 1 medium sweet onion, halved and thinly sliced
- 1 1/2 teaspoon salt
- 1 small red pepper, halved, seeded and diced
- 1/4 cup cider vinegar
- 3 tablespoons frozen apple juice concentrate
- 2 tablespoons fresh basil, chopped (or 2 teaspoons dried)
- Salt and pepper to taste



1. Place grated zucchini and sliced onion in a colander set over a bowl. Add salt and toss to coat. Let sit for 30 minutes.
2. Rinse zucchini and onion and squeeze with your hands to remove moisture.
3. Put zucchini and onion in a medium bowl and add the red pepper, vinegar, apple juice concentrate and basil. Toss well and season with salt and pepper.

Servings: 6

Adapted from: eatingwell.com

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Baked Zucchini Chips

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- 1/4 cup dry breadcrumbs
- 1/4 cup (1 ounce) grated parmesan, mozzarella, monterey jack or cheddar cheese
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 2 tablespoon milk
- 2 1/2 cups (or 2 small) zucchini, sliced into 1/4 inch slices
- Cooking spray



1. Preheat oven to 425.
2. Stir together first 5 ingredients in a medium size bowl.
3. Place milk in a shallow bowl.
4. Dip zucchini slices in the milk, then coat with the breadcrumb mixture.
5. Place zucchini slices on a broiler rack or metal cooling rack that you've coated with cooking spray. Place the rack in a cookie sheet or broiling pan.
6. Bake for 30 minutes until brown and crisp.

Servings: 4 *Adapted from: myrecipes.com*

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