



## Tomato and Zucchini Recipes

### More ways to savor the abundance of these summer vegetables!

#### Zucchini pancakes

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**Ingredients** 2 medium zucchinis, grated ½ cup flour (white or wheat) ¼ tsp. salt 1 egg, beaten Opt: 1 tsp. sugar

#### Preparation

Combine dry ingredients. Add to zucchini. Stir in egg. Cook on a greased griddle until both sides are golden brown. Serve as a side dish, like potatoes. Or, add sugar and serve as a breakfast pancake with butter and syrup.

~ Maggie Oster, Hobby Farms Contributor  
Grilled zucchini  
A mouth-watering way to grill your zucchini!

**Ingredients** Four small to medium size zucchinis, sliced in half lengthwise ¼ cup parmesan cheese, grated 1-2 T. olive oil 2 cloves garlic, diced Kosher salt, cracked black pepper to taste

#### Preparation

Place zucchini on a sheet of aluminum foil. Cover with olive oil. Sprinkle with cheese, garlic, salt, and pepper. Grill until cheese is melted and zucchini is soft.

~ Maggie Oster, Hobby Farms Contributor

#### Italian Zucchini Crescent Pie

Summer squash grows like gangbusters, so it must be watched daily for harvestable fruit. Keep it well-picked to encourage continuous production. Zucchini tastes best when it is 4 to 8 inches long, but can remain tasty even when quite large.

**Ingredients** 4 cups thinly sliced heirloom zucchini, such as Cocozelle or Black Zucchini 1 cup chopped onion 2 T. butter or margarine 1/2 cup fresh parsley, chopped or 2 T. parsley flakes 1/2 tsp. salt 1/2 tsp. black pepper 1/2 tsp. garlic powder 2 T. fresh basil, chopped, or 1/4 tsp. dried basil, chopped 2 T. fresh oregano, chopped, or 1/4 tsp. dried oregano, chopped 2 large farmstead eggs, beaten 2 cups shredded mozzarella or Muenster cheese 1 8-oz. can refrigerated quick crescent-shaped dinner rolls 2 tsp. mustard

#### Preparation

Combine the zucchini, onion and butter in medium skillet over medium-high heat. Cook 10 minutes, stirring constantly. Remove from heat and add parsley, salt, pepper, garlic powder, basil and oregano. Mix well. Combine the eggs and cheese in a small bowl. Stir into the zucchini mixture.

Preheat oven to 375 degrees F.

Separate the rolls into eight triangles. Press over the bottom and sides of an ungreased 10-inch pie pan to form a crust. Spread the mustard on the crust. Pour the vegetable mixture into the crust.

Bake about 8 minutes or until the center is set. Cover the crust with foil and bake 10 minutes longer. Place pie on a wire rack and let cool for 10 minutes before serving.

~ from Cooking With Heirlooms (BowTie Press; 2007) by Karen Keb Acevedo with Carol Boker  
Tomato Zucchini Crostini & Canadian Bacon

#### Ingredients

1 1/2 cups fresh tomatoes, chopped 1/2 cup zucchini, finely chopped 1/2 cup yellow summer squash, finely chopped 3 T. shallots, minced 3 T. fresh basil, chopped salt and freshly ground black pepper to taste 2 T. olive oil 2 tsp. garlic, minced 1/2 cup Canadian bacon, diced One loaf baguette-style French bread, cut into 1/2-inch diagonal slices Olive oil

#### Preparation



Combine tomatoes, zucchini, summer squash, shallots, basil, and salt and pepper. Set aside.

Preheat oven to broil, adjusting rack so it is 4 to 6 inches from the heat.

Heat the 2 tablespoons of olive oil in a small, heavy-bottomed saucepan over medium-high heat. Add the garlic and Canadian bacon, and sauté until bacon is heated through, about 1 to 2 minutes. Do not let garlic get too brown. Remove from heat and stir into tomato mixture.

Place bread slices on ungreased baking sheet. Using a pastry brush, lightly brush tops with olive oil. Broil for 30 to 45 seconds or until bread is lightly toasted. Top each slice with 1 to 2 tablespoons of the vegetable-Canadian bacon mixture and serve.

Here's a super-easy but elegant looking side dish.

#### Ingredients

10 wooden skewers 40 cherry tomatoes 40 very small mozzarella balls in water (bocconcini) 1 bunch basil Salt and pepper  
Extra virgin olive oil

#### Preparation

On skewers, alternate tomatoes, folded basil leaves, and mozzarella balls. You should end up with four tomatoes and four mozzarella balls on each skewer (or for quick appetizers, use 20 skewers with just two tomatoes and two mozzarella balls on each skewer). Drizzle with olive oil and season with salt and pepper.

~ Maggie Oster, Hobby Farms Contributor

#### Heirloom Tomato Salad

This quintessential summer salad lets the tomatoes do the talking. Avoid making this dish in any other season; the tomatoes just aren't good enough. For best results, use only tomatoes fresh off the vine from your own yard, from a generous friend's or from the farmers' market. For a more substantial offering, you can top with fresh crumbled goat cheese and serve with a French baguette.

Ingredients 2 lbs. heirloom red, yellow or striped slicing tomatoes or various sizes and shapes 1 small red onion, finely chopped 1 bunch basil, coarsely chopped (reserve about 10 sprigs for garnish) Extra-virgin olive oil Red wine vinegar Fresh black pepper, coarsely ground, to taste  
Fresh kosher sea salt, coarsely ground, to taste

#### Preparation

Cut the tomatoes into slices and place in two layers on a large plate. Sprinkle the tomatoes evenly with the red onion and the chopped basil. Generously drizzle the olive oil over the tomatoes, followed by the vinegar. (The ratio should be about 1 part vinegar to 4 parts olive oil.) Add salt and pepper to taste. Prepare this salad about one-half hour before serving to allow flavors to meld.

~ from Cooking With Heirlooms (BowTie Press; 2007) by Karen Keb Acevedo with Carol Boker

#### Zucchini Samosas with Tomato Chutney

This is a tasty way to use up both your zucchini and your tomatoes! Samosas are Indian pastries stuffed with a vegetable or meat filling.

#### Ingredients

##### Samosa Filling

1 large potato, cooked and mashed 2 medium zucchini (or summer squash), cooked and cut into small chunks ½ cup cooked peas ¼ cup cilantro, chopped 1 cup onion, minced 2 cloves garlic, minced ½ tsp. mustard seeds 1 tsp. ground coriander 1 tsp. minced ginger 1 tsp. salt juice from 1 small lemon 3 T. butter

##### Pastry

2 cups white flour 1 tsp. salt 4 T. butter, melted 1/3 cup yogurt (whole milk) water Oil (peanut or canola) for deep frying

#### Preparation

To prepare filling, heat butter in a skillet. Add garlic, onion, salt, and mustard seeds. Cook until onion is soft and translucent. Turn off heat and add the rest of the ingredients. Mix well.



To prepare the pastry, sift flour and salt. Combine dry ingredients with butter and yogurt. Add enough water to make a stiff dough. Knead until smooth and elastic. Roll dough out on a lightly floured surface until it is about ¼ inch thick. Cut into 4-inch rounds. Place a mound of tablespoon of filling in the center of each round. Wet the edges of the round with water. Fold over and press closed with a fork.

To cook, heat oil until a drop of water bounces off the oil. Fry samosa in small batches until the outside is golden brown and the inside is heated through. Serve immediately with tomato chutney and yogurt.

#### Tomato chutney

6 medium tomatoes (ripe from the garden) 1 clove garlic, diced ½ tsp. turmeric ½ tsp. mustard seeds ½ tsp. fennel seeds 2 tsp. cumin powder 2 tsp. red chili powder (for extra spice you can add a dried red chili or two) 2 T. canola or peanut oil

#### Preparation

Place tomatoes in boiling water for 3 to 5 minutes, or until skins start to crack and peel. Remove water, let them cool and peel off skins. Chop tomatoes. In a large skillet, heat oil until warm. Add all ingredients and cook until tomatoes are broken down. Cool in the refrigerator. Keeps for about a week.

~ Maggie Oster, Hobby Farms Contributor