

Cooking with Amanda – Harvest Vegetables

Class 3 – Cooking with Zucchini

Easy Ratatouille

- 1 onion, chopped
- 3 cloves garlic, peeled and finely chopped
- 1 medium eggplant
- 2 zucchini (small to medium)
- 1 red pepper
- ½ - 1 jar marinara sauce, or 1 can tomato sauce
- Dried basil, oregano, parsley as desired
- Ground black pepper
- Salt if needed

Put a little water in a large skillet with a lid. Add the onion and garlic and cook until the onion is browning a little, adding more water if needed.

Peel and cube the eggplant into ½ inch cubes. Cut the zucchini lengthways, then into ¼ inch slices. Remove the stalk and seeds of the red pepper, and slice it into strips. Add the eggplant, zucchini and red pepper to the skillet and stir in the marinara sauce or tomato sauce until all veggies are coated, but not swimming! Sprinkle basil (and other herbs if desired). Grind black pepper over. Stir and leave to simmer for 20 minutes or until eggplant cubes are soft. Taste to see if additional herbs, pepper or salt are needed.

For a richer flavor, after the eggplant is cooked, place the mixture into a deep casserole and bake in the oven for 30 mins at 350F.

Zucchini Noodles with Pesto sauce

This is a great recipe to use when you have really large zucchini at the end of the summer. A special julienne peeler, or a spiralizer are helpful gadgets for preparing zucchini noodles.

- 1 large zucchini
- Soba noodles (1 bunch or more, depending on the size of your zucchini)

Pesto Ingredients

- 3-4 cups fresh basil leaves
- ¼ cup walnuts, chopped
- ¼ cup nutritional yeast
- 3 large garlic cloves, peeled and pressed or chopped
- 3 Tablespoons lemon juice

- ¼ tsp salt

Wash and trim the ends of the zucchini, then either slice the zucchini lengthways very finely with a long sharp knife, or use a julienne peeler or spiralizer.

Bring a large pot of water to the boil and boil the soba noodles for just 2.5 minutes. Stir to separate the noodles and make sure they don't clump together. Do not overcook so it helps to set a timer. Then drain the boiling water and transfer the noodles into a bowl of cold water (so that they can still separate). Dry on paper towels, then put back into a bowl and toss with a drop of oil to help them stay separate.

For the Pesto Sauce:

Blend all ingredients in a food processor until a paste forms. You will probably need to stop and scrape down the sides from time to time. Gradually add a little water until the desired consistency is achieved. Taste and adjust the flavors by adding more salt or lemon juice if needed. This sauce can be stored in the refrigerator for a couple of days, or frozen.

To assemble:

Mix the zucchini noodles and the soba noodles together in a large bowl. Add the pesto sauce, and toss until all noodles are all well coated with pesto sauce.