

Zucchini Toppers

2 medium zucchini

1. Slice zucchini into 1 inch slices
2. Grill zucchini slices 2 minutes on each side.
3. Top with favorite topping.

TOPPINGS

Caprese

1 / 2 cup diced seeded tomatoes	1 tsp red wine vinegar
2 Tbl chopped fresh basil	1 / 4 tsp kosher salt
2 tsp olive oil	1 / 4 tsp freshly ground pepper
1 oz shredded part skim mozzarella cheese, 2 / 4 cup	

1. Preheat broiler.
2. Combine dressing ingredients.
3. Arrange zucchini slices on a foil lined baking sheet.
4. Top evenly with tomato mixture.
5. Top with shredded cheese.
6. Broil 2 minutes until the cheese melts.

Walnut and Gorgonzola

2 1 / 2 inch thick slices of red onion	1 tsp balsamic vinegar
1 / 4 cup chopped, toasted walnuts	1 / 4 tsp kosher salt
2 tsp olive oil	1 / 4 tsp freshly ground pepper
3 Tbl crumbled gorgonzola	

1. Grill onions about 5 minutes on each side until tender. Coarsely chop.
2. Combine with remaining ingredients in a bowl.
3. Spoon mixture evenly over zucchini.
4. Top with cheese and serve.

Chickpea and Red Pepper

1 / 2 cup canned unsalted chick peas	2 Tbl crumbled Feta cheese
1 / 4 cup fresh parsley, chopped	1 Tbl olive oil
1 / 4 cup chopped roasted red pepper, bottled	1 Tbl lemon juice
2 Tbl finely chopped red onion	1 / 4 tsp kosher salt
	1 / 4 tsp freshly ground pepper

1. Rinse, drain and chop chickpeas
2. Combine with other ingredients and spoon mixture over zucchini.

Olive and Orange

2 Tbl Parsley, flat leaf, minced	1 tsp minced garlic
1 Tbl minced shallot	1 / 2 tsp fresh thyme
1 Tbl olive oil	10 Kalamata olives, finely chopped
1 / 4 tsp grated orange rind	8 Castelvetrano olives, finely chopped
2 tsp orange juice	

1. Combine all ingredients and spoon mixture over zucchini.

Pine Nut and Raisin

1 oz torn French baguette	1 tsp minced fresh dill
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1 Tbl olive oil	1 / 4 grated lemon rind
1 / 4 cup golden raisins	1 / 4 tsp kosher salt
3 Tbl toasted pine nuts	1 / 4 tsp fresh ground pepper

1. Pulse bread in food processor until crumbly.
2. Saute in 1 tbl olive oil over medium heat until golden
3. Combine breadcrumbs with remaining ingredients and spoon over zucchini.

Shitake and Ponzu

1 / 4 cup unsalted chicken stock	1 / 4 tsp crushed red pepper
1 Tbl lower-sodium soy sauce	1 3.5 oz pkg shitake mushroom caps
2 tsp mirin (sweet rice wine)	2 tsp olive oil
1 / 4 cup chopped green onions	

1. Thinly slice the mushroom caps.
2. Combine first 4 ingredients in a bowl
3. Saute mushroom in olive oil over medium high heat for 8 minutes.
4. Stir in stock mixture and green onions and cook 2 minutes.
5. Spoon mushroom mixture over zucchini.

Each recipe serves 4

From *Cooking Light*, June 2014To