

ZUCCHINI

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2. Ratatouille: Sauté onions in olive oil until tender and transfer them to a big pot. Sauté zucchini until tender and add that to the pot. Sauté eggplant until tender and add that to the pot. Add peeled, seeded, diced tomatoes and red wine vinegar, and cook until they thicken. Add them to the pot and heat everything through to combine flavors.

3. Zucchini-basil frittata: Sauté sliced onion and shredded zucchini in a non-stick skillet until the zucchini is no longer moist. Stir the mixture into a bowl of beaten eggs along with grated Parmesan cheese and torn basil leaves. Return the mixture to the skillet and cook, stirring, until the egg mixture sets like soft scrambled eggs. Run the pan under a broiler just until it browns on top.

4. Zuni Café zucchini pickles: Slice the zucchini about 1/16 inch thick. Combine in a bowl with a sliced onion and salt generously. Cover with ice water and set aside until the zucchini is softened, about 1 hour. Rinse and pat dry. Combine vinegar, sugar, dry mustard, mustard seeds and turmeric in a small saucepan and simmer for 3 minutes. Set aside until just warm to the touch. Pour the brine mixture over the zucchini, transfer to jars, seal tightly and refrigerate for at least a day.

5. Braised zucchini with mint and lemon: Braise the zucchini in olive oil with chopped onion, garlic, lemon zest and mint. When you remove the lid and turn the heat up to high, add more lemon juice and cook until the liquid is reduced to a syrup. Cool to warm room temperature and stir in more mint and toasted pine nuts.

6. Zucchini and pine nut salad: This is another very simple (and delicious) adaptation of a basic technique. Salt zucchini as in the bulgur salad and combine it with minced red onion and pine nuts, and dress with olive oil and lemon juice. Stir in shredded basil just before serving.

7. Zucchini in agrodolce: Cut the zucchini into large pieces. Heat olive oil and



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Crispy zucchini fritters, flavored with onion, jalapeño, cumin and coriander, taste even better with a dollop of Greek yogurt.

a whole peeled garlic clove until the garlic begins to brown. Add the cut-up zucchini and cook until the zucchini begins to brown; add white vinegar, sugar, toasted pine nuts, softened golden raisins and a chopped anchovy fillet, and cook until the liquid reduces to a syrup. Remove from the heat, stir in chopped mint and season to taste with salt and black pepper. This can be served warm or cold.

8. Calabacitas con crema: Cut an onion into thick slices and cook slowly until golden. Add sliced garlic, shredded roasted, peeled, seeded poblano and zucchini cut into thick slabs, and cook, covered, until zucchini is tender. Add Mexican crema, increase the heat to medium, and cook until thickened. Just before serving, stir in chopped cilantro.

9. Garlic and herb-stuffed zucchini: Make a flavorful tomato sauce. Cut zucchini in half lengthwise and use a melon baller to carefully remove enough of the flesh from the center to make a boat. Season lightly with salt and steam until tender. Grind fresh bread to crumbs in a food processor with basil and garlic. Pour into a bowl and stir in chopped anchovies and toasted pine nuts. Pour the tomato sauce into a lightly oiled gratin dish and spoon the bread-crumble mixture into the zucchini, mounding it slightly on top. Drizzle with olive oil and bake until the tops of the bread crumbs are browned. Serve hot or at room temperature.

RECIPES

Zucchini tian

1 large onion
Olive oil

3 cloves garlic, minced
Salt
2 tablespoons slivered basil leaves
2 zucchini, cut into 1/4-inch rounds
16 to 20 cherry tomatoes, quartered
3 tablespoons slivered, pitted black olives
Freshly ground black pepper
4 ounces fresh goat cheese

Heat oven to 350 degrees. Cut onion in quarters lengthwise and then in 1/4-inch crosswise strips. Heat 3 tablespoons olive oil in a large skillet over medium heat, add onion and cook, stirring occasionally, until it is softened and translucent, 6 to 8 minutes. Add minced garlic and cook until fragrant, 2 to 3 minutes.

Generously oil an earthenware, glass or enameled cast-iron baking pan approximately 10 by 8 inches. Scatter onions across the bottom, season lightly with salt and scatter basil leaves over the top.

Arrange the zucchini on top of onions in a single tight-fitting crosswise row. Arrange remaining zucchini following the same pattern, overlapping each successive row by about half. Scatter the cherry tomatoes and black olives evenly over the top and again season lightly with salt (remember, the goat cheese will be slightly salty) and more generously with black pepper.

Crumble goat cheese evenly over top of the mixture, drizzle with olive oil and bake until zucchini is very soft, goat cheese is lightly browned, and most of the liquid from the vegetables has disappeared, 1 to 1 1/2 hours. Makes 6 servings.

Nutrition information per serving: 166 calories, 6 g. protein, 8 g. carbohydrates, 2 g. fiber, 13 g. fat, 15 mg. cholesterol, 4 g.

sugar, 137 mg. sodium.

Zucchini fritters

1 pound zucchini
Salt
1 teaspoon cumin seeds
1 teaspoon coriander seeds
1 green onion, chopped, green part only
1/2 to 3/4 teaspoon minced jalapeño
2 tablespoons flour
1 egg, beaten
Olive oil
Greek-style yogurt

Shred zucchini and put it in a colander. Sprinkle generously with salt, mix well and set aside at least 30 minutes to drain. Toast cumin and coriander seeds in a small dry skillet over medium heat until they begin to pop and smell fragrant. Grind in a spice grinder or mortar and pestle.

Rinse shredded zucchini under cold running water. Pick up a small handful, squeeze it dry and put it in the center of a linen dish towel. When you've squeezed all the zucchini by hand, gather the dish towel around the zucchini and twist, wringing out as much liquid as you can. The more liquid you remove, the lighter the fritter will be.

Put zucchini in a bowl and add green onion, jalapeño, cumin and coriander, and stir to mix well. Stir in flour and then the beaten egg. The mixture should be sticky, but there shouldn't be any free liquid. If there is, stir in a little more flour.

Pour olive oil into a non-stick skillet to a depth of about 1/4 inch (it'll take about 1/4 cup) and heat it over medium-high heat. When the oil is hot enough that a little bit of zucchini sizzles immediately, drop 4 (2 to 3 tablespoon) mounds of the batter into the pan, flattening them slightly with the back of a spoon.

Fry until golden brown on one side, 3 to 4 minutes, then gently flip and fry until golden brown on the other side, 2 to 3 minutes. Remove to a paper towel-lined plate and gently pat away any excess oil.

Serve immediately, with a dollop of thick Greek yogurt. Makes 8 fritters.

Nutrition information per fritter: 147 calories, 2 g. protein, 4 g. carbohydrates, 1 g. fiber, 14 g. fat, 23 mg. cholesterol, 1 g. sugar, 87 mg. sodium.

TIDBITS

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casual supper in the Trustees' Office will feature popular Shaker Village dishes from the past 50 years. Cost is \$25.

Evenings on the Lawn, Sept. 28 and 29, will feature a bonfire and make-your-own s'mores. Hours are 6 to 10 p.m.

Call 1-800-734-5611, Ext. 360, or go to Shakervillageky.org/harvestfest. Shaker Village is at 3501 Lexington Road, Harrodsburg.

Williams-Sonoma classes

The Williams-Sonoma store at Fayette Mall will offer cooking classes at 11 a.m. Sundays during September. Dates and topics are: knife skills, Sunday; learn to sauté, Sept. 16; learn to braise, Sept. 23; and the new casserole, Sept. 30. The mall is at 3473 Nicholasville Road. Call (859) 272-5856.

Lots of chocolate

John Joseph Thomas of Louisville won first place in the Kentucky State Fair's Ghirardelli chocolate championship. Here's his winning recipe.

White & milk chocolate cheesecake

Crust:
1 cup graham crackers
1/4 cup light brown sugar
6 tablespoons melted butter
1/4 cup Ghirardelli white chocolate baking chips

Filling:
4 packages (8 ounces each) cream cheese, room temperature
1 cup granulated sugar
2 tablespoons cornstarch
1/4 cup sour cream
4 eggs
1 teaspoon vanilla
1/2 cup Ghirardelli white chocolate baking chips, melted

Topping:
Toasted pecans
1/2 cup Ghirardelli milk chocolate baking chips
Preheat oven to 350 degrees. To make crust, crush graham crackers and add brown sugar; mix together. Add melted butter, mix. Spread in 9-inch springform pan. Bake for 7 minutes.

Sprinkle white chocolate chips over hot crust.

To make filling, beat cream cheese until smooth. Add sugar and beat until mixed. Add cornstarch and sour cream, and mix until smooth. Add eggs, one at a time. Beat thoroughly each time, then add vanilla to cream cheese mixture. Remove 1 cup cream cheese mixture and mix with white chocolate baking chips. Pour plain cream cheese mixture over crust, then pour chocolate cream cheese over top and swirl lightly.

Bake at 350 degrees for 20 minutes. Lower temperature to 225 degrees and bake 40 minutes. Turn off oven. Cut around edge of pan with a knife, then place in warm oven for 30 more minutes. Top with toasted pecans and milk chocolate baking chips. Remove and refrigerate.

Lunch-box ideas

We're weeks into the school year, and parents continue to search for clever ways to provide healthful lunches. Kelly Lester, author of *Cooking With Trader Joe's Cookbook: Easy Lunch Boxes* (Brown Bag Publishers, \$24) is on a mission to help busy families pack healthy lunches fast.

The mother of three created EasyLunchboxes, a line of BPA-free compartmentalized containers. Through the online network that grew around her handy products, Lester discovered bloggers and parents whose ideas for attention-grabbing healthy food matched her own ingenuity. Among the book's contributors are food bloggers Marla Meridith (the book's food stylist and photographer), Aviva Goldfarb, Leslie Durso, and Lisa Leake, with foreword by food activist Bettina Elias Siegel. The book is available at bookstores or at Amazon.com.

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MYKA

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that is healthy, affordable and tasty.

"My aunt makes chicken burgers, and instead of a chicken burger, I decided to do a curry chicken salad because it's healthy and affordable for kids to have," said Myka, one of the youngest winners in the competition, open to youngsters ages 8 to 12.

The prize was a trip to Washington, D.C., and lunch with the first lady at the White House.

When all of the contest winners arrived in the nation's capital, they met at the Smithsonian and toured the newly updated Julia Child exhibit.

The next day, when the students were escorted into the East Room of the White House, they were announced in the manner of state dignitaries arriving at an official state dinner, and a press line, which included White House chef Sam Kass, conducted interviews, just like at an state dinner.

"When we got at the dinner," Myka said, "we got to take a picture with Ms. Michelle Obama, and there was a balloon person and a magic person.

"We got to see a person from *iCarly* named Nevel. And Big Time Rush. Ms. Michelle Obama said her daughters like Big Time Rush and she does, too, and that's why she chose Big Time Rush to come to the White House."

Seated at a table set with presidential china, the children and their parents were served six of the



At the White House, Myka had a firm grip on the place-card envelopes for her and her mother.

winning recipes: kale chips, quinoa-black bean and corn salad, yummy cabbage sloppy joes, baked zucchini fries, strawberryana smoothie and summer fruit garland.

"We had some good food there," Myka said.

After lunch, Kass led the group on a tour of the White House kitchen garden on the South Lawn, then it was time to head back home — and back to school to tell friends all about the whirlwind trip.

Myka will be in the limelight again next month. Michelle Coker, director of child nutrition for Fayette County Public Schools, said Myka's winning curry chicken wrap will be served at schools during National School Lunch Week, Oct. 15 to 19.

And Myka isn't the only winner. Lakyya Washington, a fifth-

grader at Meadowthorpe Elementary, won the national Mission-Nutrition Super Sack "Get Cooking With Science" contest, and her art work will be featured and printed on Mello Smello Super Sacks promoting National School Lunch Week 2012, Coker said.

"In recognition of this national award, we will be serving a meal in the bag with her design one day this week as well," Coker said. "We are really proud of these two students for taking such an initiative to create and submit items for a healthy lifestyle."

RECIPE

Here is Myka's recipe. It calls for grilled chicken, but any cooked chicken will do. A downloadable cookbook with all the winning recipes is available at Epi.us/Rw-cvln.

Perfect curry chicken wraps

2 grilled skinless boneless chicken breasts, cut in bite-size pieces
2 stalks celery, chopped
1 red apple, peeled and diced
1/4 cup raisins
1/2 cup mayonnaise
1/4 teaspoon curry powder
Salt and pepper
2 (10-inch) whole-wheat tortillas

In large bowl, combine chicken, celery, apple, raisins, mayonnaise and curry powder. Stir to combine, and season to taste with salt and pepper. Divide mixture among tortillas, and wrap tightly around the filling from bottom to top, overlapping one end, burrito style. Cut wraps in half to serve. Makes 2 to 4 servings.

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