



Local zucchini

Availability:
june to october

Benefits

→ Because it's so easy to grow!

Young seedlings transplanted in the garden will produce flowers and then ready-to-eat fruits in just a few days. Zucchini can be yellow or green and is delicious raw or cooked. It's also a very rich source of lutein and zeaxanthin, two antioxidants that help protect the retina.

→ Because you can even eat its flowers!

Zucchini flowers can be prepared in many ways, including fried, stuffed or in an omelette. Not only are they tasty, but they brighten up your table in summer.



WHY EAT LOCAL ?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Zucchini ribbon salad



PORTIONS: 4 TO 6

15 MIN

Ingredients

- 4 medium zucchinis, shaved into ribbons using a vegetable peeler
- 1 red pepper, thinly sliced
- 15 ml (1 tbsp) mint leaves, finely chopped
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) lemon zest
- 15 ml (1 tbsp) raspberry or red wine vinegar
- 10 ml (2 tsp) honey
- Salt and pepper to taste

Directions

- 1 Place the zucchini, red pepper and mint in a salad bowl.
- 2 In a small bowl, whisk together the remaining ingredients and add to the rest mixture, tossing to combine.
- 3 Adjust the seasoning.

Source: Julie Strecko, RD

Zucchini omelette



PORTIONS: 4

10 MIN 15 MIN

Ingredients

- 6 eggs
- 4 green onions, finely chopped
- 375 ml (1 ½ cup) zucchini, diced
- 2 cloves garlic, chopped
- 15 ml (1 tbsp) soy sauce
- 45 ml (3 tbsp) milk
- 45 ml (3 tbsp) olive oil
- Salt and pepper

Directions

- 1 Whisk together eggs, milk and a pinch of salt and pepper in a bowl.
- 2 In a large pan, heat the oil and sauté the garlic and zucchini for 3 min. Lower the heat, add the onions and cook 5 min. Add the soy sauce and mix well.
- 3 Add a little oil to the pan and pour in the whisked eggs. Cook on medium heat 3 to 4 min (push the edges of the omelette to the centre as they cook). Cover the pan and remove from heat.

Source: fraichementpresse.ca/recettes