



Quick Zucchini Pickles

An easy dish to use up abundant zucchini that kids will love.

Ingredients

- 3 medium-sized zucchinis, washed and thinly sliced
- 1 medium red onion, washed, peeled and thinly sliced
- 3 garlic cloves, smashed
- 2 1/2 cups water
- 1 cup white vinegar
- 1/3 cup sugar
- 2 tablespoons coarse sea salt or kosher salt

Optional Seasoning: Add to container before adding the brine any combination of the following: 1 teaspoon black peppercorns, 6 fresh dill sprigs roughly chopped, 1 teaspoon mustard seeds, 1 teaspoon dill seed, handful of chopped garlic scapes, 1 large slice jalapeno or other hot pepper.

Equipment

- Cutting board and knife
- Measuring cups
- Measuring spoons

- Medium saucepan
- Heat proof containers – heat proof glass bowl or mason jars

Directions

1. Wash and slice vegetables have an adult help with the cutting. Peel garlic gloves and use a heavy saucepan to smash garlic. Place in a medium sized glass bowl or other heat proof container such as a glass mason jar. You may need more than one jar.
2. Add any desired seasonings to the container.
3. Combine water, vinegar, sugar and salt in a medium saucepan and place over medium high heat and bring to a boil. Stir occasionally to make sure sugar and salt dissolve.
4. Pour brine mixture of prepared vegetables and seasonings. Distribute evenly if using more than one container.
5. Allow to cool slightly before placing in the refrigerator. Can be eaten right away, however the flavor will be best if you refrigerate for 24 hours or more before using. Keep in the refrigerator for 2 to 3 weeks.

😊 Little helpers: A nice recipe to teach kids about the culinary method brining. Let kids choose different vegetables to pickle and allow them to pick the seasonings. Measuring and adding ingredients is a great way for kids to practice their math skills. Have them layer the vegetables and seasonings in a jar/container before you add the brine.

🍏 Nutrition: Zucchini is an excellent source of vitamin C and potassium; the high-water content makes it a low-calorie vegetable. This recipe does have sugar and salt, but it is less than some store bought pickles also the sugar and salt does not get completely absorbed into the vegetables.



Zucchini Corn Baked Fritters

A fun recipe to use up two of summer's most abundant vegetables. If your children love corn, this is a great way to introduce a new vegetable.

Ingredients

1/2 cup stone ground yellow cornmeal
1 cup all-purpose flour or gluten free 1 to 1 flour
1 1/2 tsp baking powder
1/2 tsp salt
1/8 tsp ground cayenne pepper
1/8 tsp black pepper
1 tbsp sugar
1 large egg
3/4 cup whole-milk – more as need to adjust consistency
1 finely minced shallot
1 cup fresh or frozen and defrosted corn kernels
2 cups grated zucchini or other thin-skinned summer squash
Vegetable oil or cooking spray

Equipment

1 Large mixing bowl
Wooden spoon
Measuring spoons

Measuring cups
Mini muffin tin or large skillet

Directions

1. If using a mini muffin tin preheat oven to 375 degrees.
2. If using fresh corn use a sharp knife to run along the side of the cob and remove the kernels, reserve as much of the juice as you can. Ask an adult to help. If using frozen corn, allow to thaw and drain off any extra liquid.
3. Combine dry ingredients (corn meal, flour, baking powder, salt, cayenne pepper, black pepper) with a whisk or fork to combine. Add sugar, egg and milk, continue to stir to combine. Add diced shallot, corn kernels and grated zucchini. The batter will be quite thick, and you may have to switch to a wooden spoon or large mixing spoon.
4. Place the mini muffin tin in the hot oven for 3-5 minutes, carefully remove from the oven and spray with cooking spray. Have an adult help! Place about 1 1/2 tablespoons of batter into each section. Return to the oven and bake for 20 minutes until starting to brown at the edges.
5. Alternately coat the bottom of a large skillet with vegetable oil and heat over medium heat. Once oil begins to simmer, carefully add about 1 1/2 tablespoons of batter to the pan. Cook for 3-5 minutes or until edges start to firm, flip and continue to cook on alternate sides until fritter evenly browned.
6. Serve warm plain or with sour cream or plain Greek yogurt

😊 Little helpers: Kids can gather ingredients and tools. Have them practice their math skills by measuring out and combining the ingredients. Allow them to mix the ingredients and portion out in to muffin tin.

🍏 Nutrition: Zucchini is an excellent source of vitamin C and potassium; the high-water content makes it a low-calorie vegetable. Corn is an underappreciated vegetable but is in fact a good source of fiber, thiamine, folate and vitamin C.