



REGISTERED DIETITIAN

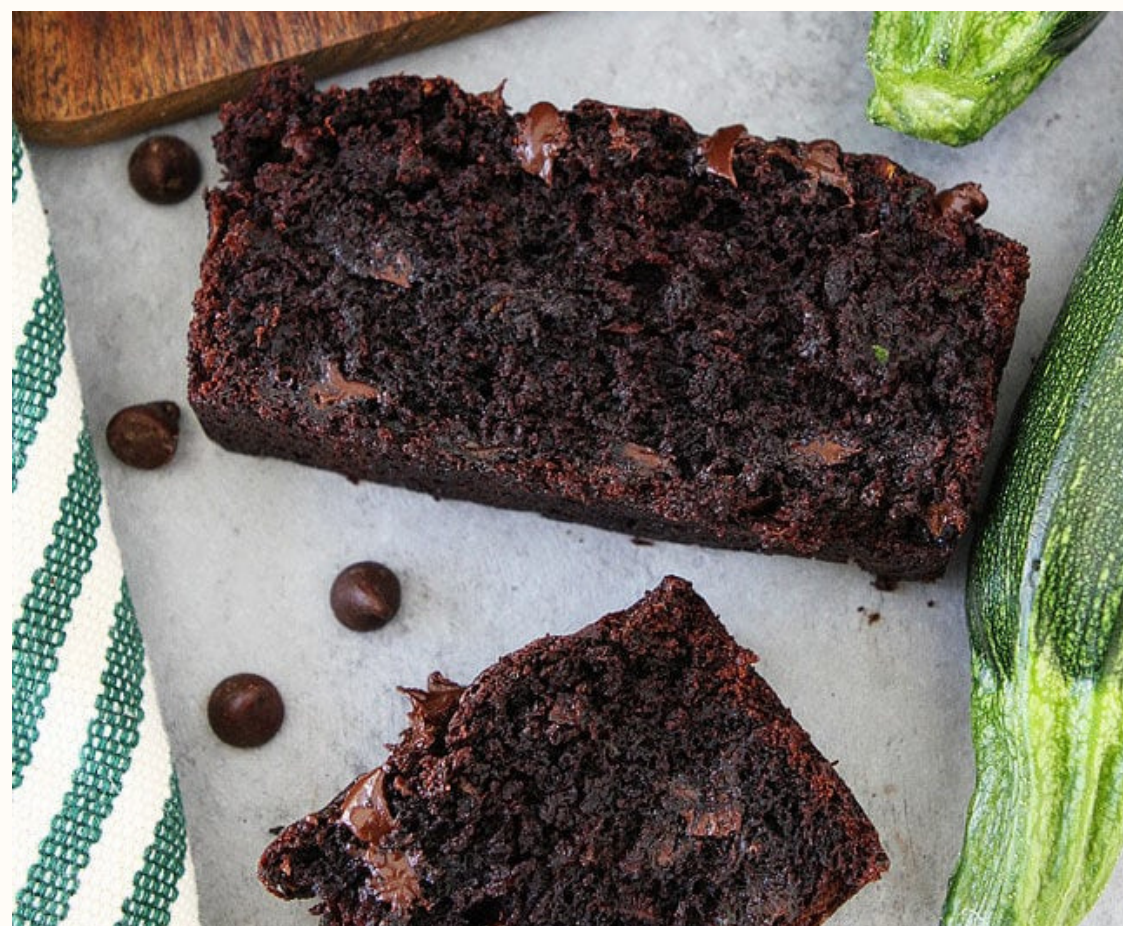
4 Ways to Use Zucchini

That aren't roasting it

Zucchini Muffins



Zucchini Brownies



Zucchini Pasta



Turkey Zucchini Meatballs



For 1:1 and group nutrition services contact Sam Thompson at sthompsonrd@outlook.com



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4 Ways to Use Zucchini

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Zucchini Muffins

Recipe Credit: Love and Lemons

Ingredients

- 2 cups all-purpose flour or white whole wheat flour
- 3/4 teaspoon baking soda
- 3/4 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground ginger (optional)
- 1/4 teaspoon ground nutmeg (optional)
- 1/4 cup unsalted butter, melted and slightly cooled
- 1/4 cup oil (coconut, olive, vegetable)
- 1/2 cup packed light brown sugar
- 1/4 cup granulated sugar
- 2 large eggs, at room temperature
- 1 1/2 teaspoons pure vanilla extract
- 2 cups grated zucchini

Instructions

- Preheat the oven to 375 degrees F. Line a standard 12-cup muffin tin with paper liners or grease with nonstick cooking spray. Set aside.
- In a medium bowl, whisk together the flour, baking soda, baking powder, cinnamon, salt, ginger, and nutmeg. Set aside.
- In a large bowl, whisk together the melted butter, oil, sugars, eggs, and vanilla until smooth. Stir in the zucchini.
- Add the dry ingredients to the wet ingredients and stir until just combined. Don't over mix.
- Divide the batter equally amongst the muffin cups. Sprinkle each muffin with turbinado sugar. Bake for 18 to 23 minutes or until the muffins are golden brown and the tops of the muffins bounce back when you gently press on them. You can also insert a toothpick into the center of a muffin, if it comes out clean, they are done.
- Let the muffins cool in the pan for 5 minutes. Remove muffins from the tin let cool another 15 minutes.



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4 Ways to Use Zucchini

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Zucchini Pasta

Recipe Credit: Spent with Pennies

Ingredients

- 1 large zucchini
- ½ tablespoon olive oil
- 2 tablespoons spreadable cream cheese plain or herb & garlic flavor or 1/4c marinara sauce
- ⅛ teaspoon garlic powder
- salt & pepper to taste
- 1 tablespoon parmesan cheese grated
- parsley and parmesan cheese for garnish - optional

Instructions

- Cut the ends of the zucchini and spiralize using the medium noodle blade (not the smallest noodle).
- Preheat olive oil over medium high heat. Add zucchini noodles and garlic powder (no salt). Cook 3-5 minutes, stirring tongs until slightly softened/wilted.
- Move noodles to one side and add cream cheese, stirring until melted or add in marinara sauce. Toss with zoodles and season with salt and pepper to taste.
- Stir in grated parmesan cheese. Garnish and serve.





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Turkey Zucchini Meatballs

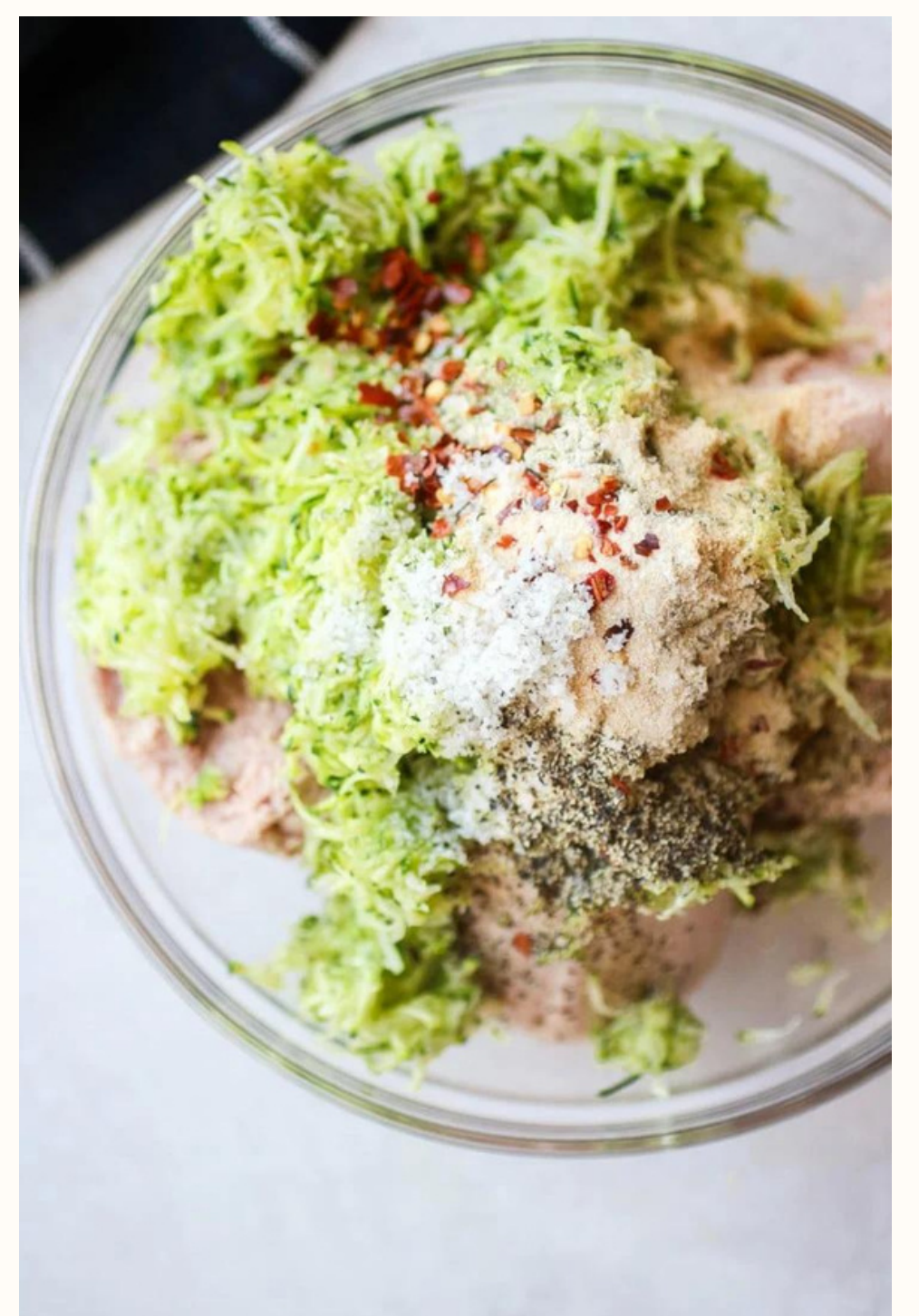
Recipe Credit: Real Food Dietitians

Ingredients

- 2 lb. 93/7 lean ground turkey (may sub ground chicken, beef or bison)
- 2 cups shredded zucchini, loosely packed
- 2 tsp. dried Italian Seasoning
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. crushed red pepper flakes
- 1 tsp. sea salt
- 1/2 tsp. black pepper

Instructions

- Preheat the oven to 400°F. Line a large baking sheet with parchment. Set aside.
- Place and spread the shredded zucchini out on one half of a double layer of paper towel, top the zucchini with another double layer of paper towel or fold the paper towel over the zucchini and press down with hands to absorb moisture from the zucchini.
- Combine all of the ingredients in a bowl and mix with spoon or clean hands.
- Form into 28 golf ball-sized meatballs (about 1 1/2 oz. each) and place on the baking sheet.
- Bake for 18-20 minutes or until meatballs are cooked through and insides are no longer pink.
- Serve as is or toss with your favorite marinara sauce.





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4 Ways to Use Zucchini

That aren't roasting it

Zucchini Brownies

Recipe Credit: Two Peas and Their Pod

Ingredients

- 1 cup all-purpose flour
- 1/2 cup Dutch process cocoa or unsweetened cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 2 large eggs, at room temperature
- 1/4 cup unsalted butter melted and slightly cooled
- 1/4 cup oil
- 3/4 cup packed light brown sugar
- 1 teaspoon pure vanilla extract
- 1 1/2 cups packed shredded zucchini
- 1 cup semisweet chocolate chips, divided



Instructions

- Preheat your oven to 350°F. Grease a 9-by-5-inch loaf pan
- In a medium bowl, whisk together the flour, cocoa powder, baking soda, and sea salt.
- In a large bowl, add the eggs, melted butter, oil, vanilla extract, and brown sugar. Stir until smooth. You might have a few small brown sugar clumps and that is fine.
- Stir the dry ingredients into the wet ingredients, don't overmix. Stir in the shredded zucchini until just combined. Stir in 3/4 cup of the chocolate chips.
- Pour batter into prepared pan. Sprinkle the remaining 1/4 cup of chocolate chips over the top of the bread. Bake for 50-60 minutes, or until a toothpick inserted into the center of the bread comes out mostly clean, you might have some melted chocolate chips on the toothpick and that is fine. You just don't want a lot of gooey batter.
- Remove from the oven and let cool for 15 minutes.