

# Zucchini-ville Muffins



*That's Fresh – Kids Cooking Teams, Chef & Child Foundation*

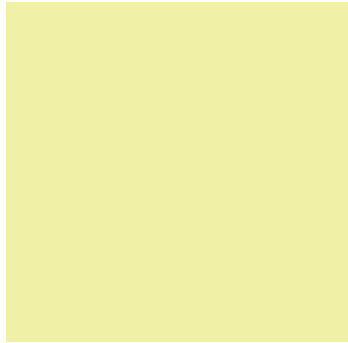
## Ingredients

3½ cups flour  
4 teaspoons baking powder  
½ cup sugar  
1½ teaspoons salt  
1 teaspoon cinnamon  
4 large eggs  
1½ cups milk  
6 tablespoons butter  
2 cups grated zucchini

## Method of Preparation

1. Preheat the oven to 375°F.
2. Measure sifted flour, salt, sugar, baking powder and cinnamon into the sifter. Then sift into a mixing bowl.
3. Pour milk into another bowl. Then add eggs, melted butter and grated zucchini. Stir together.
4. Pour wet ingredients into the bowl with the dry ingredients. Stir until all the flour is wet.
5. Spray a muffin tin with nonstick cooking spray and fill each cup with batter.
6. Bake until browned, about 20 minutes.

NOTE: You can also add other ingredients to the batter before you fill the pans, like cheese, nuts, fruits, bran flakes or other foods you like.



# Vegetable Soup



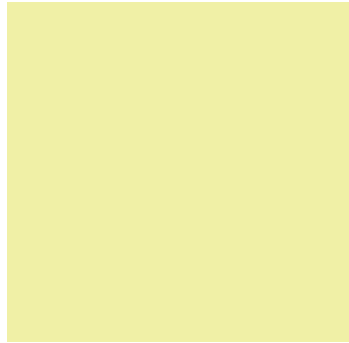
*Chef & Child Foundation Recipe Collection,  
ACF Columbus Chapter*

## Ingredients

- 1 can green beans, drained
- 1 can pinto beans
- 1 can corn
- 2 potatoes, peeled and diced
- 2 carrots, scrubbed, peeled, sliced thin
- 1 can tomatoes (do not drain)
- ½ cup barley
- 1 onion, chopped
- 1 zucchini, chopped
- 1 tablespoon oregano

## Method of Preparation

1. Put barley, onions, zucchini and carrots in soup pot.
2. Add water to cover plus 2 cups. Simmer until barley is tender.
3. Add canned vegetables and oregano.
4. Simmer until soup is hot. Serve.



# Parmesan Zucchini with Tomatoes and Basil



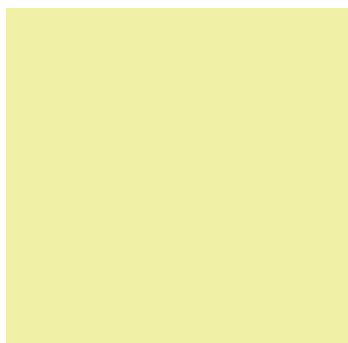
*John Selick, CEC, executive chef, Ahuja Medical Center, Chef & Child, Chefs Move to School subcommittee member*

## Ingredients

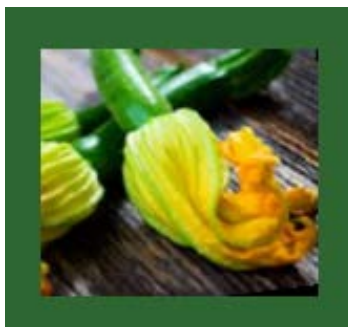
1 large zucchini, ½ inch thick slices  
1 cup cherry tomatoes, sliced in half  
3 tablespoons olive oil  
¼ cup parmesan cheese, grated  
Fresh basil, rough chopped  
Salt and pepper to taste

## Method of Preparation

1. Season zucchini with salt and pepper; toss with olive oil. Cook zucchini on hot grill until nicely toasted on both sides.
2. Put them in a mixing bowl with sliced cherry tomatoes. Sprinkle with parmesan cheese while still warm.
3. Toss together with fresh basil.



# Slow Cooker Minestrone Soup



**KIDS** eat right.

<http://www.eatright.org/kids/recipe.aspx?id=6442479166&term=zucchini>

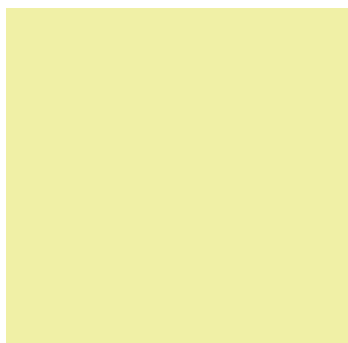
## Ingredients

6 cups organic vegetable broth  
28-ounce can diced tomatoes  
15-ounce can cannellini beans, drained and rinsed  
15-ounce can kidney beans, drained and rinsed  
2 cups frozen green beans  
4 medium carrots, chopped  
1 medium zucchini, chopped  
1 stalk celery, chopped  
1 medium onion, chopped  
2 tablespoons dried Italian seasoning  
1 bay leaf  
4 garlic cloves, minced  
1 teaspoon salt  
3/4 teaspoon pepper  
1 cup cooked (or 2 ounces of dry) whole-grain elbow pasta  
2 cups fresh baby spinach  
Garnish: 1 1/4 cups freshly grated Parmesan cheese (optional)

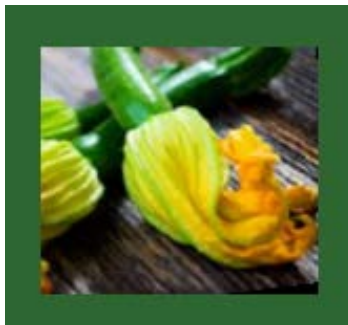
## Method of Preparation

1. Combine ingredients, except pasta and baby spinach, in a 6- or 7-quart slow cooker. Cover and cook on low for 7 to 8 hours.
2. Increase heat to high. Stir in pasta and spinach. Cover and cook 15 minutes or until pasta is done.
3. Remove bay leaf before serving. Sprinkle each serving with 2 tablespoons grated Parmesan cheese, if desired.

Cooking Tip: Organic vegetable broth is lower in sodium than regular canned vegetable broth.



# Chocolate Zucchini Cupcakes



**KIDS** eat right.

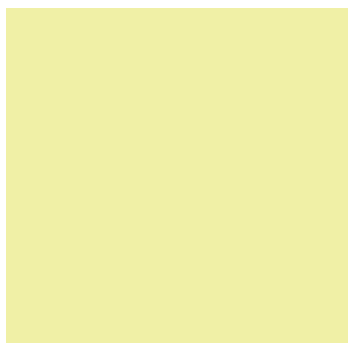
<http://www.eatright.org/kids/recipe.aspx?id=6442463728&term=zucchini>

## Ingredients

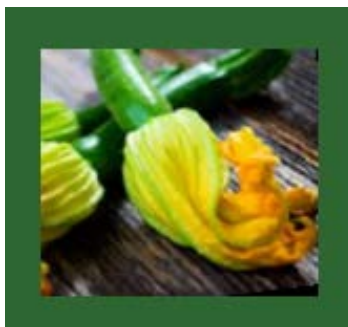
1 cup zucchini, grated  
1 cup applesauce, unsweetened  
1 teaspoon vanilla extract  
½ cup agave nectar, divided  
¼ cup brown sugar  
1 cup whole wheat flour  
½ cup all purpose, unbleached flour  
¼ cup flaxseed, ground  
½ teaspoon baking powder, low sodium  
1 teaspoon baking soda  
1 ½ teaspoons ground cinnamon, divided  
½ teaspoon ginger, ground  
¼ teaspoon cloves, ground  
¼ teaspoon nutmeg, grated  
½ cup cocoa, unsweetened

## Method of Preparation

1. Preheat oven to 350°F and line muffin cups with paper liners.
2. Put grated zucchini in paper towels and squeeze out as much water as possible. Set aside.
3. In large mixing bowl, add applesauce, vanilla extract, ¼ cup agave and mix thoroughly.
4. Add flours, baking soda, baking powder, flaxseeds, 1 teaspoon cinnamon and other spices, and mix well. Add cocoa and mix thoroughly.
5. Add zucchini mixture and stir thoroughly.
6. Fill paper liners with chocolate zucchini batter to ¾ full. Bake for approximately 20 minutes or until a toothpick comes out clean from the center of cupcake.
7. Mix ¼ cup agave with ½ teaspoon cinnamon in small bowl. Before serving, drizzle agave mixture over cupcakes as icing and enjoy!



# Squashy Chili



## CHOPCHOP

<http://www.chopchopmag.org/content/squashy-chili>

### Kitchen Gear:

Measuring spoons  
Measuring cup  
Cutting board  
Sharp knife (adult needed)  
Strainer or colander  
Large heavy-bottomed soup pot with lid  
Large spoon  
Oven mitts

### Ingredients

2 teaspoons olive or vegetable oil  
1 large yellow onion, peeled and chopped  
3 garlic cloves, peeled and finely chopped  
3 cans diced butternut squash  
2-4 tablespoons chili powder  
1-1 ½ teaspoons dried oregano  
1-2 teaspoons ground cumin  
1 teaspoon crushed red pepper (optional)  
¼ - ½ teaspoon cayenne (optional)  
¼ cup cold water  
2 16-ounce cans dark red kidney beans,  
drained and rinsed well  
1 16-ounce can black beans, drained and  
rinsed well  
1 28-ounce can diced tomatoes, including  
Juice  
2 small zucchini, diced

### Method of Preparation

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. With the help of an adult, put pot on stove and turn heat to medium.
2. Let pot heat for 1 minute and when it is hot, with the help of an adult, add oil.
3. Add onion, garlic, butternut squash, chili powder, oregano and cumin (and red pepper flakes and cayenne for spicy version). Cook on low heat until onion is very soft, about 20 minutes. Stir from time to time. If it looks dry, add water.
4. Add beans and tomatoes; cook, covered, stirring occasionally, for 30 minutes.
5. Add zucchini; cook, uncovered for 30 more minutes. Serve or set aside to cool and store.
6. Chili can be refrigerated up to 5 days or stored in freezer for up to 2 months.