

NYBG

EDIBLE ACADEMY FRESH FROM THE GARDEN TASTINGS

ZUCCHINI WITH HONEY AND BASIL

Shared by the Edible Academy's Dig, Plant, Grow Program
Yield: 6 servings

Ingredients

- 4 medium zucchini, ends trimmed
- 1 tablespoon 365 Everyday Value® Extra Virgin Olive Oil
- 2 tablespoons 365 Everyday Value® Unsalted Butter
- ½ lemon
- 3 teaspoons 365 Everyday Value® Organic Mountain Forest Honey Light Amber
- 10 basil leaves
- 10 mint leaves
- 365 Everyday Value® Ground Black Pepper and 365 Everyday Value® Kosher Sea Salt, to taste

365 Everyday Value® products are found exclusively at Whole Foods Market®.



Instructions

Cut the zucchini lengthwise into quarters, and then cut crosswise into ½-inch cubes. Put them in a bowl, season generously with salt, and let sit for 20 to 30 minutes. Drain and pat dry. If you are avoiding sodium, skip this step.

Over medium heat, warm the olive oil and butter in a large sauté pan or grill pan (large enough to fit the zucchini in a single layer). Add the zucchini. Allow zucchini to cook so the edges brown but the centers are crisp and tender. As soon as the zucchini is done, remove from heat and allow to cool on dish or cutting board, leaving the oil in the pan behind.

For the basil and mint pesto: Combine ¼ cup packed basil leaves and ¼ cup packed mint leaves with a pinch of salt in a small food processor. Turn on the machine and drizzle 3 tablespoons oil through feed tube, until a loose sauce forms. Once the zucchini is cooked, dress with pesto, lemon juice, and honey. Add salt and pepper to taste.

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