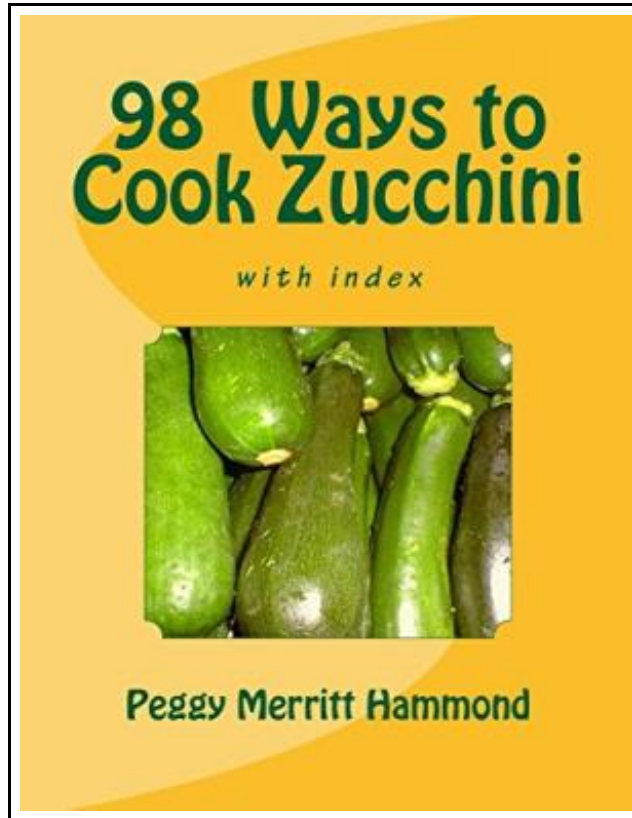


98 Ways to Cook Zucchini



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Reviews

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98 WAYS TO COOK ZUCCHINI



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Recipes for breads, cakes, cookies, desserts, entrees, side dishes and snacks all using zucchini. This book is dedicated to all you zucchini lovers who think fried is the only way to cook zucchini. I ll bet this title got you to thinking, didn t it. Well, did you know that zucchini is perhaps the most versatile vegetable out there? It can be fried, baked, boiled, broiled, sauteed, stewed and frozen. I ve even seen a recipe for zucchini milk. I love fried zucchini, but you can only eat so much fried zucchini. And let s face it, all that fat is just not good for us. So what are we going to do with all that zucchini in the garden?! Zucchini has a rather bland taste, so it is easy to hide in other foods so your picky eaters don t realize they are getting their (shhh) vegetables. Add it to brownies, cakes, cookies, meatloaf, spaghetti. It s easy to freeze for use later. Just shred it or cube it, seal 1-2 cups in zipper bags, and freeze. Frozen zucchini does not fry well because it is soggy, but it is great for adding to recipes. And don t forget, you can also eat raw zucchini sticks, plain or dipped in your favorite dressing.



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