

Flavors of Rochester at the Market

Celebrating the Cuisines and Cultures of our Community



*A sampling series brought to you by the Rochester Public Market,
Friends of the Rochester Public Market, Democrat and Chronicle, and Summit Federal Credit Union
Saturdays, May through September 10 a.m. to 12 p.m.*

www.cityofrochester.gov/marketflavors
www.democratandchronicle.com/section/flavors

Guest Chef for July 25, 2015: Margaret O’Neill and
Friends of the Rochester Public Market (www.marketfriends.org)

Market Summer Zucchini Salad

You know it is summer in Rochester when the locally grown zucchini squash are plentiful. This popular green summer squash has a white flesh and a mild, delicate taste – making it the perfect foil for a wide variety of seasonings and food combos. These summer squash are delicious raw or cooked – making them a prime ingredient for salads, stir fries or in baked goods.

Look for small tender squash that are 6 – 8 inches long and less than 2 inches in diameter for the best flavor and texture. Fresh zucchini are dark green and shiny, without soft spots or blemishes. Avoid those baseball-bat size ones, no matter how good a bargain they seem – as they have little flavor and a spongy texture.

Zucchini has high moisture content, with just 17 calories per serving! Don’t peel the dark green skin as it provides important fiber. Zucchini are a good source of antioxidants, folate and potassium.

And remember – August 8th is national “Sneak Some Zucchini on Your Neighbor’s Porch” day!

1/3 cup olive oil
2 tablespoons fresh lemon juice
1 teaspoon coarse kosher salt
1/2 teaspoon freshly ground black pepper
2 pounds medium zucchini, trimmed
1/2 cup coarsely chopped fresh basil
1/4 cup pine nuts or sunflower seeds
Small wedge of Parmesan cheese

1. Whisk oil, lemon juice, salt, and black pepper in a small bowl to blend. Set dressing aside.
2. Using vegetable peeler or V-slicer cut zucchini into slices. Place slices in a large bowl. Add basil and nuts or seeds, then dressing; toss to coat. Season to taste with salt and pepper. Using a vegetable peeler, shave thin slices of Parmesan cheese over the salad. Serves 6.