

ZUCCHINI



Grilled Zucchini with Lemon-Honey Vinaigrette

INGREDIENTS

- 2-3 medium-to-large size zucchini
- Olive oil
- Dried oregano
- Salt and fresh ground black pepper

- 1 Tablespoon lemon juice
- 3 Tablespoons olive oil
- 2 teaspoons honey
- ½ teaspoon salt
- 2-3 grinds black pepper

PEAK SEASON

July–October

DIRECTIONS

- 1** Wash the zucchini well. Trim blossom and stem ends slightly, and cut the zucchini into ¼ thick strips. Lay these out and drizzle or brush with olive oil, then season with salt, pepper, and dried oregano.
- 2** Combine lemon juice, honey, salt, and pepper in a small bowl, and whisk together until mixed well. Slowly add olive oil while whisking, and keep whisking until fully mixed together.
- 3** Grill the zucchini over the hottest portion of your grill, making sure to angle the strips so that they don't fall through the grate. Gently turn and grill both sides: for bonus points, make nice diamond grill marks on both sides. Transfer cooked zucchini to a plate.
- 4** Once all the zucchini is cooked, drizzle the vinaigrette over the slices, then serve.

Nutrition tip:

Use raw, local honey! Raw honey contains B vitamins, minerals and certain amino acids. Local honey has been found to help with seasonal allergies.

*Recipe provided by
Eastern Market Chef
Aaron Egan*

