

# It's Zucchini Season!

#161 JUNE 19 2024

## BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

### Zucchini Fries with Herbed Yogurt Dip

#### Ingredients:

2 large zucchini (about 1 $\frac{3}{4}$  lb.), trimmed

Zest of 1 lemon, plus more for serving

$\frac{1}{2}$  cup plain whole-milk Greek yogurt

$\frac{1}{4}$  cup finely chopped tender herbs (such as dill, parsley or basil), plus more for serving

2 $\frac{3}{4}$  tsp. kosher salt, divided, plus more

Freshly ground pepper

$\frac{3}{4}$  cup all-purpose flour

3 large eggs

1 $\frac{1}{2}$  cups panko

1 $\frac{1}{2}$  oz. Parmesan, finely grated (about  $\frac{3}{4}$  cup)

2 $\frac{1}{4}$  tsp. garlic powder

Vegetable oil (2–3 cups if frying;  $\frac{1}{2}$  cup if baking)

#### Instructions:

Stir zest of 1 lemon, Greek yogurt,  $\frac{1}{4}$  cup finely chopped herbs,  $\frac{1}{2}$  tsp. kosher salt, a large pinch of pepper, and 2 Tbsp. water in a small bowl until smooth. Cover herby yogurt and chill.

Whisk  $\frac{3}{4}$  cup all-purpose flour and  $\frac{1}{4}$  tsp. kosher salt in a shallow bowl to combine.

Lightly whisk 3 large eggs and  $\frac{1}{4}$  tsp. kosher salt in another shallow bowl.

Place 1 $\frac{1}{2}$  cups panko in a third shallow bowl. Using your hands or a measuring cup, crush panko into slightly finer pieces (you don't need an even consistency, just some finer and coarser bits).

Add 1 $\frac{1}{2}$  oz. Parmesan, finely grated (about  $\frac{3}{4}$  cup), 2 $\frac{1}{4}$  tsp. garlic powder, 1 $\frac{3}{4}$  tsp. kosher salt, and a large pinch of pepper to panko; mix to combine.

Working with a few pieces at a time, dredge zucchini sticks in flour, shaking off excess.

Dip in egg, letting excess drip back into bowl, then coat in panko mixture, pressing gently to adhere.

Transfer to a wire rack set inside large rimmed baking sheet.

If frying, pour vegetable oil into a medium high-sided skillet fitted with thermometer to come  $\frac{3}{4}$ " up sides (2–3 cups) and heat over medium-high until thermometer registers 350°.

Working in batches and bringing oil back up to 350° between batches, fry zucchini in a single layer, turning occasionally, until golden brown and crisp on all sides, about 3 minutes. Transfer zucchini fries back to wire rack; lightly season with salt.

If baking, place a rack in lower third of oven and set a rimmed baking sheet on rack; preheat to 400°. When oven is hot (or after 10 minutes), carefully pour  $\frac{1}{2}$  cup vegetable oil onto hot baking sheet, carefully tilting baking sheet to coat evenly.

Arrange zucchini, flat side down, on baking sheet in a single layer. Bake, turning halfway through, until golden brown and crisp, 30–35 minutes. Lightly season zucchini fries with salt.

Transfer zucchini fries to a large plate or platter. Top with more herbs and lemon zest. Serve with dip.

In your  
Box This  
Week!

MICROGREENS  
FRESH RED ONIONS  
ARUGULA  
BEETS  
CURLY KALE  
ZUCCHINI

Small

MICROGREENS  
ROMAINE  
SNOW PEAS  
CILANTRO  
ARUGULA  
BEETS  
SUSHI RICE  
ZUCCHINI

Medium

MICROGREENS  
ARUGULA  
BOK CHOY  
PARSLEY  
ROMAINE  
THYME  
SUSHI RICE  
GREEN BEANS  
CURLY KALE  
KOHLRABI  
ZUCCHINI

Large



## Zucchini Bread

### INGREDIENTS

- 3 cups all-purpose flour, spooned into measuring cup and leveled-off
- 2½ teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon salt
- 3 large eggs
- 1¾ cup granulated sugar
- 2 cups grated zucchini (you'll need two medium zucchinis; do not wring out the liquid)
- 2 sticks (1 cup) unsalted butter, melted and slightly cooled
- 2 teaspoons vanilla extract
- 1 cup chopped walnuts, lightly toasted if desired



### INSTRUCTIONS

Preheat oven to 325°F and set rack in middle position. Generously grease two 8½ x 4½-inch loaf pans with nonstick cooking spray.

In a medium bowl, combine the flour, cinnamon, nutmeg, baking soda, baking powder and salt. Use a whisk to mix well.

In a large bowl, whisk the eggs with the sugar. Add the grated zucchini, melted butter, and vanilla extract; using a wooden spoon or rubber spatula, stir to combine.

Add the dry ingredients to liquid ingredients and mix until just combined. Add the nuts and currants, then divide the batter evenly into the prepared pans. Bake for 60 to 65 minutes, or until a cake tester comes out clean. Set the pans on a wire rack and let cool for about 10 minutes, then turn the loaves out onto rack to cool completely.