



Fresh Veggie Series

Vine & Fig Educational Outreach Program



This Week's Produce Items:

Radical Roots Farm: zucchini, beets, herb, onions, lettuce mix, chard, cucumber, tomato, green pepper

St. Isidore Homestead & Permaculture: zucchini, fresh onions, carrots, Mexican oregano

Recipe of the week:

Zesty Zucchini Bake

Ingredients

- zucchini
- two tomatoes
- onion
- garlic
- tomato sauce (marinara or other)
- shredded cheese (parmesan or other)

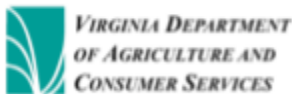
Directions

1. Chop zucchinis, tomatoes, onion and garlic.
2. Mix all the ingredients and place in an oven safe dish.
3. Place the dish pan in the oven at 375 degrees, for 10 minutes.
4. Take it out of the oven, add tomato sauce and shredded cheese.
5. Place the dish back in the oven for 25 minutes.

It is ready to serve!

Add salt, pepper and chopped herbs (like oregano or basil) to taste.

You can eat it with cooked pasta or rice.



vinefigeducation.org/recipes