

JUNE 27, 2019

COOKING WITH COUNTRYSIDE AT HIGHLAND SQUARE FARMERS' MARKET

# ZUCCHINI RIBBONS WITH TOMATO SAUCE

## WHAT'S INCLUDED IN MINI MEAL KIT:

- Zucchini from Martha's Farm
- Onions from Martha's Farm
- Garlic from Rainbow Gardens
- Tomatoes from Ash Creek Farm
- Basil from Rainbow Gardens

## OPTIONAL:

- Ground Beef from Rose Ridge Farm
- Alpine Cheese from Old Forge Dairy

## PANTRY ITEMS:

- Salt & Pepper
- Olive Oil
- Red Pepper Flakes

## SUPPLIES NEEDED:

- Colander
- Vegetable peeler
- Skillet & mixing spoon
- Cutting board & chef's knife

## RECIPE

MAKES 2 SERVINGS

### INGREDIENTS

Zucchini	<i>2 cups, cut into ribbons</i>
Salt	<i>a pinch</i>
Olive Oil	<i>1 tbsp.</i>
Sweet or Green Onion	<i>1/4 cup, diced</i>
Garlic cloves	<i>2 cloves, minced</i>
or Garlic powder	<i>1 tsp.</i>
Tomatoes	<i>1 cup, diced</i>
Red Pepper Flakes	<i>a pinch</i>
Salt & Pepper	<i>to taste</i>
Basil	<i>1 tbsp., finely chopped</i>
<b>Optional:</b>	
Ground Beef	<i>8 oz.</i>
Cheese	<i>garnish</i>

### METHOD

- 1. Noodles:** Cut off the ends on each zucchini and using a vegetable peeler, peel from one end of the zucchini to the other to create ribbons. Place the ribbons in a colander and sprinkle with salt. Allow to sit in the sink to drain while preparing the sauce.
- 2. Sauce:** Heat oil in a skillet over medium heat. Add onions and cook until they become translucent; 1-3 minutes. Add garlic and cook an additional minute.
- 3. If using meat:** Add ground beef to skillet with onion and garlic. Cook for about 8 minutes or until meat is completely browned. (Skip over step if not using meat)
- 4.** Add tomatoes and red pepper flakes. Bring to a simmer for about 10 minutes.
- 5.** Add zucchini ribbons and cook for an additional 2 minutes. Season with salt & pepper, garnish with basil & cheese(optional), and ENJOY!

