Southeast Asian Coconut Zucchini
From – Moosewood Restaurant Low-Fat Favorites

4 to 5 cups cubed zucchini
2 garlic cloves, minced or pressed
½ to 1 fresh chile, minced, seeds removed for a milder “hot”
½ tsp turmeric
1 tsp canola or other vegetable oil
2 scallions, chopped
2 Tbsp fresh lime juice
2 Tbsp chopped fresh basil
2 Tbsp chopped fresh mint
¼ cup reduced-fat coconut milk
salt to taste

• In a skillet, saute’ the zucchini, garlic, chile and turmeric in the oil for 5 minutes, stirring constantly.
• Add the scallions, lime juice, basil, mint and coconut milk.
• Cover and cook on low heat for about 10 minutes until the zucchini is tender.
• Stir occasionally and, if necessary, add a splash of water to prevent sticking.
• Add salt to taste.
• Serve hot.

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