



Green Garden Zucchini "Hummus"

A new way to use those zucchini veggies

- 3 cups chopped zucchini
- 1/2 teaspoon salt
- 3 garlic cloves, minced
- 3 Tablespoons creamy almond butter
- 1 Tablespoon soy sauce
- 1 Tablespoon olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 1 Tablespoon chia seeds
- Garnish: slices of fresh zucchini as desired
- Serve with: Tortilla chips, crackers, veggie sticks

Remove Excess Juice from Zucchini: Place in layers in a bowl; sprinkle salt between layers. Place small dish on top; cover with plastic wrap. Set

aside for 30 minutes or leave in refrigerator overnight. Pour off excess liquid. Another easy way to remove the excess liquid is to layer the slices in cheesecloth; twist the cloth and squeeze out the juice.

Put the zucchini in the food processor with all remaining ingredients except chia seeds and garnish. Process until smooth; place in medium sized bowl; stir in chia seeds; cover; store in refrigerator to thicken and chill for about 30 minutes.

Serve garnished with a few zucchini slices on top. Arrange tortilla chips, crackers, or veggie sticks for snacking.

Yield: Serves 4 to 6

Recipe Inspired by: Extraordinary Health – vol. 30.

About the Recipe: If you want to make some fresh-from-the-garden “hummus” dip, try making it with zucchini. It has a fresh garden flavor and perfect for a side dish or snack. Have fun and enjoy those fresh veggies in new creative ways!