


Simple Grilled Zucchini

INGREDIENTS

3 zucchini measuring 7 or 8 inches long
1 tablespoon plus 1 teaspoon CO-OP Gold Olive Oil 100% Extra Virgin 
1 teaspoon Italian Seasoning
½ teaspoon coarse kosher salt
¼ teaspoon garlic powder
1 tablespoon balsamic glaze

INSTRUCTIONS

1. Preheat grill to medium heat.
2. Trim stem and blossom ends off zucchini. Cut lengthwise into long slabs about 1/3-inch thick. Lay on work surface. Brush oil over the zucchini with a pastry brush. Combine Italian seasoning, salt and garlic in a small bowl. Sprinkle over the zucchini.
3. Grill the zucchini until the charred on the bottom, 3 to 5 minutes. Flip over, avoiding letting the zucchini go through the grates, and continue cooking until just tender but not breaking down, about 3 minutes longer. Transfer to a large platter. Drizzle with balsamic and serve hot or at room temperature.

Notes:

For smaller zucchini that is less than an inch thick, it is better to cut them a little thicker than a quarter inch or less thick. So I recommend that you remove the ends, then slice in half lengthwise. Grill until tender

For large or giant zucchini, cut into five inch lengths, then into 1/3 inch slabs. Because they're seedy, they will become tender faster without browning as much, so keep an eye on them!





<https://www.healthyseasonalrecipes.com/grilled-zucchini/>


Grilled Zucchini Salad with Corn and Tomatoes

Ingredients

For the Vegetables

- 2 medium-sized zucchini, cut into ½-inch thick half-moons
- 2 cups cherry tomatoes, halved
- 2½ cups CO-OP Gold Peaches and Cream Corn (frozen or canned)  GOLD
- 2 tablespoons CO-OP Gold Olive Oil 100% Extra Virgin  GOLD
- salt and fresh ground pepper, to taste

For the Dressing

- 3 tablespoons CO-OP Gold Olive Oil 100% Extra Virgin  GOLD
- 2 tablespoons lemon juice
- 1 glove garlic, minced
- 1 teaspoon dried oregano
- Salt and pepper to taste
- 2 cups arugula
- ½ cup CO-OP Gold Crumbled Cheese Feta  GOLD

Instructions

1. Preheat an outdoor Grill to medium-high; about 425°F.
2. Brush grill grates with oil.
3. Drizzle olive oil over slices of zucchini and season with salt and pepper.
4. Grill zucchini for 2 to 3 minutes per side, or until tender and grill marks appear.
5. At the same time, grab a grill pan and combine tomatoes and corn inside the pan; drizzle with a tablespoon of olive oil and season with salt and pepper.
6. Set grill pan on the grill and cook, stirring frequently, until tomatoes and corn are charred; about 2 to 3 minutes.
7. In a salad bowl, whisk together 3 tablespoons olive oil, lemon juice, garlic, oregano, salt and pepper.
8. To the bowl, add zucchini, tomatoes, corn, and arugula; toss to coat with salad dressing.
9. Top with crumbled cheese and serve!



<https://diethood.com/grilled-zucchini-salad/>