



Sustainable Solano
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

“Waste Not, Want Not” Cooking Class

By Chef Lisa Núñez-Hancock

Zucchini Salad with Lemon Zest

I love this simple salad. It is bright, vibrant and super easy to make. It is a great way to enjoy those garden-fresh zucchinis and it uses two items that often come in abundance in the garden: zucchinis and lemons.

Ingredients

4 cups grated zucchini
1/4 cup grated lemon zest
1/4 cup lemon juice
2 teaspoons local honey
2 Tablespoons extra virgin olive oil
Salt & pepper to taste

Grate the zucchinis into a large bowl and set aside. Zest the lemons and add to the zucchini. Make vinaigrette by combining lemon juice olive oil, local honey, salt and pepper. Gently combine vinaigrette with the zucchini mixture, and enjoy!

Serves 4.

Buy local! Get produce for this recipe from small Solano County farms.
Visit <http://sustainablesolano.org/local-food/> for resources and information.

Classic Andalusian Gazpacho

Ingredients

2 medium cucumbers, peeled
5 medium ripe tomatoes
1 medium red onion
1 medium bell pepper (red or green)
2 cloves of garlic
4 cups French or Italian rustic style bread
4 cups cold water
1/4 cup red wine vinegar
4 teaspoons sea salt
2 teaspoons paprika
4 Tablespoons extra virgin olive oil
Freshly ground pepper to taste

Coarsely chop cucumbers, tomatoes, onion and bell pepper. Reserve a small amount of each for garnish. Mince garlic and combine vegetables in a large bowl. Remove crust from bread (reserve for croutons for other recipes) and cube interior of bread. In a separate bowl combine vinegar, water, salt and paprika. Combine chopped vegetables with cubed bread and liquid mixture.

Ladle mixture into a blender jar and puree until the mixture is smooth. You may have to do this in a few batches. When the ingredients are thoroughly blended stir in olive oil. Pour soup into a large bowl and cover, chilling it in the refrigerator for at least 2 hours and up to 12 hours. Just before serving, whisk mixture to recombine. Garnish each bowl with a little of the reserved chopped vegetables-cucumber, bell pepper, onion and tomatoes. It is optional, but if you like, you can also top the gazpacho with parsley and chopped egg.

Serves 6.

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