

Quick Bites: Episode 17

Focus on Zucchini

Asian Chicken with Zucchini and Pineapple

Ingredients:

- 4 chicken breasts (cut into bite sized pieces)
- ½ cup Teriyaki sauce
- 1 cup fresh orange juice
- 2 tsp flour
- 8 cloves of garlic
- 12 spring onions
- ¼ cup olive oil
- 1 tsp black pepper
- ¼ tsp salt, optional
- 2 cups zucchini, chopped small
- 1 cup fresh or canned pineapple, chopped
- 2 cups brown, rice cooked
- 1 ½ cups green onions, chopped and divided
- 1 cup slivered almonds, toasted
- 1 whole pineapple, cut in half, scoop out pineapple chunks and leave rest for serving vessel



Directions:

- Marinate the chicken in teriyaki sauce, orange juice for at least 20 minutes, up to 6-8 hrs.
- Once the chicken is marinated, heat a griddle pan on medium heat, drizzle some oil and place the chicken pieces and leave it cook on either side, the chicken will take about 2 minutes to cook on either side. Once done transfer the chicken pieces into a bowl.
- Set aside the leftover marinade in yet another bowl.
- Into this bowl with leftover marinated sauce, add flour and salt and whisk well. Set aside.
- Heat a flat skillet with oil, add garlic and saute until it turns brown in color. Add 1 cup of spring onions and cook for few seconds; add in the marinated mixture.
- Add cooked chicken pieces as well and cook until the chicken is coated well with the sauce. Add in pineapple and cook for 1-2 minutes until warm.
- Use pineapple halves as “bowls” for half of chicken recipe and 1 cup of rice. Garnish with remainder of chopped green onions. Enjoy!

Zucchini Boats

Ingredients:

- 4 medium/large wide zucchini (2 1/2 lbs)
- 3 Tbsp olive oil, divided
- 1 large yellow onion, sliced into short pieces
- 8 small mushrooms (about 6 oz), sliced
- 1 clove of garlic
- 1 large red or orange bell pepper, chopped
- 1 lb. turkey sausage, chopped and browned
- Salt and freshly ground black pepper
- 1 1/2 Tbsp water or beef broth
- 1 1/4 cups shredded provolone cheese
- 1 cup chopped fresh parsley, garnish

Directions:

Preheat oven to 400 degrees. Using a spoon, scoop centers from zucchini to create boats while leaving a 1/4-inch rim (reserve centers for another use). Brush both sides of zucchini with 1 Tbsp of the olive oil and season lightly with pepper and salt. Place in two baking pans (13 x 9 and 8 x 8). Bake in preheated oven 20 - 25 minutes until nearly tender.

Meanwhile, heat 1 Tbsp olive oil in a large non-stick skillet over medium-high heat. Brown turkey sausage for 3-4 minutes, then add additional ½ Tablespoon of olive oil. Saute onion, peppers, and mushrooms for another 3-4 minutes until cooked through. Season with pepper to taste then stir in water and cook until warmed, about 30 seconds.

Fill roasted zucchini with turkey sausage mixture. Sprinkle top evenly with cheese. Return to oven and bake about 5 minutes longer, or until cheese has melted. Serve warm garnished with parsley.