

Chef at the Market – Saturday, July 13, 2013
Recipes presented by Sadie Roy, Chartwells at Simpson University

Zucchini Burgers

This recipe is a great use of the wonderful zucchini available in July and August. You can use sweet crookneck squash as well. Make this recipe gluten free by using gluten free bread crumbs. This recipe can be cut in half or make the entire batch and freeze some for later.

Ingredients:

10 cups shredded zucchini (1 small zucchini is about 1 cup)
4 cups diced onions
4 cups oats
2 cups ground oats
1 cup ground walnuts
1 cup ground sunflower seeds
1 cup bread crumbs
¼ cup “21 Salute” seasoning (Trader Joe’s seasoning)
¼ teaspoon salt
¼ teaspoon pepper

Directions:

Mix all ingredients together and then form into patties using an ice cream scoop or your hands. Bake at 350 degrees for 25 minutes or pan fry in a small amount of olive oil for 5 minutes.

Tzatziki Sauce

This is a great dip for vegetables as well.

Ingredients:

1-16 ounce container of Greek yogurt
1 lemon, juiced
1 clove of garlic
1 tablespoon dill
½ teaspoon salt
½ teaspoon pepper
1 small cucumber or ½ of a large cucumber, peeled, seeded and diced small (can also be grated)

Directions:

Blend all of the ingredients together and let set for 15 minutes.