



## Vining Plant Recipes

- Green Beans
- Cucumbers
- Pumpkins
- Zucchini

### Green Beans

Raw, **green beans** are fibrous and crunchy, tasting earthy and slightly bitter. They are full of nutrients including protein and fiber. They're best boiled until tender, just beyond that crisp stage, as most recipes instruct. Beans can be sautéed, steamed, roasted, or added in with other recipes.

#### Skillet Green Beans

- 1 lb green beans
- 2 tsp vegetable oil
- ¼ cup water
- 1 tbsp butter cut into 2 pieces
- Salt and pepper

**Instructions:** Rinse, drain, and pat dry the green beans. Trim the end off of each green bean. Heat the oil in a 12-inch skillet over medium-high heat until just smoking. Add the green beans and ½ tsp of salt and shake the green beans into an even layer. Cook the green beans, stirring occasionally, until spotty brown, about 2-3 minutes. Reduce the heat to medium, and add the water, cover, and cook the green beans until they are bright green but still crisp, about 20-30 minutes. Uncover the pan, add the butter, and increase the heat to high, and continue to cook until the water evaporates and the beans are crisp-tender, about 1-2 minutes longer. Season the beans with salt and pepper, and then serve.

#### Restaurant Style Easy Green Beans

- 2 tsp garlic
- 1 lb green beans, fresh
- 2 tbsp soy sauce
- 1 tsp sesame oil

**Instructions:** Bring a large pan of water to a boil. Add in beans and cook for about 3-4 minutes or until beans are about half way cooked. Drain beans. Heat oil in a large frying pan or wok. Add in beans and garlic. Stir until beans begin to brown and are cooked through. Add in soy sauce and stir for a few more minutes to coat. Sprinkle with toasted sesame seeds before serving if desired.

### **Oven Roasted Green Beans**

- 2 lbs fresh green beans
- 3 tbsp olive oil
- 4 cloves garlic, finely minced
- Salt & pepper to taste

**Instructions:** Preheat oven to 425 degrees. Trim green beans if necessary. Pat green beans completely dry with paper towels. Place green beans in a large bowl and toss with olive oil and garlic until evenly coated. Place green beans on a baking sheet and spread out so the green beans aren't touching each other if possible. You can divide them between two baking sheets if needed. Sprinkle beans with salt and pepper and place in the oven. Roast for 15-20 minutes or until beans start to look toasted and brown spots start to form.

# Cucumbers

**Cucumbers** are often watery and juicy, giving a sense of freshness. They are usually eaten raw or combined with other fruits or vegetables to make a fresh, raw salad. They are great for an alternative to chips for dipping in salsa, guacamole, or hummus.

## Simple Marinated Cucumbers

- 1 cucumber, sliced thinly
- ¼ cup rice or white vinegar
- ¼ tsp sea salt
- ½ tsp of honey or coconut sugar
- Black pepper, if desired

**Instructions:** Place the cucumbers in a bowl. Whisk together the remaining ingredients plus ¼ cup of water in a measuring cup and pour over the cukes. Stir to coat well; adjust seasonings if necessary. Let sit for at least 15 minutes or up to a few hours before eating.

## German Cucumber Salad

- 2-4 cucumbers
- ½ cup sour cream
- 1 tbsp white vinegar
- 1 tsp sugar
- 1 tbsp dill, fresh or frozen
- ½ tsp salt
- Black pepper, to taste

**Instructions:** Peel the cucumbers if desired and thinly slice them. The thinner the better! Put them in a large salad bowl. In a medium bowl, whisk together the sour cream, vinegar, sugar, and dill. Add salt and pepper to taste. Pour the dressing over cucumber slices and toss until combined. Cover and let chill in the fridge for at least 4 hours or overnight.

## Lemon Dill Cucumber Salad

- 3 lbs cucumbers
- 2 ripe lemons- zest and juice
- 3 tbsp white balsamic vinegar
- ¼ cup olive oil
- ¼ cup fresh dill weed minced
- Salt

**Instructions:** Make sure to wash cucumbers before making the salad. Slice cucumbers thinly. Place sliced cucumbers into a large mixing bowl. In a small bowl, combine lemon juice, lemon zest, vinegar, oil, dill weed, and salt. Whisk it all together and add the mixture to the cucumbers. Mix cucumbers with the dressing until all evenly coated. Make sure to taste to see if you need to add more salt. Store cucumber salad in refrigerator, in an air-tight container, until ready to use.

### **Cucumber Cream Cheese Spread**

- ½ cucumber
- 3 green onions
- 1 tsp Worcestershire sauce
- ⅛ tsp salt
- 1 (8 oz) block cream cheese

**Instructions:** Trim away roots from base of green onion, place in food processor. Add cucumber to food processor bowl. Cover and process until coarsely chopped (don't over process, you want chunks, not water). Add cream cheese, Worcestershire sauce and salt. Cover and process until smooth. Transfer to a medium bowl. Cover and refrigerate overnight for flavors to blend. Please don't skip this step and try to eat it right away- trust me it makes a big difference in flavor when you let it hang out overnight.

### **Tomato Cucumber Salad**

- 2 tbsp basil, fresh leaves
- 2 cups cherry tomatoes
- 5 cucumbers
- 2 tbsp red onions
- Salt & pepper
- 3 tsp. Olive oil
- 1 tsp red wine vinegar

**Instructions:** Add cherry tomatoes and cucumbers to a bowl. Drizzle olive oil and vinegar on top. Season with salt and pepper. Toss everything to coat. Garnish with diced red onion and fresh basil.

### **Israeli Salad**

- 2 cups diced tomatoes
- 2 cups diced cucumber
- 1 cup orange bell pepper, or any color
- ¼ cup diced red onion
- ⅓ cup finely chopped flat-leaf parsley
- 2 tbsp finely chopped mint
- 2 tbsp fresh lemon juice
- 1 tbsp olive oil
- Salt and pepper

**Instructions:** Add all of the ingredients to a mixing bowl and stir to combine. Serve immediately or refrigerate for up to 2 days.

### **Cucumbers with a BANG!**

- Cucumber
- Lemon juice
- Olive Oil
- Salt and Pepper
- Chile Powder

**Instructions:** Chop a cucumber and add lemon juice, olive oil, salt, pepper, and chile powder on top!

### **Cucumber Salsa**

- 2 medium cucumbers, peeled, seeded and chopped
- 2 medium tomatoes, chopped
- ½ cup green bell pepper, chopped
- 1 jalapeno pepper, seeded, minced
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 tbsp lime juice
- 1 tsp fresh parsley, minced
- 2 tsp fresh cilantro, minced
- ½ tsp dried dill weed
- ½ tsp salt

**Instructions:** In a medium bowl, stir together all ingredients. Cover and refrigerate at least one hour. Serve with tortilla chips.

# Pumpkins

**Pumpkins** have a very earthy flavor. It is fibrous, and though it can be eaten raw, its pieces can be difficult to bite into. Pumpkin can be roasted, pureed, cooked into soups or sweets, and its seeds can be roasted.

## Cinnamon & Sugar Roasted Pumpkin Seeds

- 1 tsp cinnamon
- ⅛ tsp cloves
- ¼ tsp nutmeg
- 2 tbsp sugar
- 1 tsp butter or olive oil
- 1 cup pumpkin seeds

**Instructions:** Heat oven to 300 degrees. Rinse seeds well and get as much of the pumpkin pulp off of them as possible (you're not going to get it all but as much as possible). Pat dry with paper towels. Don't let them dry completely on paper towels because they might stick! Toss seeds with the butter or oil, sugar, and spices. Spread coated seeds in a shallow baking sheet and bake for about 45 to 60 minutes, or until nicely browned and crunchy. You will need to turn the seeds from time to time while your roasting the pumpkin seeds.

## Roast Pumpkin with Feta & Honey

- 1 Pumpkin Squash
- ½ tsp chili flakes
- 1 tbsp balsamic vinegar
- 3 tbsp honey
- 1 salt and pepper to season
- 2 tbsp sesame seeds
- 3 tbsp oil
- 50 g feta cheese

**Instructions:** Preheat the oven to 410F. Line a baking tray with baking parchment paper. Peel the pumpkin and cut into bite sized cubes. Remove the seeds. Toss the pumpkin cubes in the oil and bake for 20 minutes. Remove from the oven and toss with sesame seeds. Put back in oven for 10 minutes and roast. Drizzle with honey, balsamic vinegar, feta, and chili flakes. Season with salt and pepper. Serve hot or cold.

## Roasted Pumpkin Chunks

- 1 pumpkin squash
- 1 tbsp coriander, ground
- 1 tsp paprika, sweet smoked
- 1 olive oil
- 2 tsp cumin seeds

**Instructions:** Preheat the oven to 180C. Halve the pumpkin lengthways, scoop out and discard the seeds, then chop into 4cm chunks (there's no need to peel it). Transfer the chunks to a large roasting tray, drizzle with 2 tbsp of oil and sprinkle over the spices. Season well with sea salt and black pepper, then toss to coat. Roast for 50 minutes, or until golden and sticky. Delicious served with chopped fresh herbs and a dollop of natural yogurt on the side.

# Zucchini

**Zucchini** is mild flavored and versatile. Some varieties have a mild nutty flavor. The skin is edible, however as the zucchini gets larger, the skin often becomes more tough. Zucchini can be cooked in many different ways including sauteed, roasted, or grilled. You can also hollow out the fruit and “stuff” it with various vegetables, grains, or meats. It can also be spiraled into a noodle like shape as zucchini noodles. Zucchini is typically identified by being green, however they come in a yellow variety as well.

## Quick Stove-Top Zucchini

- 3 tbsp butter or olive oil
- 2 zucchini squash medium
- ½ teaspoon season salt
- ½ teaspoon pepper

**Instructions:** Slice zucchini into ¼ inch slices. Heat butter/olive oil in a medium skillet (cast iron works best) over medium-high heat until warmed. Add zucchini to pan, and shake into a single layer and season with season salt and pepper. Leave without moving for a few minutes until golden brown. Flip slices over and repeat previous step.

## Lemon Garlic Grilled Zucchini

- 2 tsp minced garlic
- ½ tsp dried garlic
- ½ tsp salt
- ¼ tsp pepper
- 2 tbsp lemon juice
- 1 tsp olive oil

**Instructions:** Place everything in a large ziplock bag and shake it all together so the zucchini gets coated in seasoning and lemon juice. For best flavor, let zucchini marinate in fridge for at least 15 minutes or more. The more you marinate the zucchini, the more flavor the zucchini will absorb. Before grilling zucchini, preheat grill over medium low heat. Place zucchini on heated grill and grill 2-3 minutes on each side, or until zucchini is tender to your liking and has grill marks.

## Zucchini Crisps

- 2 medium zucchinis
- 2 tbsps olive oil
- ¼ tsp salt
- ¼ tsp pepper
- 2 tbsp parmesan cheese (grated)

**Instructions:** Cut zucchini into ¼ inch slices (on a diagonal if they're small). Brush both sides with extra-virgin olive oil and season with salt, pepper, and Parmesan (add whatever else strikes your fancy - garlic powder, Italian seasoning, rosemary, or dill). Set on baking sheet in a single layer and bake in a preheated 200C oven for 10 minutes, turning once. Cool on wire rack.

### **Skillet Garlic-Parmesan Zucchini and Tomatoes**

- 1 tbsp olive oil
- 1 tbsp butter
- 12 oz zucchini (about 2 medium), diced into ½ inch pieces
- 12 oz yellow zucchini (about 2 medium), diced into ½ in pieces
- 1 ½ cups grape tomatoes
- ¾ tsp Italian seasoning
- ¾ tsp garlic powder
- Salt & pepper
- ½ cup finely shredded

**Instructions:** Heat olive oil and butter in a 12-inch non-stick skillet over medium-high heat. Add in zucchini and yellow zucchini and saute 2 minutes. Add in tomatoes then evenly sprinkle in Italian seasoning, garlic powder, and season with salt and pepper to taste (about ¾ tsp salt and ¼ tsp pepper). Continue to saute, tossing occasionally, until zucchini is tender and tomatoes are beginning to burst, about 3-5 minutes longer. Sprinkle in half the parmesan and toss then sprinkle remaining parmesan over top. Serve warm.

\*\*\* You could also put these ingredients onto a baking sheet and roast them at 400F for 20-25 minutes.

### **Raw Zucchini Tomato Salad**

- 2 pints cherry tomatoes
- 1 lime, squeezed
- 1 bunch parsley
- 1 red onion
- 2 zucchinis
- Salt & pepper
- 4 tbsp olive oil

**Instructions:** In a cup, mix the olive oil and lime juice with a fork to make the dressing. Put chopped zucchinis, cherry tomatoes, red onion, and parsley in a large bowl. Pour dressing over the vegetables and toss until combined. Add salt and pepper to taste.

### **Summer Squash & Onions**

- 15 ounces tomato sauce
- 2 yellow zucchini
- 2 medium zucchini
- 1 tsp pepper
- 1 tsp seasoning salt
- 1 tbsp olive oil
- 1 tbsp butter
- 1 large or 2 small onions (chopped or sliced)

**Instructions:** Warm a large skillet over medium heat. Add the olive oil and butter. Once the butter is melted, add the chopped onions and saute until crisp tender and starting to brown, about 5 minutes. Add the squash, zucchini, tomatoes with juice, pepper, and salt. Heat until boiling. Cover and cook over medium- low until the squash is crisp tender but not falling apart. Remove the lid and boil until some of the liquid has evaporated. If freezing for later use, cook only a few minutes to mix all ingredients, cool, and freeze.



### **Tomato, Bell Pepper, Onion, Zucchini Frittata**

- ½ cup onion
- ¾ cup red bell pepper
- 1 tomato, medium
- 1 zucchini, small
- 10 eggs, large
- Salt & pepper
- 1 ½ tbsp olive oil
- 1 cup fontina cheese
- 2 tbsp half and half or cream

**Instructions:** Preheat oven to 425F. Whisk the eggs and half and half together in a bowl until frothy. Set aside. Heat the olive oil in an oven-proof, 10-inch, nonstick skillet over medium heat. Add the onion and saute until soft and translucent, 3 to 4 minutes. Add the bell pepper and zucchini and continue cooking until the vegetables are tender, 3 to 4 minutes longer. Season to taste with salt and pepper. Add the tomato and continue cooking until slightly softened, then taste and adjust the seasoning as needed. Distribute half the cheese over top of the vegetables, then stir in the eggs. Using a rubber spatula, continue to stir and scrape the bottom of the pan until the eggs form large, wet curds, 2 to 3 minutes. Smooth the mixture so it's evenly distributed in the pan and stop stirring for about 30 seconds to allow the bottom to set. Sprinkle with the remaining cheese. Bake until the cheese has melted and the frittata is slightly puffed and golden, 5 to 7 minutes. Remove from the oven and let stand for about 5 minutes. Use the spatula to loosen the frittata around the edges and gently slide into a serving platter. Cut into wedges and serve immediately.

### **Ratatouille with Eggplant, Tomatoes, and Herbs**

- 2 tablespoons olive oil
- 2 cloves garlic (crushed and minced)
- 1 large yellow onion (trimmed, quartered, and thinly sliced)
- 1 small eggplant (washed, trimmed, and cubed)
- 2 green bell peppers (washed, trimmed, and coarsely chopped)
- 4 large tomatoes (washed and coarsely chopped, or 2 (14.5-ounce) cans diced tomatoes)
- 3 to 4 small zucchini (washed, trimmed, and cut into 1/4-inch slices)
- 1 medium bay leaf
- 1 teaspoon dried leaf basil
- 1/2 teaspoon dried leaf oregano
- 1/4 teaspoon dried leaf thyme
- 2 tablespoons chopped fresh parsley

**Instructions:** Gather the ingredients in a 4-quart Dutch oven or saucepan, heat olive oil over medium heat. Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant and stir until coated with oil. Add peppers and stir to combine. Cover and cook for 10 minutes, stirring occasionally to keep the vegetables from sticking. Add tomatoes, zucchini, bay leaf, and herbs, and mix well. Cover and cook over low heat, about 15 minutes, or until the eggplant is tender but not too soft. Serve hot as a side dish or vegetarian/vegan main course and enjoy.

### **Zucchini Pico de Gallo Salsa**

- 2 large tomatoes, chopped
- 1 medium zucchini, finely chopped
- 1 poblano pepper, seeded and chopped
- 1/2 cup chopped onion
- 1 seeded and diced jalapeno pepper, optional
- 2 tablespoons minced fresh cilantro
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons lime juice

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**Instructions:** Combine the first 9 ingredients. Add lime juice; toss to coat. Cover and refrigerate at least 1 hour.