



# Greenmarket Recipe Series

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## Panko Crusted Zucchini Rounds

### Ingredients:

- \*2 Large Zucchini
  - \*1 Cup Flour
  - \*2 Eggs
  - \*1 Cup Grated Hard Cheese (e.g. Parmesan)
  - 2 Cups Panko Bread Crumbs
  - Salt and Pepper
  - 2 Tablespoons Extra Virgin Olive Oil (EVOO)
- \*available seasonally at your neighborhood Greenmarket*

### Instructions:

You need three large bowls to prepare this dish. Combine the flour and cheese in the first bowl. Thoroughly whisk the eggs in the second bowl and pour the panko into the third bowl. Heat 2 tablespoons of EVOO in a large skillet on medium heat. Cut the zucchini into rounds and one at a time dip them into the flour, egg mixture and finally into the panko bread crumbs. Place the thoroughly coated zucchini rounds onto a medium hot skillet and cook until golden brown, about 1-2 minutes per side. Zucchini rounds should brown but not burn. Remove from heat, season with salt and pepper and serve while still hot.

### Serving Options:

Serve zucchini rounds as a hot starter with marinara sauce or ranch dressing. For additional flavor combinations add dried herbs to the flour mixture or your favorite hot sauce to the egg wash.

Serves 4

For over 30 years, GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs visit [www.GrowNYC.org](http://www.GrowNYC.org). As a non-profit, donations from supporters like you are vital to our continued to success. To make a fully tax-deductible contribution please call 212.788.7900 or make a donation online.

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