

Cooking with the Club

by Chef Robert Larios



Send Us Your Recipes!

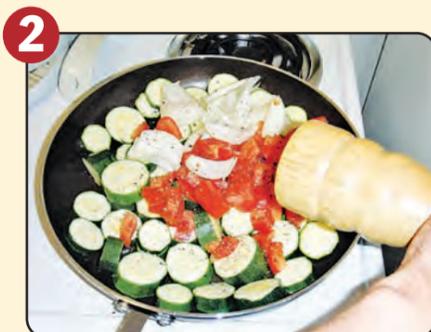
If you would like your recipe published in the next issue of *Alive!*, you may fax your recipes to (213) 620-0398 or e-mail us at talkback@cityemployeesclub.com.

Skillet Zucchini

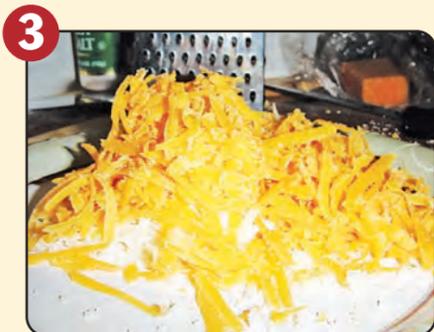
DIRECTIONS:



1 Find yourself six medium zucchinis. Wash them and pat them dry in preparation for slicing. Once sliced, place them aside.



2 Place a large nonstick skillet on your stovetop on medium heat and add your favorite olive oil. Dice the tomatoes and onions, and add the salt and pepper. Then add water and cover with a lid.



3 Grate the cheddar and Parmesan cheeses in preparation for when the dish is fully cooked.



4 Lightly stir the ingredients in the skillet and let cook for about 10 to 15 minutes while regularly stirring. At about the seven-minute mark, add breadcrumbs and the soy sauce. Keep stirring lightly until the 10-to-15-minute mark.

While the summer months can be hot, there are advantages in the kitchen, as produce is at its best quality. Squash seems to be a local favorite for the consumer and establishments, and it's also a favorite of mine. Zucchini tops the list for me, as it is a versatile summer squash. It has been included in cakes, breads, soups and appetizers, just to name a few iterations. This time, I am making a great recipe that includes sautéed zucchini, tomatoes and onions.



The original dish called for butter and bacon, but I modified it to a less fat-saturated dish. Not that I have a problem with butter or bacon, it's just that sometimes our kitchens across the City have different ingredients – in my case I had extra virgin olive oil instead of butter. And since bacon is not part of the diet of some Club members, I chose to make a recipe without it. Let me say that this is still a highly delicious dish even without bacon. But don't let me stop you -- add butter and bacon if you want! Farmers around the country would surely be pleased.

Skillet Zucchini

INGREDIENTS:

- 1/4 cup extra virgin olive oil
- 6 medium, sliced zucchini
- 2 large tomatoes, cut into chunks
- Salt and pepper to taste
- 1/4 cup water
- 1 cup bread crumbs

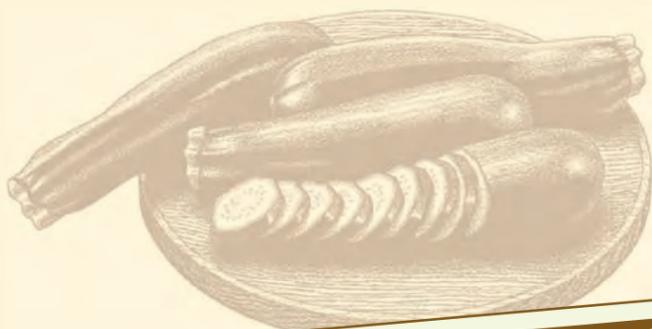
MAKES 4 SERVINGS

- 1 teaspoon soy sauce
- 1 cup shredded cheddar
- 1/2 cup grated Parmesan
- 2 tablespoons dried parsley



Cooking TIDBIT:

You may use butter instead of the extra virgin olive oil. And to add a new dimension in flavor, dice bacon and cook until crispy, then add to the dish.



[A Cook's Dictionary]

Zucchini:

This popular summer squash is shaped like a slightly curved cylinder, a bit smaller at the top than the bottom. A zucchini's skin color can vary from dark to light green, sometimes with yellow markings that give it a mottled or striped look. Zucchini can be cooked by a variety of methods including steaming, grilling, sautéing, deep-frying and baking.

– From the *The New Food Lover's Companion*, Sharon Tyler Herbst, 1995, Barron's Educational Series.



5 Add the cheddar and Parmesan at the end before plating. Plate, throw in a little dried parsley and enjoy!



Food Factoid:

"I went into a McDonald's yesterday and said, 'I'd like some fries.' The girl at the counter said, 'Would you like some fries with that?'" – Jay Leno