

Zucchini Parmesan

Created by Chef Mike Gillespie

This is a great dish for using up your larger zucchini. This dish was inspired by the vegetarians that come to the restaurant and want a dish like Chicken Parmesan. This will become one of your go to meals when you discover that monster zucchini in the garden.

Ingredients:

- 1 large zucchini
- 1 cup bread crumbs
- ½ teaspoon oregano
- ½ teaspoon basil
- ½ teaspoon parsley
- ½ teaspoon thyme
- 1 cup flour
- 2 eggs whites
- ½ cup olive oil
- 2 cups Marinara sauce
- ¼ cup grated parmesan
- 3 cups cooked fettuccini
- 3 tablespoons fresh basil diced
- Salt and pepper

Method:

1. Cut zucchini into 1/2" slices, lengthwise.
2. Salt and pepper each side, allow to sweat.
3. While the zucchini is sweating make your bread crumbs. Combine bread crumbs, oregano, basil, parsley and thyme in a shallow bowl.
4. Make a shallow bowl of flour and a separate shallow bowls of egg whites.
5. Dip zucchini in flour then beaten egg whites, then herbed bread crumbs (oregano, basil, parsley, thyme).
6. Pan fry the zucchini in the olive oil until the



breadings turns golden brown. Flip the zucchini and fry other side.

7. Next add your favorite warmed marinara sauce, and a healthy helping of grated parmesan or fresh mozzarella. Serve over fettuccini and with a little bit of diced fresh basil.
8. Enjoy!



Lynn Gillespie and her family own The Living Farm, a 212 acre organic sustainable farm in Paonia, Colorado. Lynn is an organic vegetable grower and author of several gardening books. For more information and more articles and videos about gardening, cooking the harvest or preserving the harvest go to www.thelivingfarm.org

Chef Mike Gillespie is the owner of The Living Farm Café and Inn in Paonia, Colorado. The farm to table café features all local food from the family