



Zucchini Overload

HERE'S SOME HELP!

ZUCCHINI TOMATO BASIL SALAD WITH LEMON BASIL VINAIGRETTE

- 1/4 cup white wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 drop Basil oil, 2 drops Lemon oil
- 1 clove garlic, finely minced
- 1 tablespoon minced shallot
- 2 medium zucchini, ends removed
- 8 large fresh basil leaves, sliced thin
- 8 ounces cherry tomatoes in a variety of colors, sliced in half lengthwise
- 5 ounces small fresh mozzarella balls (optional)
- Salt and pepper, to taste

Dressing

In a small jar, combine white wine vinegar, extra virgin olive oil, Basil oil, Lemon, garlic, and shallot. Screw the lid on tightly, then shake until well mixed. Set aside.

Using a vegetable spiralizer, prepare the zucchini using the straight blade according to manufacturer's recommended instructions. Alternatively, slice the zucchini into ribbons using a vegetable peeler or a mandolin. In a mixing bowl, toss the zucchini with the basil. Transfer to a large serving platter. Arrange the tomatoes and the mozzarella on top of the bed of zucchini. Pour the dressing on top of the prepared salad, then sprinkle the top with salt and pepper, seasoning to taste. Tip: The dressing can be made ahead of time and stored in the refrigerator.

RAINBOW SALAD WITH TOMATO-BASIL DRESSING

Dressing:

- 2 plum tomatoes
- 2 large cloves garlic, minced
- 2 tablespoons champagne vinegar
- 1/2 cup extra-virgin olive oil
- 1-3 drops Basil oil
- Salt and freshly ground pepper, to taste
- Pinch of sugar (optional, to cut acidity of tomatoes)

Salad:

- 4 zucchini
- 4 summer squash
- 8 radishes, very thinly sliced
- 4 shallots, very thinly sliced
- 2 cups cherry tomatoes, halved
- 1 1/2 cup shaved parmesan
- 1 cup sunflower seeds

Using a mini food processor, puree the tomato; you should have about a half cup. In a small bowl, whisk together tomato puree, minced garlic, champagne vinegar, olive oil, and Basil oil. Season to taste with salt and pepper. Add sugar to taste if desired.

Trim ends from zucchini and summer squash. Using a spiralizer fitted with the small shredder blade, cut the zucchini and squash into spaghetti-like spiral strands, using kitchen shears to cut the curls every three or four rotations.

Transfer zucchini and squash to a large bowl. Add radish, shallots and cherry tomatoes. Add the vinaigrette to taste and toss to evenly distribute.

Top with parmesan shavings and sunflower seeds and serve immediately.





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GRILLED LEMON GARLIC ZUCCHINI

1 tablespoon each unsalted butter (organic is best) and coconut oil, melted
3 cloves garlic, minced
1 drop each of Basil, Thyme and Lemon oils
Juice of 1 lemon
Kosher salt and freshly ground black pepper, to taste
2 medium zucchini, cut diagonally into 1/2 inch slices
2 tablespoons chopped fresh parsley leaves

In a small bowl, whisk together butter, garlic, Basil oil, Thyme oil, Lemon oil; season with salt and pepper, to taste. Brush zucchini slices with butter mixture. Heat a grill pan over medium high heat. Add zucchini in single layer and grill until charred on both sides and just beginning to soften, about 2 minutes per side. Serve immediately, garnished with parsley, if desired.

4 medium/small zucchini
1/2 tablespoon minced garlic
1 tablespoon honey
1/4 cup soy sauce
1 tablespoon teriyaki sauce
2 green onions (thinly sliced)
1 tablespoon sesame seeds
1 drop Lemongrass oil
Sea salt and pepper to taste

BAKED ASIAN ZUCCHINI

Preheat oven to 325 degrees. Cut the zucchinis in long strips, and spread out in a 9 x 13 inch baking pan, lined with parchment. In a small bowl, combine garlic, honey, soy sauce, Lemongrass oil and teriyaki sauce, pour over the zucchinis. Sprinkle the green onions and sesame seeds over the marinated zucchini. Place in oven and bake for 20-25 minutes or until the light part of the zucchini starts to golden. Remove from oven and serve.

SIMPLE SKILLET ZUCCHINI AND YELLOW SQUASH

1/2 tablespoon butter
1/2 tablespoon coconut oil
2 small zucchini, ends trimmed and diced
2 small yellow zucchini, ends trimmed and diced
Sea salt and pepper to taste
1 drop Basil oil
Sprinkle of freshly grated Parmesan cheese (optional)

In a 10- or 12-inch nonstick skillet, heat the butter and coconut oil over medium heat until hot and rippling. Add the zucchini in as even a layer as possible and sprinkle with salt and pepper. Let it sit without stirring or moving for 2-3 minutes so it can get nice and golden. Give it a good stir, add a touch more salt and pepper to taste as needed, and continue to cook, stirring only every now and then, until the squash is browning here and there and tender to your liking, about 5-7 more minutes. Season with salt and pepper to taste (if needed), add drop of Basil oil and top with freshly grated Parmesan, serve.

Note: add additional veggies, like some halved cherry tomatoes, onion, chives, olives and garlic (add these ingredients near the end). Oils to try could be Cilantro, Rosemary, Black Pepper and Thyme.

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PARMESAN ZUCCHINI BITES

3 medium zucchini
garlic salt, to taste
1 Tbsp olive oil
1 drop Black Pepper oil
1/2 cup Parmesan cheese, grated
paprika

Preheat oven to 450 degrees and place a rack inside a baking sheet.

Trim both ends from the zucchini and slice diagonally into 1/4"-thick slices. Arrange the zucchini slices in a single layer on the rack or baking sheet. Sprinkle zucchini with garlic salt and flip each piece so that the garlic salt is on the bottom.

Mix Black Pepper oil with olive oil and brush tops of zucchini lightly with oil, top each slice with Parmesan cheese. Use as little or as much as you would like, then sprinkle lightly with paprika.

Bake 10–15 minutes or just until zucchini is soft and Parmesan is melted and bubbly. Remove from oven and allow zucchini to cool about 5 minutes before serving. Season with additional garlic salt if necessary, then enjoy!

CHICKEN ZOODLE SOUP

2 tablespoons coconut oil, divided
1 pound boneless, skinless chicken breasts, cut into 1-inch chunks
Kosher salt and freshly ground black pepper
3 cloves garlic, minced
1 onion, diced
3 carrots, peeled and diced
2 stalks celery, diced
1 drop Thyme oil
1 drop Rosemary oil
4 cups chicken stock
1 bay leaf
1 pound (3 medium-sized) zucchini, spiralized*
2 tablespoons freshly squeezed lemon juice
1 sprig fresh rosemary
2 tablespoons chopped fresh parsley leaves

Heat 1 tablespoon coconut oil in a large stockpot or Dutch oven over medium heat. Season chicken with salt and pepper, to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside. Add remaining 1 tablespoon oil to the stockpot. Add garlic, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme and rosemary until fragrant, about 1 minute. Whisk in chicken stock, bay leaf and 2 cups water; bring to a boil. Stir in zucchini noodles and chicken; reduce heat and simmer until zucchini is tender, about 3-5 minutes. Stir in lemon juice; season with salt and pepper, to taste. Serve immediately, garnished with rosemary and parsley, if desired.



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ZUCCHINI BROWNIES

- 1 cup shredded zucchini, squeeze out excess moisture
- 1 large egg
- 1/2 cup tahini
- 1/4 cup pure maple syrup
- 1/2 cup coconut sugar
- 1 teaspoon vanilla extract
- 1/2 cup high quality cocoa powder (or cacao powder)
- 2 tablespoons coconut flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 tablespoons melted and cooled coconut oil
- 1/3 cup chocolate chips, dairy free if desired
- Optional: 1/2 cup chopped walnuts
- Also try adding 1 drop of Wild Orange or Peppermint oil

Preheat oven to 350 degrees F.
Line an 8x8 inch pan with parchment paper and coat with coconut oil.
In a large bowl, add zucchini, egg, tahini, maple syrup, coconut sugar and vanilla, stir until smooth. Gently stir in cocoa powder, mixing well. Next add in coconut flour, baking soda, salt and finally the melted coconut oil. Stir until well combined. Fold in chocolate chips (and walnuts if you are using). Add any EO and stir well.
Pour into prepared pan. Bake for 30-35 minutes or until toothpick inserted into center comes out with just a few crumbs attached (it should not be completely wet, a little gooey is okay). Allow to cool. Cut into 16 squares.

BAKED CHEESY ZUCCHINI BITES

- 1 1/2 cups packed shredded zucchini, include skin
- 1 large egg, lightly beaten
- 1/4 cup shredded old cheddar cheese
- 1/4 cup panko or gluten free crumbs
- 1-2 drop Basil oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 drop Black Pepper oil

Preheat the oven to 425 degrees F.
Line a rimmed baking sheet with parchment paper and lightly coat with cooking coconut oil spray.
Place the shredded zucchini in a clean kitchen towel and wring out all the excess water over sink until the zucchini is dry.
Place zucchini and remaining ingredients in medium bowl and mix well.
Drop the mixture by tablespoonfuls on the prepared baking sheet and press mounds with your hands to flatten slightly.
Bake for 16-20 minutes until the edges are golden.





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FLOURLESS CHOCOLATE ZUCCHINI MUFFINS

1/2 cup almond butter
1 ripe medium-sized banana (1/2 cup mashed)
1 large egg
1/4 cup maple syrup
1/4 cup unsweetened cocoa powder
2 tablespoons ground flaxseed
1 tsp vanilla extract
1/2 tsp baking soda
1 cup zucchini, shredded, squeezed of excess liquid
1/4 cup chocolate chips, plus more for sprinkling on top

Preheat oven to 375F and prepare a muffin pan by coating with coconut oil. Set aside.
Add all ingredients except for zucchini and chocolate chips to a blender and blend on high until batter is smooth and creamy. Stir in shredded zucchini and chocolate chips by hand. Pour batter into prepared muffin pan, filling each about 3/4 full. Sprinkle with additional chocolate chips, if desired.
Bake for 20 minutes, until the tops of your muffins are set and a toothpick inserted into the middle comes out clean. Allow muffins to cool in pan for ~10 minutes before removing to a rack to cool completely.

Note: Mix a drop of Peppermint or Wild Orange oil into batter before putting in muffin pan and baking.

ZUCCHINI BANANA BREAD BARS

1 cup shredded zucchini (from 1 medium zucchini)
1 cup mashed ripe banana (about 2 medium banana)
3/4 cup cashew butter (almond butter or tahini)
2 tablespoons pure maple syrup
2 eggs
1 teaspoon vanilla extract
1/2 cup coconut flour
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
Pinch sea salt
1/3 cup chocolate chips
1 drop of Cinnamon or Cardamon oil
For topping:
2 tablespoons chocolate chips
1 teaspoon coconut oil

Preheat oven to 350 degrees F. Line a 9x9 inch pan with parchment paper and lightly coat with coconut oil.
In a large bowl, mix zucchini, banana, cashew butter, maple syrup, eggs, EO and vanilla together until smooth and well combined. Add in coconut flour, baking soda, cinnamon and salt and stir to combine wet and dry ingredients. Fold in 1/3 cup chocolate chips.
Pour batter into prepared pan. Bake for 30-40 minutes or until toothpick comes out clean. Allow bars to cool.
Chocolate drizzle: Add chocolate chips and coconut oil to a small saucepan and place over low heat. Stir frequently until melted then drizzle over bars.



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