

LYNCHBURG

is for 

LOCAVORES

COOKING DEMONSTRATION WITH IVY TAYLOR
ALL RECIPES ARE BY IVY TAYLOR



Zucchini

Zucchini “Pizza” Appetizers

- 6 small zucchini (2 1/2 lbs)
- 2 Tbsp olive oil
- 2 cloves garlic, finely minced
- Salt and freshly ground black pepper
- 1 to 1 1/2 cups marinara sauce
- 1 1/2 cups shredded mozzarella cheese (6 oz)
- 2/3 c finely shredded parmesan cheese (1.4 oz)
- 1 cup pepperoni slices, cut into 1/4's
- 2 Tbsp chopped fresh basil or oregano

Preheat oven to 400 degrees. Line a large rimmed baking sheet with parchment paper lightly sprayed with baking spray. Cut ends off each zucchini and cut each zucchini into halves through the length. Hollow out the inside of each zucchini half slightly with a spoon or paring knife. Align on prepared baking sheet. In a bowl, stir together olive oil and garlic then brush lightly over tops of zucchini. Sprinkle with salt and pepper to taste then place a slightly heaping 1 Tbsp marinara sauce into each zucchini, leaving a small rim near edges uncoated. Layer 1/2 of pepperoni slices on top of marinara sauce. Sprinkle 1 Tbsp of mozzarella cheese then 1 Tbsp of parmesan cheese. Top with remaining pepperoni slices. Bake in preheated oven 12 - 18 minutes (bake time will vary depending on how thick your zucchini are and how crisp/tender you want them). Remove from oven and allow to cool slightly. Cut each zucchini half into four pieces and sprinkle with chopped fresh basil or oregano. Serve warm.

MORE RECIPES ON THE BACK! 

Mixed Vegetable Slaw

- 1 small head of green or napa cabbage, thinly sliced
 - 3 medium zucchini, julienned
 - 2 red bell peppers, julienned
 - 8 scallions, thinly sliced
 - 2 granny smith apples, cored and julienned
 - 1 1/2 cups mayonnaise
 - 1 cup sour cream
 - 3 Tablespoons fresh lemon juice
 - 5 tablespoons sugar
 - 1 tablespoon salt
 - 1 teaspoon black pepper
 - *garnish with poppy seeds if desired
1. In a large bowl, combine mayonnaise, sour cream, lemon juice, sugar, salt and pepper.
 2. Whisk until thoroughly combined.
 3. Place all the sliced and julienned vegetables into the dressing and toss lightly to combine.
 4. Garnish with poppy seeds if desired.

Chocolate Zucchini Cake

CAKE:

- 4 eggs
- 2 cups white sugar
- 1 cup light brown sugar
- 1 1/2 c. oil
- 4oz unsweetened chocolate, melted with 1/4 c water
- 3 c. flour
- 1 1/2 tsp. baking powder
- 1 tsp. soda
- 1 tsp. salt
- 4 cups shredded zucchini (about 3 large zucchini)
- 1 cup toasted walnuts
- 1 cup semi-sweet chocolate chips

FROSTING:

- 1 cup unsweetened baking cocoa
- 1 cup 10x powdered sugar
- 2 teaspoons vanilla extract
- 1 cup to 1 1/2 cups heavy cream

Grease and flour a bundt pan. In a large bowl, beat eggs until thick and gradually add sugar. Add oil and melted chocolate. Combine flour, baking powder, soda, salt and add to chocolate mixture. Add zucchini and nuts. Pour into bundt pan. Bake at 350 F for 1 hour or until toothpick inserted in middle comes out clean. *If you decide to use a 13x9" pan, baking time will be less. Bake until toothpick inserted in center comes out clean.

Frosting: Sift cocoa and powdered sugar (using a sifter or mesh colander) into a medium bowl. Add vanilla extract and gradually whisk in heavy cream. Mix together until thoroughly blended. Pour over cooled bundt cake that has been removed from pan or frost the top of cake in a 13x9" baking pan.

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TO PREPARE OUR SPOTLIGHTED PRODUCE ITEM: GREEN BEANS!



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