

# Mangia Bene, Viva Bene *Zucchini with Tomatoes*

By FRANK ZEOLI

To finish with my grandmother's love of vegetables, this month I want to highlight the most Italian of them all, zucchini. Zucchini or, as it was called in my home, *Gagootz* was made on a weekly basis during the summer. She would bread it, fry it, make it into a bread or stew it with tomatoes and onions. However she prepared it, she would always use fresh vegetables from a farm and it was delicious.

**Prep Time: 10 Minutes**  
**Cook Time: 25 Minutes**

## Ingredients

- 1 large fresh zucchini
- 1 large onion (julienne)
- 1T of fresh garlic (chopped)
- 5 homegrown tomatoes (skin & seeds removed)
- 8 fresh basil leaves (torn)
- 4T of olive oil
- 1T of fresh or dried parsley (chopped)
- 1 teaspoon of granulated garlic
- salt and pepper to taste

## Instructions

1. Cut the zucchini into quarters, slice the onion and dice the tomatoes.
2. In a sauté pan on medium high heat, add the olive oil. Once hot, add the onions, fresh garlic, and fresh basil. Sauté for about 2-3 minutes or until the onions are translucent.
3. Add the zucchini and granulated garlic. Continue cooking for another 4-5 minutes until the zucchini is somewhat soft.

4. Add the chopped tomatoes to the mixture along with the parsley, salt and pepper. Let it simmer for another 15 minutes until all the vegetables are soft.

Serve it hot with some fresh parmesan cheese and a nice piece of Italian bread.

Look for more recipes in the next edition of the **SIAMO QUI**.

