

# Southeast Asian Coconut Zucchini

From – *Moosewood Restaurant Low-Fat Favorites*

4 to 5 cups cubed zucchini  
2 garlic cloves, minced or pressed  
½ to 1 fresh chile, minced, seeds removed for a milder “hot”  
½ tsp turmeric  
1 tsp canola or other vegetable oil  
2 scallions, chopped  
2 Tbsp fresh lime juice  
2 Tbsp chopped fresh basil  
2 Tbsp chopped fresh mint  
¼ cup reduced-fat coconut milk  
salt to taste

- In a skillet, saute` the zucchini, garlic, chile and turmeric in the oil for 5 minutes, stirring constantly.
- Add the scallions, lime juice, basil, mint and coconut milk.
- Cover and cook on low heat for about 10 minutes until the zucchini is tender.
- Stir occasionally and, if necessary, add a splash of water to prevent sticking.
- Add salt to taste.
- Serve hot.



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