

ZUCCHINI AGRODOLCE

Serves: 2

Prep: 10 minutes

Cook: 15 minutes

Ingredients

1 Fresh Medium Zucchini

3 Tbsp. Olive Oil

1 large Clove Garlic cut in half

1 Sprig Fresh Oregano (or a teaspoon dried)

2 1/2 Tbsp. White Wine Vinegar

2 Tbsp. Water

2 Teaspoons Sugar

3 Tbsp. Pignoli (pine nuts)

3 Tbsp. Golden Raisins

2 Anchovies – patted dry and cut into tiny pieces

Shavings of Pecorini or Provolone Cheese for garnish (you can also use grated)

Instructions

Clean a medium fresh zucchini. Leave the skin on .



Cut off the ends and discard. Then cut the zucchini lengthwise in half – then again into quarters. If the pieces are large enough – cut them one more time so you have spears.



Heat the oil in a shallow pan, add the garlic and oregano, and cook a couple of minutes until the garlic is beginning to brown. Do not burn the garlic! Keep it moving in the pan. Then remove and discard the garlic. In this dish you only want its essence.



Now add the vinegar, water, and sugar. Mix in.
Now add the zucchini spears, tossing them in the pan to coat, cover the pan, and cook about 10-12 minutes at medium high. Stir occasionally .



When finished, add the pignoli, raisins, and anchovies. Toss a little, and cook a couple of minutes more at medium high, uncovered.



Taste and see if any salt is needed. Usually the anchovies take care of the need for salt. By the way, at this point, the anchovies are quite invisible.

Serve with shavings of Pecorino or Provolone or grated.

This ***ZUCCHINI AGRODOLCE*** is so delicious, you will want to make it again and again. It is just as suitable as a side for a fancy summer meal as it is for middle of the week dining with your family.

Easy and quick – you will be using up your supply of garden fresh zucchini in no time!

PARLA COME MANGI!