

Lemon Pepper Zucchini



Recipe Rating				
Total Time	50 Minutes			
Cooking Time	35 Minutes			
Total Labour	15 Minutes			
Knife Skills	Basic			

Equipment
Chef's knife/Peeler/Cutting
Board
Spoon/Scoop
½ size- 2" deep production
pans
Bulk Retherm Cart (or regular
oven) or Tray Service Retherm
Cart

Nutrition Facts Valeur nutritive				
Per 1 serv (75g) / par 1 serv (75g)				
Amount % Daily Teneur % valeur quotic				
Calories / Calories 25				
Fat / Lipides 1.5q	2%			
Saturated / satures 1g				
+ Trans / trans 0q	4%			
Cholesterol / Cholesterol < 5mg				
Sodium / Sodium 15mg	1%			
Carbohydrate / Glucides 2g	1%			
Fibre / Fibres less than 1q	4%			
Sugars / Sucres 2q				
Protein / Proteines less than 1g				
Vitamin A / Vitamine A	0%			
Vitamin C / Vitamine C	20%			
Calcium / Calcium	2%			
Iron / Fer	2%			



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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Zucchini, Fresh, Sliced	1.75 Kg	3.9 Lbs	3.5 Kg	7.8 Lbs
Butter (or margarine)	60 gm	2.1 oz	120gm	4.2 oz
Lemon Zest (peel)	45 gm	1.6 oz	90 gm	3.2 oz
White Pepper	10 mL	2 tsp	20 mL	1 1/3 Tbsp
Parsley, Fresh, Finely Chopped	15 mL	1 Tbsp	30 mL	2 Tbsp

Method



1. Wash and slice zucchini.

If not available lemon zest could be replaced with 45 mL lemon juice.

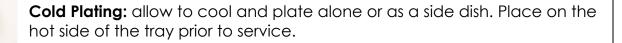
2. Combine all ingredients and transfer to a ½ size- 2" deep production pan that has been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil.

Place pan in Multigen for 35 minutes.

3. Serve Hot.



4. Bulk: Portion into service dishes or leave in bulk for dining room service.



Garnish: Lemon zest, finely chopped herbs

Food Accompany: Any appropriate entrée, such as fish or chicken

