

# 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) <b>or</b> Tray Service Retherm Cart

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

# Lemon Pepper Zucchini

	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.

**Cold Plating:** allow to cool and plate alone or as a side dish. Place on the hot side of the tray prior to service.

Garnish: **Lemon zest, finely chopped herbs**

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