



Are you Inundated with an overabundance of tomatoes, basil and zucchini from your garden?

Well don't fret, I have some great solutions.

I actually can't wait each year to be inundated with these beautiful end of summer foods. It gives me the inspiration and motivation to cook up several batches of my favorite tomato basil soup to enjoy now and store the extra batches in the freezer. There is nothing more wonderful than enjoying a warm bowl of soup in the middle of the winter made from fresh seasonal ingredients from the summer before. It brings back the tastes of the season in a way that is so comforting and delicious.

This soup is certainly one of my family favorites that we enjoy with a wonderful salad and some good whole grain crusty bread.

Include recipe:

What about the zucchini?

I planted a zucchini plant in my garden this year for the first time. I didn't know what to expect but what I got was a plant that grew so big, it practically took over the entire garden. Most exciting of all, however, were the huge zucchinis that seemed almost to just appear on the plant if I checked it every few days.

There is so much to do with zucchini such as sauté with other veggies as a side dish, add to vegetable soups (like the Farmer's Market Broccoli Soup from my recipe book), and chop up and add to tomato sauce for pasta. We also enjoy dipping slices in flour or bread crumbs and sautéing in a bit of olive oil for a fried zucchini side dish. These go great with some tomato sauce or a tahini dressing (see my recipe book).

One way to use zucchini in the most wonderful way is with my Raw Zucchini Hummus recipe. This is surprisingly simple and surprisingly delicious. Instead of the typical type of hummus which is made with garbanzo beans, this is a lighter version that uses zucchini instead. This creates an amazing dip to be used with pita



bread, fresh veggies or whole grain crackers. It can also be used as a spread for sandwiches or wraps. Don't hesitate to give this odd twist to traditional hummus a try. You'll not only have a new way to use up those huge monster zucchinis from the garden, but you'll have a delicious treat for your whole family to enjoy.

Please see Janet's recipe book titled, "Fabulous Recipes for Vibrant Health" by visiting www.janetmckee.com to see these and many more wonderful delicious and healthy recipe ideas.

Insert Zucchini Hummus recipe.