

Meals from Your Market



Chocolate Zucchini Cake

- 2 1/4 cups sifted all purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 3/4 cups sugar
- 1/2 cup (1 stick) unsalted butter, room temperature
- 1/2 cup vegetable oil (or plain applesauce for lower fat version)

Ingredients:

- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup buttermilk
- 2 cups grated unpeeled zucchini (about 2 1/2 medium)
- 1 6-ounce package (about 1 cup) semi-sweet chocolate chips
- 3/4 cup chopped walnuts (optional)

Preheat oven to 325°F. Butter and flour 13 x 9 x 2-inch baking pan. Sift flour, cocoa powder, baking soda and salt into medium bowl. Beat sugar, butter and oil in large bowl until well blended. Add eggs 1 at a time, beating well after each addition. Beat in vanilla extract. Mix in dry ingredients alternately with buttermilk in 3 additions each. Mix in grated zucchini. Pour batter into prepared pan. Sprinkle chocolate chips and nuts over. Bake cake until tester inserted into center comes out clean, about 50 minutes. Cool cake completely in pan.

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Parsley, Kale and Berry Smoothie

2 SERVINGS

Ingredients:

- 1/2 cup (packed) flat-leaf parsley (leaves and stems)
- 4 kale leaves (center ribs removed)
- 1 cup frozen organic berries (such as strawberries or raspberries)
- 1 banana (cut into pieces)
- 1 teaspoon ground flaxseed

What to do:

Purée ingredients with 1 cup water in a blender until smooth (add water if too thick).



*Recipe from Anja Mast,
Kitchen Coach—GR*