



Level-Up for Game Day

Zucchini Stack-Ups

Round out your game plan with some zucchini hummus veggies

Quick Marinade for Zucchini:

1/2 cup lemon juice
2 Tablespoons rice or white wine vinegar
1 teaspoon granulated sugar
Salt and ground black pepper to taste
1 small zucchini, sliced 1/4 to 3/8 inch thick for easier serving
Prepared Hummus (see healthy hummus recipe link)
6 to 8 cherry tomatoes, seeded, chopped
2 Tablespoons minced parsley

To Marinate Zucchini:

- Mix the lemon juice, vinegar, and sugar together; season lightly with salt and black pepper.
- Stir in zucchini slices to coat and cover; set aside for about 30 minutes; stir occasionally.

Prepare a whole or half recipe of plain hummus: You will only need a small amount.

<https://www.gloriagoodtaste.com/wp-content/uploads/2024/01/Healthy-Hummus-Salad2.pdf>

To Assemble:

- Remove the zucchini from the marinade.
- Using a melon baller or spoon, create a dip in the center of the zucchini.
- Spoon a small dollop of hummus into the center.
- Top the hummus with some chopped cherry tomatoes and a sprinkling of parsley.
- Serve chilled. Yield: about 10 to 12

About the Recipe: This recipe lets you make any many as you need to fill your plate. Since they can be chilled ahead, preparation is super easy. Hummus is quick to make in a food processor, and any leftovers go well with crackers, chips, or veggie sticks. A short marinate time adds just enough lemon flavor to blend all the flavors together.