



ZUCCHINI & WHITE BEAN SKILLET

SHOPPING LIST

Serves 4

2-3 medium zucchini,
cut into ½-inch rounds
2 (14-15 ounce) cans
cannellini beans
1 cup lacinato (dino) kale,
chopped
1 shallot, thinly sliced
3 cloves garlic, minced
¾-1 cup bone broth (or vegetable
broth for vegetarian version)
¼ cup toasted walnuts,
roughly chopped
3 ounces fresh goat cheese,
crumbled
Zest of 1 lemon
1 tablespoon fresh lemon juice
plus more for serving
1 teaspoon fresh thyme leaves
Olive oil
Salt & pepper to taste

Optional for serving

- Toasted sourdough or whole grain bread
- Cooked brown rice or whole grain of choice

Want an extra protein boost? Cook your grains in bone broth!

Zucchini takes center stage in this cozy yet bright one-pan skillet, making it the perfect late-summer meal. White beans and bone broth create a velvety dish without heavy cream, while tangy goat cheese, toasted walnuts, and fresh thyme add richness, texture, and layers of savory flavor.

DIRECTIONS

- 1 Heat a drizzle of olive oil in a large skillet over medium-high heat. Add the zucchini in a single layer (work in batches if needed) and cook for 2-3 minutes per side, until lightly golden. Transfer to a plate.
- 2 Reduce heat to medium. Add a shallot. Cook for 4-5 minutes, until softened and lightly golden. Stir in the garlic and thyme and cook for 30 seconds.
- 3 Add 1 can of the cannellini beans and gently mash with the back of a wooden spoon or potato masher. Pour in the bone broth and simmer for 3-4 minutes, stirring occasionally, until the mixture becomes creamy.
- 4 Stir in the remaining can of whole beans and cook for 2 minutes.
- 5 Return the zucchini to the skillet and gently fold everything together until warmed through. Remove from the heat and finish with the crumbled goat cheese, lemon zest, lemon juice, walnuts, salt and pepper, and a drizzle with olive oil.
- 6 Serve warm with toasted bread for dipping or spoon over cooked grains.

ZUCCHINI SPOTLIGHT

Zucchini may help support healthy vision. Zucchini contains lutein and zeaxanthin, two antioxidants that accumulate in the retina and help protect the eyes from oxidative stress. Caused by everyday exposure to light.

Zucchini is satisfying. Low in calories, rich in water, and a source of fiber, zucchini adds volume and texture to meals while supporting balanced eating patterns and healthy weight management.

Keep the skin on for more nutrition and flavor. Zucchini's green skin is where many of its nutrients are concentrated. Choose zucchini that feels firm with smooth, glossy skin. Smaller to medium zucchini are often more tender and have fewer seeds.

Did you know? A zucchini can easily grow 1 to 2 inches in length within a single day under optimal conditions.

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