

Zucchini Bread Recipes

Zucchini Butter Spread Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 3 medium zucchini (about 1½ lbs), grated
- [ ] 4 tablespoons unsalted butter
- [ ] 2 cloves garlic, minced
- [ ] 1 small onion, finely chopped
- [ ] 1 teaspoon salt
- [ ] ½ teaspoon black pepper

For Finishing

- [ ] 1 tablespoon fresh lemon juice
- [ ] 2 tablespoons chopped fresh herbs (thyme, chives, or parsley)
- [ ] Additional salt and pepper to taste

Instructions

1. Place the grated zucchini in a colander set over a bowl. Sprinkle with ½ teaspoon of the salt and let drain for 10 minutes. Then, using your hands, squeeze out as much liquid as possible. This step is crucial for achieving the right texture.
2. Melt the butter in a large skillet over medium-low heat. Add the chopped onion and cook until softened and translucent, about 5 minutes. Add the minced garlic and cook for another minute until fragrant.
3. Add the drained zucchini to the skillet along with the remaining salt and pepper. Reduce the heat to low and cook, stirring frequently, until the zucchini has broken down and most of the moisture has evaporated, about 15-20 minutes. The mixture should be thick and paste-like.
4. Remove from heat and stir in the lemon juice and fresh herbs. Taste and adjust seasoning as needed. Let cool slightly before serving. The spread will thicken further as it cools.
5. Transfer to a serving dish and garnish with additional herbs if desired. Serve warm or at room temperature with crusty bread, crackers, or as a versatile condiment.

Nutrition per serving

85 kcal	2 g	5 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- The spread will keep in the refrigerator for up to 5 days
- Freeze in airtight containers for up to 3 months
- For a richer flavor, you can substitute part of the butter with olive oil
- If you enjoy chocolate zucchini treats, you might love our healthy chocolate muffins for a sweet zucchini option