

Indian Squash

3/4 to 1 lb of zucchini
1 can of diced stewed tomatoes
1 & 1/4 Tsp of salt
4 to 5 Tbsps of coconut or palm oil
6 small cloves of finely chopped garlic (2 Tbsps)
1 cup of fresh chopped coriander
1 chili pepper finely chopped (or small can of diced chilies)
1/2 Tsp of ground turmeric
1 & 1/2 Tsp of ground cumin seeds
1/4 Tsp of cayenne pepper (or to taste)
1 Tsp grated fresh ginger (or ginger paste)
1 Tbsp of lemon juice

Slice zucchini lengthwise into 4 slices, slice each piece into 4 strips lengthwise, cross cut the strips into thirds. Put zucchini in a bowl and add 1/4 tsp of salt and toss. Set aside for 30 minutes then put them on paper towels and pat them dry (if needed). Heat the oil in a skillet on medium heat. Put in the garlic and sauté until it starts to brown. Add the zucchini and sauté for several minutes. Add the can of tomatoes and mix with zucchini. Add the coriander, chilies, turmeric, cumin, lemon juice and remaining salt. Stir ingredients and bring to a simmer. Cover, reduce heat to low and simmer for 3 minutes. Uncover and return to medium heat and boil away any remaining liquid to create a thick sauce. (Note, this can be turned into a main dish by adding a pound of shrimp to be sautéed with the zucchini.)