



Lunch-N-Learn 07/29/26

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Zucchini Wraps

- 1 to 1.25 lbs. zucchini or other summer squash
- 1 teaspoon kosher salt
- 1 egg, beaten
- 2 ounces grated parmesan cheese (about a packed ½ cup)

Instructions

1. Grate zucchini and sprinkle with salt. Let sit for 10–15 minutes.
2. Wrap zucchini in a clean towel and squeeze out as much liquid as possible.
3. Mix the zucchini with the beaten egg and parmesan cheese until combined.
4. Spread the mixture thinly on a parchment-lined baking sheet.
5. Bake at 400°F for 25–30 minutes, until golden and set.
6. Let cool slightly before peeling from the parchment. Use as a wrap for your favorite fillings.

Esquites

- 2 tablespoons vegetable oil
- 4 ears fresh corn, shucked, (about 3 cups fresh corn kernels)
- Kosher salt
- 2 ounces feta or Cotija cheese, finely crumbled
- 1/2 cup finely sliced scallions, green parts only

- 1/2 cup fresh cilantro leaves, finely chopped
- 1 jalapeño pepper, seeded and stemmed, finely chopped
- 1 to 2 medium cloves garlic, pressed or minced on a Microplane grater (about 1 to 2 teaspoons)
- 2 tablespoons mayonnaise
- 1 tablespoon fresh lime juice from 1 lime
- Chile powder, Tajin, or chili flakes, to taste

Instructions:

Heat oil in a large nonstick skillet or wok over high heat until shimmering. Add corn kernels, season to taste with salt, toss once or twice, and cook without moving until charred on one side, about 2 minutes. Toss corn, stir, and repeat until charred on second side, about 2 minutes longer. Continue tossing and charring until corn is well charred all over, about 10 minutes total. Transfer to a large bowl.

Add cheese, scallions, cilantro, jalapeño, garlic, mayonnaise, lime juice, and chili powder and toss to combine. Taste and adjust seasoning with salt and more chili powder to taste. Serve immediately.