

Zucchini Soufflé

By Mark Bittman

Total Time 1 hour

Rating ★★★★★ (295)



Evan Sung for The New York Times

To keep the soufflé as light as possible, the zucchini is grated (the food processor makes short work of this), and then cooked with onion and garlic until it's really soft, almost melting. (If there's liquid in the pan when you're done, drain it to further lighten the mixture.)

INGREDIENTS

Yield: 4 servings

- 1 tablespoon butter
- ¼ cup olive oil
- 1 large onion, chopped
- 1 teaspoon minced garlic
- 2 to 3 medium zucchini, grated
- Salt
- freshly ground black pepper
- 6 eggs, separated
- 8 ounces Gruyère cheese, grated
- ¼ cup parsley, chopped

PREPARATION

Step 1

Butter four 1½ -cup ramekins or one 6-cup soufflé dish. Heat the oven to 325 degrees. Put the oil in a large skillet over medium-high heat; when it's hot, add the onion and garlic and cook until soft, 5 to 8 minutes. Add the zucchini, season with salt and pepper, and continue cooking, stirring occasionally, until very tender, another 10 to 12 minutes. If you prefer, substitute a 10-ounce bag of spinach, chopped and cooked the same way. Drain the vegetables if there is excess liquid, and let cool.

Step 2

In a large bowl, beat the egg yolks and cheese with some salt and pepper. Add the vegetables and parsley and stir. In a clean, dry bowl, beat the egg whites until they are light and fluffy and just hold soft peaks; stir about a third of the whites into the yolk mixture to lighten it, then gently fold in the remaining whites, trying not to deflate them much.

Step 3

Pour the soufflé mixture into the ramekins or dish. Bake until golden and puffy, 30 to 35 minutes, and serve immediately.