

Mock Pineapple Zucchini

A refrigerator-jar preserve with all the tropical flavor of the classic canned version — no water bath needed, just cook, cool, and keep cold.

PREP	COOK	SERVINGS	DIFFICULTY	SEASON
30 min	30 min	8 pints	Easy	Summer

INGREDIENTS

US Standard | Metric

FOR THE JAM

16 cups	1980 g
zucchini, peeled, deseeded, cut into ½-inch cubes	
46 fl oz	1360 ml
unsweetened pineapple juice	
½ cup	120 ml
bottled lemon juice (optional — adds brightness)	
3 cups	600 g
granulated sugar	

INSTRUCTIONS

- Prep the zucchini.**
Peel, scoop out the seeds and spongy center, and cut into ½-inch cubes — 16 cups total.
- Combine.**
In a large non-reactive pot, combine the zucchini, pineapple juice, lemon juice, and sugar. Stir to combine.
- Bring to a boil.**
Boil over medium-high heat, stirring until the sugar fully dissolves.
- Simmer.**
Reduce heat and simmer uncovered for 20 minutes, until the zucchini is tender and takes on a pineapple-like translucency.
- Cool.**
Remove from heat and cool to room temperature. Let steam escape before sealing — don't seal in airtight containers while still hot.
- Store.**
Transfer to clean airtight containers or jars (no sterilizing needed for fridge use). Refrigerate up to 2–3 weeks, or freeze up to 6 months.

LOCAL SOURCING: Zucchini grown at Mission Meadows Community Garden.

CHEF C'S TIPS

"Don't skip letting the steam escape before you seal the jars — trapped heat means trapped moisture, and that's how you end up with a watery jam instead of a syrupy one."

"I like my zucchini cut just a touch smaller than ½-inch — it holds its shape but takes on that glassy, pineapple-like translucency faster in the pot."

"This is my favorite way to use up the zucchini glut from Mission Meadows Community Garden every August — spoon it over cottage cheese or vanilla yogurt for breakfast."

NUTRITION FACTS

Per serving (2 Tbsp)

Calories	25	Protein	0 g
Total Fat	0 g	Sat. Fat	0 g
Carbohydrates	7 g	Fiber	0 g
Sodium	1 mg	Sugars	6 g

