

Tomato & Zucchini Jam

Smoky Honey Habanero & Garden Zucchini — peak-season tomatoes cooked hard and fast, garden zucchini stirred in so the pieces stay visible.

PREP
12 min

COOK
24 min

SERVINGS
8 (1/4 cup ea.)

DIFFICULTY
Easy

SEASON
Late Summer

INGREDIENTS

US Standard | Metric

PRODUCE

2 lbs ripe summer tomatoes, 1/2" dice 907 g
(~4 cups)
1 medium zucchini (~8 oz), 1/4" dice 227 g
(~1 1/2 c)
1 Tbsp fresh lemon juice 15 ml

PANTRY

2/3 cup granulated sugar 133 g
2 Tbsp tomato paste 32 g
3 Tbsp apple cider vinegar 45 ml
2 Tbsp Smoky Honey Habanero blend, 16 g
divided
1 tsp kosher salt 6 g

INSTRUCTIONS

- 1 Prep the produce.**
Core and dice tomatoes into 1/2-inch pieces, saving the juice. Dice zucchini 1/4-inch — smaller than the tomato — and set aside.
- 2 Build the base.**
Combine tomatoes with juice, sugar, tomato paste, vinegar, salt, and 1 1/2 Tbsp Smoky Honey Habanero in a 12-inch skillet. Wide and shallow cooks faster than a deep pot.
- 3 Bring to a boil.**
Over medium-high heat, bring to a hard boil and hold it, stirring every couple of minutes.
- 4 Add zucchini at 12 minutes.**
This timing keeps the pieces visible — long enough to cook through, not so long they vanish into the jam.
- 5 Reduce.**
Cook 10-12 minutes more, stirring often near the end, until glossy, dark, and reduced to about 2 cups.
- 6 Finish off heat.**
Stir in lemon juice and the remaining 1/2 Tbsp Smoky Honey Habanero, for bright flavor and aroma.
- 7 Rest and jar.**
Let sit 10 minutes before jarring — it thickens as it cools.

LOCAL SOURCING: Tomatoes and zucchini from Mission Meadows Community Garden (Spokane, WA).

Featuring Spiceology Smoky Honey Habanero seasoning blend.

CHEF C'S TIPS

"The twelve-minute mark is what keeps the zucchini visible instead of vanishing into the jam. Set a timer — don't eyeball it."

"Cut the zucchini smaller than the tomato dice. Quarter-inch against half-inch reads as intentional flecks, not chunky salsa."

"Fridge-only — the tomato base is already borderline for canning. Keep it sealed, refrigerated up to 2 weeks, or frozen up to 3 months."

NUTRITION FACTS

Per serving (1/4 cup, 8 per batch)

Calories	105	Protein	2 g
Total Fat	0 g	Sat. Fat	0 g
Carbs	25 g	Fiber	2 g
Sodium	277 mg	Sugar	22 g

