

1980

Gad Zukes! Zucchini Recipies from Humboldt County Cooks

Dave McMurray

Follow this and additional works at: <https://digitalcommons.humboldt.edu/archivepub>

Recommended Citation

McMurray, Dave, "Gad Zukes! Zucchini Recipies from Humboldt County Cooks" (1980). *Special Collections Digitized Publications*. 3.
<https://digitalcommons.humboldt.edu/archivepub/3>

This Article is brought to you for free and open access by the Special Collections at Digital Commons @ Humboldt State University. It has been accepted for inclusion in Special Collections Digitized Publications by an authorized administrator of Digital Commons @ Humboldt State University. For more information, please contact kyle.morgan@humboldt.edu.



Gad Zukes!

*Zucchini Recipes from
Humboldt County Cooks*

About ...

YOUTH EDUCATIONAL SERVICES (Y.E.S.) is a service-learning agency, based at Humboldt State University. Each of our programs provides a meaningful learning experience for the volunteer and a valuable service for the community. Each year, more than 300 volunteers contribute nearly 3,000 hours of service, our programs work with nearly 60 different community agencies. Y.E.S. has grown to be one of the largest campus-based volunteer programs in the state, utilizing both campus and community volunteers.

The great majority of our volunteers, and our funding, comes from the students of Humboldt State University. This cookbook is an effort to share one of our favorite topics with you, food, and to ask for your support. Only about 5% of our funding comes from community sources. We hope this cookbook will tempt you to become a Y.E.S. supporter. Our thanks to Dave McMurray of the Counseling Center for his contribution of this 2nd Edition of his cookbook and to Linda Weirup for typing the manuscript. Our special thanks to those creative cooks who contributed recipes.

Why Zucchini?

I find that zucchini is one of the most versatile vegetables that I cook with. It has a place right beside onions, as far as adding a nice taste or texture to side or main dishes.

The easiest way to provide a side dish for meat or fish is to saute' zucchini in butter with sweet onions (both fresh out of the garden). The two basic seasonings I find bring out the best flavor are dried or fresh sweet basil and fresh garlic or garlic salt, added to taste. Add just a bit of rice, either brown or white, and you have a good compliment to many main dishes.

The most popular recipes in this collection are the soups and by far the best single recipe for a potluck is the lasagne.

Dave McMurray

Index

MAIN DISHES

- | | | | |
|----|--------------------------------|--------|--------------------------------------|
| 1 | SPAGHETTI WITH ZUCCHINI | 18 | CORN AND ZUCCHINI SQUASH |
| 2 | ZUCCHINI AND SPAGHETTI | 19 | STIR FRIED STRING BEANS AND ZUCCHINI |
| 3 | QUICHE RATATOUILLE | 20 | ZUCCHINI WITH BEEF |
| 4 | BRUNCH | 21 | SKILLET SQUASH |
| 5 | RATATOUILLE | 22 | ZUCCHINI FRIED RICE |
| 6 | ZUCCHINI ITALIANO | 23 | STUFFED ZUCCHINI |
| 7 | ZUCCHINI SWEET AND SOUR | 24 | SQUASH CASSEROLE |
| 8 | QUICK CANTONESE ZUCCHINI | 25 | ZUCCHINI QUICHE |
| 9 | ZUCCHINI WITH MINT | 26 | QUICHE |
| 10 | FRIETA DE CALABATHA | 27 | OVEN-FRIED VEGETABLES |
| 11 | ZUCCHINI FRITATA | 28 | MUSHROOM AND CHEESE STUFFED ZUCCHINI |
| 12 | MIDDLE EAST ZUCCHINI WITH LAMB | 29 | ZUCCHINI SUPREME |
| 13 | ZUCCHINI FLORENTINE | 30 | ZUCCHINI CASSEROLE |
| 14 | ZUCCHINI - MEDITERRANEAN STYLE | 31, 32 | ZUCCHINI LASAGNE |
| 15 | SPANISH ZUCCHINI | 33 | ZUCCHINI WITH LAMB STUFFING |
| 16 | ZUCCHINI CASSEROLE | 34 | ZUCCHINI HASH |
| 17 | ZUCCHINI PATTIES | 35 | ZUCCHINI IN TOMATO SAUCE |

Index

MAIN DISHES

- 36 BEEF POT ROAST WITH ZUCCHINI
- 37 BEEF STUFFED SQUASH
- 38 LAMB AND VEGETABLES
- 39 FRIED ZUCCHINI
- 40 ZUCCHINI WITH EGGS
- 41 BROILED ZUCCHINI
- 42 ZUCCHINI-CORN CASSEROLE
- 43 STUFFED ZUCCHINI
- 44 ZUCCHINI AND TOMATOES IN CASSER-
OLE
- 45 ZUCCHINI CASSEROLE
- 46 ZUCCHINI MAIN DISH
- 47 CALABACITAS & CHILI VERDE
- 48, 49 COURGETTES FARCIES
- 50 ZUCCHINI APPETIZER
- 51 ZUCCHINI PIZZA PIE
- 52 HUNGARIAN ZUCCHINI
- 53 ZUCCHINI PARMESAN OMELET

- 54 STUFFED ZUCCHINI MONTEREY
- 55 ZUCCHINI SOUFFLE
- 56 ZUCCHINI ITALIAN
- 57 BARBECUED ZUCCHINI
- 58 ZUCCHINI QUICK
- 59 FROZEN ZUCCHINI SLICES SUPREME

SOUPS, SANDWICHES, SALADS

- 60 ZUCCHINI SANDWICH
- 61 ZUCCHINI SOUP
- 62 CHESTER INN ZUCCHINI SOUP
- 63 ZUCCHINI-YOGURT SALAD
- 64 CARROT AND ZUCCHINI SALAD
- 65 CREAM OF ZUCCHINI SOUP
- 66 CREAM OF ZUCCHINI SOUP
- 67 ZUCCHINI SALAD
- 68 ZUCCHINI SOUP

Index

BREADS

- 69 WHEAT GERM ZUCCHINI BREAD
- 70 SQUASH BISCUITS
- 71 SPICY PINEAPPLE-ZUCCHINI BREAD

DESSERTS

- 72 ZUCCHINI DROP COOKIES
- 73 ZUCCHINI FRITTERS
- 74 ZUCCHINI BREAD
- 75 ZUCCHINI CAKE
- 76 ZUCCHINI FRITTERS
- 77 ZUCCHINI HOT CAKES
- 78 BASIC ZUCCHINI BREAD OR COOKIES
- 79 CHOCOLATE ZUCCHINI CAKE
- 80 ZUCCHINI GINGER CUSTARD
- 81 ZUCCHINI-GRANOLA JUMBLES
- 82 FRUIT AND ZUCCHINI BARS
- 83 CHOCOLATE ZUCCHINI CAKE

PICKLES, RELISH

- 84 ZUCCHINI BREAD AND BUTTER PICKLES
- 85 ZUCCHINI PICKLES
- 86 ZUCCHINI MARMALADE
- 87 ZUCCHINI RELISH
- 88 ZUCCHINI PICKLE RELISH



Main Dishes



Index

83 CHOCOLATE ZUCCHINI CAKE
 82 FRUIT AND ZUCCHINI BARS
 81 ZUCCHINI-GRANOLA JUMBLES
 80 ZUCCHINI GINGER CUSTARD
 79 CHOCOLATE ZUCCHINI CAKE
 78 BASIC ZUCCHINI BREAD OR COOKIES
 77 ZUCCHINI HOT CAKES
 76 ZUCCHINI FRITTERS
 75 ZUCCHINI CAKE
 74 ZUCCHINI BREAD
 73 ZUCCHINI FRITTERS
 72 ZUCCHINI DROP COOKIES
 71 SPICY PINEAPPLE-ZUCCHINI BREAD
 70 SQUASH BISCUITS
 69 WHEAT GERM ZUCCHINI BREAD
 BREADS
 84 ZUCCHINI BREAD AND BUTTER PICKLES
 83 PICKLES, RELISH
 82 ZUCCHINI PICKLES
 81 ZUCCHINI MARMALADE
 80 ZUCCHINI RELISH
 79 ZUCCHINI RELISH

SPAGHETTI WITH ZUCCHINI

$\frac{1}{2}$ C. butter	$\frac{1}{2}$ C. water
$1\frac{1}{2}$ T. olive oil	1 cube chicken boullion
$\frac{1}{2}$ onion, chopped	$\frac{1}{2}$ lb. spaghetti or vermicelli
1 slice ham, chopped	$\frac{1}{2}$ C. half-and-half
$\frac{1}{2}$ lb. zucchini, sliced diagonally	$\frac{1}{4}$ C. freshly grated Parmesan Cheese

Heat butter and oil over medium heat. Add green onion and saute' until golden. Add ham and saute' briefly. Add water, add boullion cube. Reduce heat and cook 10 minutes. Add zucchini and simmer 5 more minutes.

Add spaghetti to boiling water. Rinse, drain. Return to pot. Add zucchini mixture and half-and-half and cook over medium low heat until warmed. Top with cheese and pepper.

ZUCCHINI AND SPAGHETTI

Slice the zucchini lengthwise and broil until brown. The zucchini should be 4 to 6 inches long. Be sure they are broiled slowly enough so that they are thoroughly cooked but not mushy. Lay the broiled halves in a baking dish and cover with slices of Provolone Cheese. Bake in 400 degree oven until cheese is melted. Serve with rich spaghetti (consider using whole wheat or spinach pasta) - sprinkled with grated Parmesan Cheese.

QUICHE RATATOUILLE
(sans eggplant)

In a large skillet combine one large can of cooked tomatoes (plus sauce), 2 large yellow onions, slice thin, 1/2 green pepper (or more) sliced thin, 2 medium zucchini sliced thin. (Season with parsley, oregano, or thyme, salt and pepper and garlic salt. I add a few drops of tabasco.) When onions are transparent, add as much Jack or Mozzarella cheese as you prefer. Serve over rice. It's yummy, nourishing and quick.

BRUNCH

On Saturday or Sunday mornings, if you don't get underway until mid-morning, try fixing yourself a brunch omelet, using zucchini as the base.

Start with a small amount of bacon, sausage, or pork steak for fat and flavor (as an alternate use margarine). Some of the other ingredients I have used are: chopped onion, green pepper, celery, carrot, pineapple, parsley, snow peas, fresh mushrooms, chives, cabbage and potatoes. All of these things are much better if they are picked from the garden just minutes before cooking.

For sharp flavor and texture, I very often will use cottage cheese, sour cream or different cheeses. The spices I use are sweet basil, popcorn seasoning, garlic salt and pepper.

If you serve the omelet in a cast iron skillet, with cheese on top and add a large plate of homemade bread toast with jam, you'll have a feast.

RATATOUILLE

- 1 lb. eggplant, peeled and sliced (3/8")
- 2 medium zucchini, sliced (3/8")
- 1 tsp. salt - toss over eggplant and squash

In a little oil (4-6 T.) saute' eggplant, then zucchini in hot oil for approximately one minute on each side; just until lightly browned. Drain off oil and set aside. In same skillet saute' onions (3 large yellow, sliced thin), add 1 large can cooked tomatoes, drained. Add 1 large bell pepper, sliced thin. Add garlic powder (equivalent of 2 cloves mashed garlic), salt and pepper to taste.

Very lightly butter a casserole dish. Layer some sauce, eggplant and zucchini, then a layer of Jack Cheese (layer much like you would a lasagne). Top with Jack Cheese. Serves 6 to 8.

ZUCCHINI SWEET AND SOUR

2 medium zucchini
2 T. cooking oil
salt and pepper to taste

1 T. wine vinegar
1½ T. sugar
sweet basil to taste

Wash and pare the zucchini and cut in lengthwise slices, 1/2 inch thick. Brown in oil, sprinkle with salt and pepper. Add the vinegar and sugar and sprinkle with basil. Bake about 15 minutes at 350 degrees, basting squash with the liquid two or three times during cooking.

Makes 4 servings.

QUICK CANTONESE ZUCCHINI

1 C. raw cashews	$\frac{1}{2}$ C. bottled Terriyaki Sauce*
3 med. zucchini, thinly sliced	1-2 T. sesame oil
1 lge. eggplant, thinly sliced	2 T. cornstarch
peanut oil	$\frac{1}{4}$ C. water

Quickly saute' first the cashews, then the zucchini, then the eggplant, over high heat in 1-2 T. peanut oil per batch, turning each batch out into a bowl after sauteing. Adjust heat to low, return nuts and vegetables to skillet and stir in the mixture of sesame oil, terriyaki sauce, cornstarch and water. Cover and cook, stirring occasionally, for 5 minutes. Serve over steamed rice. Serves 2-4.

*I make my own terriyaki sauce, a quart at a time and keep in the icebox for months. Bottled sauce would be fine too. My terriyaki recipe is 1 C. sugar, a piece of ginger (the size of a small egg) chopped, an equal amount of garlic chopped and enough Kikkoman Soy Sauce to top off a quart jar.

ZUCCHINI WITH MINT
("Italian")
(4 servings)

4 zucchini (5 to 6 inch)	$\frac{1}{4}$ tsp pepper
2 T. olive oil	chopped mint leaves
$\frac{1}{2}$ tsp. salt	

Wash and parboil the zucchini (10 minutes) and cut into strips
Put into frying pan with the other ingredients and cook 5 minutes,
stirring frequently. Transfer to serving dish and serve at once.

FRIETA DE CALABATHA (SQUASH)

Oil	Zucchini Squash	Salt, Pepper
Potato	Bell Peppers	Garlic Salt
Onion	Tomatoes	Spanish Seasoning or Cumin

Fry 1 potato (cut in small pieces) in small amount of oil in electric fry pan or heavy skillet. When almost done, take out and set aside. Fry $\frac{1}{2}$ onion, chopped, in same oil, then add squash and bell pepper. If using large squash, peel and remove seeds, cut into 1/2 inch chunks. For a large squash use 4-6 peppers cut into chunks. Cook covered or uncovered. A little water may be added if it sticks. Stir carefully. Add salt, pepper and garlic salt. Cook until squash is half done, then push to side of pan and add about 1 C. tomatoes, (fresh or canned) or small amount of tomato sauce. Cook down to a sort of puree, then add squash, onion, pepper and potato, add Spanish seasoning (or a little Cumin) and cook until slightly thickened. (Note Be careful with Cumin. If this sits for awhile it will get too hot.)

MIDDLE EAST ZUCCHINI WITH LAMB

6 zucchini

1½ lbs. ground or diced lamb

1 C. white rice (brown rice takes too long and
overcooks the zucchini)

1 tsp. salt

½ tsp. pepper

½ tsp. allspice

juice of one lemon

1 8-oz. can tomato sauce

2 C. water

1 6-oz. can tomato paste

3 cloves garlic, pressed or chopped

Hollow out zucchini, leaving blunt end closed. Blend lamb, rice, lemon juice, salt, pepper & allspice. Fill zucchini cavities loosely with lamb mixture. Blend tomato sauce, water, tomato paste & garlic in dutch oven. Place large zucchini in bottom of pan and smaller ones on top. Cover, bring to boil, then reduce heat and simmer 40 minutes or until rice is done, turning zucchini once or twice during cooking. Let stand 15 minutes before serving. Makes 3-4 servings.

ZUCCHINI FLORENTINE

6 small zucchini, cut in $\frac{1}{4}$ inch slices	1 tsp. salt
2 T. butter or margarine	$\frac{1}{4}$ tsp. pepper
1 C. evaporated milk	$\frac{1}{4}$ tsp. garlic salt
3 slightly beaten eggs	$\frac{1}{4}$ tsp. paprika

Place zucchini in $1\frac{1}{2}$ qt. casserole; dot with butter. Bake in hot oven, 400 degrees, for 15 minutes or until zucchini is partially cooked but still crisp. Combine next 5 ingredients and pour over zucchini. Sprinkle with paprika. Set casserole in shallow pan, filling pan to 1 inch with hot water.

Bake in moderate oven (350) for 40 minutes or until knife inserted half-way between center and edge comes out clean. Serves 6.

ZUCCHINI - MEDITERRANEAN STYLE

4 med. (1½ lbs. fresh tomatoes	1/4 tsp. ground black pepper
2 T. instant minced onion	dash garlic powder
1/2 C. finely diced celery	8 medium small (2¼ lbs.) zucchini
1/2 tsp. basil leaves	flour
1/3 C. olive oil	3 large hard cooked eggs
1 tsp. capers	1/4 C. finely chopped fresh parsley
1 1/2 tsp. salt	

Combine first three ingredients. Cover and cook slowly 20 minutes or until the vegetables are soft. Put through a food mill or sieve. Add basil and olive oil. Cook 10 minutes or until thickened. Stir in next three ingredients. Keep warm while preparing squash. Wash zucchini, cut into lengthwise slices 1/4 inch thick. Sprinkle with flour. Cook slowly in olive oil until lightly browned on both sides. Remove to serving platter. Spoon the tomato sauce over the top. Chop hard boiled eggs finely - mix with parsley and sprinkle over the top.

SPANISH ZUCCHINI

1½ tsp. salt	1	1-lb. 13-oz. can tomatoes
1 tsp. monosodium glutamate	½	C. chopped green pepper
½ tsp. chili powder	½	C. chopped onion
dash pepper	½	C. chopped ripe olives
4 pork chops, ½-inch thick	1	T. sugar
½ C. uncooked rice	2	C. zucchini, unpared, thinly sliced
	¼	C. Parmesan Cheese, grated

Mix first 4 ingredients. Trim fat from chops and heat in skillet. Remove trimmings and brown chops, seasoning with 1 tsp. of the chili mixture. Drain off fat. Add rice, tomatoes, green pepper, onion, olives, and sugar. Border with zucchini, sprinkle all with remaining chili mixture. Cover; cook, stirring occasionally, 1 hour or until pork is done - no pink showing when cut near bone. Top with Parmesan Cheese; cover to melt. Makes 4 servings.

ZUCCHINI CASSEROLE

3/4 lb. zucchini (zucchini apiece)	1 tsp. baking powder
2 eggs	1½ T. flour
1/2 C. milk	1 T. reconstituted dried onions (optional)
1/2 lb. or more of Jack or Mozzarella Cheese	1/3 C. bread crumbs
1/2 tsp. salt, pepper	

Cut squash in ½-inch slices and steam 3-5 minutes. Drain and cool. Beat eggs slightly. Add other ingredients. Put zucchini in buttered casserole and pour other stuff over zucchini. Top with bread crumbs and dot with butter. Bake at 350 degrees for 40 minutes.

Note: I put all the batter ingredients in my blender and mix it all up. It takes about 1 minute to put together and blend this souffle part of the recipe and I think the blender increases the fluffiness. Serves 3.

ZUCCHINI PATTIES

- | | |
|-------------------------------------------------------------------|------------------------------------------|
| 5 medium-sized zucchini | 5 T. flour |
| 3 eggs | $\frac{1}{2}$ C. parsley, finely chopped |
| 1 C. Parmesan Cheese, grated | 1 tsp. each salt, pepper |
| 1 to 2 cloves garlic, minced or mashed
(can use garlic powder) | $\frac{1}{2}$ C. oil (approximately) |
| 1 onion, chopped | |

Wash and grate zucchini. Squeeze out water. Mix thoroughly with balance of ingredients. Saute' patties in hot oil. Serves 6.

CORN AND ZUCCHINI SQUASH - LATIN AMERICAN
(excellent accompaniment for chicken)

- | | |
|-----------------------------|----------------------------|
| 2 T. bacon fat | 1 1/2 tsp. salt |
| 2 C. corn, cut from cob | 1/2 tsp. sugar |
| 2 C. tomatoes, fresh, diced | 1/2 tsp. ground cumin seed |
| 2 C zucchini squash, sliced | 1/8 tsp. black pepper |

Heat bacon fat in 10" skillet. Add vegetables and seasonings. Cover and cook ten minutes or until tender. Serve hot. 6-8 servings.

STIR FRIED STRING BEANS AND ZUCCHINI

- | | |
|--------------------------|---------------------------------------------------|
| 1 lb. fresh green beans | 2 unpeeled zucchini (1 lb.) |
| 2 T. corn oil | cut in $\frac{1}{4}$ -inch slices |
| $1\frac{1}{2}$ tsp. salt | $\frac{1}{4}$ C. chicken stock, fresh or canned |
| 1 tsp. sugar | 1 tsp. cornstarch |
| 1 T. lemon juice | 1 T. chicken stock |
| | 1 T. chopped pimento or fresh
sweet red pepper |

Clean beans and cut into 2" pieces. Put a large skillet over high heat for 30 seconds and pour in oil, swirl it about in pan and heat for 30 more seconds. Turn heat down to moderate. Drop string beans into skillet and stir fry 2 minutes longer. Pour the $\frac{1}{4}$ -cup chicken stock over the vegetables and cook covered over moderate heat 3 minutes. In a cup, mix the cornstarch with the 1 T. chicken stock, stir into the vegetable mixture. Lower heat and stir 1-2 minutes until the vegetables are coated with a light clear glaze. Stir pimento into vegetables and remove from heat. Pour into a heated platter and serve at once. Serves 4-6.

SKILLET SQUASH

- | | |
|----------------------------------------------------------|-----------------------------------------------|
| 2 T. corn oil | 1 tsp. salt |
| 1 small onion, sliced | $\frac{1}{2}$ tsp. crushed dried basil leaves |
| 2 zucchini, med., cut in $\frac{1}{4}$ -inch slices | $\frac{1}{4}$ tsp. pepper |
| 2 summer squash, med., cut in $\frac{1}{4}$ -inch slices | 1 bay leaf |

Heat corn oil in skillet over medium heat. Add onion; saute', stirring frequently, until tender. Stir in remaining ingredients. Cover and simmer about 20 minutes or until tender. Makes 4 servings.

ZUCCHINI FRIED RICE

We've found this recipe particularly good with a sweet and sour chicken, fish, pork or beef dish. Use a wok and start with a nice-sized, fairly fat pork steak. After meat is fried, add 4 scallions and 4 T. vegetable oil. Then add, in the following order:

- | | |
|-------------------------------------------------------|-------------------------|
| $\frac{1}{2}$ C bean sprouts | 2 T. soya sauce |
| 1 tsp. salt | 3 small zucchini, diced |
| $\frac{1}{2}$ tsp. pepper | 4 C. boiled rice |
| $\frac{1}{4}$ clove garlic, minced, or
garlic salt | |

In a separate skillet, add 2 slices of chopped bacon, $\frac{1}{4}$ -cup chopped sweet onion, $\frac{1}{4}$ -cup parsley leaves, 2 T soya sauce and 6 fresh eggs. Cut the egg mixture into strips and add to the top of the fried rice

STUFFED ZUCCHINI

Stuffed as it is served in Italy with spaghetti dressed simply with half butter, half olive oil.

12 zucchini	2 slices bread
1 lb. of beef	3 T. olive oil or shortening
1 egg	1 C. tomato sauce
1 clove garlic, mashed with $1\frac{1}{2}$ tsp. salt	1 C. gravy
$\frac{1}{2}$ tsp. crumbled dried oregano	$\frac{1}{2}$ C. grated Romano or Parmesan Cheese

Remove the center from the zucchini and stuff with a mixture of beef, egg, garlic, salt, oregano, and the two slices of bread (which have been soaked in water, squeezed dry and crumbled). Saute' squash in olive oil until lightly browned. Arrange in a baking dish, combine tomato sauce and beef gravy and pour over squash. Sprinkle with the grated cheese and bake for 20 minutes in a moderate oven (350) or until cheese is nicely browned.
6 servings.

(ANY) SQUASH CASSEROLE

Prepare squash (3 kinds; zucchini, summer and crook-neck) (Yellow and green types have at least two kinds such as summer and crook-neck.) Cut up and steam five minutes. Put in 1/2 onion, cut fine, or chives. Combine with sour cream Use enough to make a cover-like sauce in a buttered casserole. Add salt, pepper and white pepper or tabasco, plus a little thyme or dill. Bake 20 minutes.

ZUCCHINI QUICHE

1 lb. zucchini and 1/2 onion - cook until tender, then mash

Beat together 4 eggs. Add 1 1/2 to 2 C. cheese, 1/2 tsp. oregano, 1/2 tsp. basil, salt and pepper to taste. Add cooked mashed zucchini and onion to egg mixture. Place in buttered baking dish. Bake at 325 for 25-35 minutes.

QUICHE

2½	C. sliced onions	1	tsp. salt
2	T butter	¼	tsp black pepper
1½	C. milk	1	tsp Worcestershire sauce
½	lb. sharp cheddar cheese, grated	2	zucchini, sliced & lightly steamed and drained
3	beaten eggs		

Saute' onions in butter until clear. Scald milk and remove from heat. Add the grated cheese. Mix the cheese and milk and add the eggs, salt, pepper and Worcestershire sauce.

Line an unbaked pie shell with the onions and zucchini. Pour milk, cheese, egg mixture over. Bake 350 degrees for 40 minutes Serves 6.

OVEN-FRIED VEGETABLES

1 lb. eggplant, zucchini or partially ripe tomatoes 1/2 C fine dry bread or cracker crumbs
1/4 C. Parmesan Cheese, grated 1/4 C. mayonnaise

Cut vegetables into 1/2-inch thick slices. Mix crumbs and cheese. Spread mayonnaise generously on each side of vegetable slices, then coat with crumb mixture. Bake in 425 degree oven, turning once, 15 minutes or until browned and tender. 4-6 servings.

MUSHROOM AND CHEESE STUFFED ZUCCHINI

- | | |
|---------------------------------------|------------------------------------|
| 14 small zucchini, ea. about 6-inches | 3 eggs |
| 3/4 C. olive oil | 2 C grated parmesan cheese |
| 1 1/2 C. chopped onions | 2 C finely chopped parsley |
| 1 1/2 C. finely diced mushrooms | salt, pepper, to taste |
| 3 cloves garlic, finely minced | 4 hot chillies, chopped (optional) |
| 1 C. cream cheese | |

Preheat oven to 350. Cut zucchini in half lengthwise. Use a melon ball cutter or spoon & scoop out flesh of zucchini, leaving a shell about 1/4" thick. Set shells aside. Chop the pulp and set aside. Heat oil and add onions. Cook, stirring, until onions are wilted. Add mushrooms & garlic. Cover and cook til mushrooms give up their juices. Add chopped zucchini pulp. Cover over high heat, stirring, until liquid evaporates. Add cream cheese, eggs, 1 1/2 C. of parmesan cheese, salt, pepper, and hot chillies. Cook, stirring often, about 10 minutes. Let cool. Stuff shells with equal parts of the mixture. Sprinkle with remaining 1/2 C. parmesan. Arrange in baking dish and bake 10 minutes or until piping hot. Place under broiler to brown briefly. Serves 14 to 28

ZUCCHINI SUPREME

- | | |
|---------------------------------------------------------|---------------------|
| 4 C. sliced, unpared zucchini | 2 eggs & milk |
| 1 med. onion, thinly sliced and
separated into rings | garlic |
| 3 med. tomatoes, peeled and sliced | sweet basil |
| $\frac{1}{2}$ C. chopped green pepper | salt |
| 1 8-oz. pkg. sliced process American Cheese | fresh ground pepper |
| 3 C. $\frac{1}{2}$ -inch caraway rye bread cubes | |
| $\frac{1}{4}$ C. butter or margarine, melted | |

Alternate layers of zucchini, onion, tomato, and green pepper in 13x9x2 baking dish; season. Cut cheese slices in half diagonally; place atop casserole. Sprinkle with bread cubes, drizzle with butter. Cover and bake in moderate oven 350 for 45 minutes, uncover and bake 15 minutes longer or until tender. Serves 8 to 10

ZUCCHINI CASSEROLE

- | | |
|------------------------------------------------------|------------------------|
| 2 lbs. zucchini, quartered lengthwise,
steam them | 1 clove of garlic |
| 1½ lbs. sausage - cooked | 1 tsp. salt and pepper |
| ½ C. parmesan | 2 T. chopped parsley |
| 1 C. seasoned dry bread crumbs | 2 eggs, separated |
| | paprika |

Combine steamed zucchini, browned sausage, ¼-C. parmesan, bread crumbs, garlic, salt and pepper, parsley and beaten yolks. Mix thoroughly. Fold in stiffly beaten egg whites. Pour into lightly greased baking dish. Sprinkle with paprika and ¼-C parmesan. Bake for 30 minutes in 400 degree oven.

ZUCCHINI LASAGNE

	12	<u>Servings</u> 18	24	36	<u>Ingredients</u>
ZUCCHINI FILLING	1 lb.	1½ lb.	2 lb.	3 lb.	ricotta cheese
	½ lb.	¾ lb.	1 lb.	1½ lb.	mozzarella cheese
	1½ C.	2¼ C.	3 C.	4½ C.	sliced zucchini
	1½ C.	2¼ C.	3 C.	4½ C.	eggplant
	½ C.	¾ C.	1 C.	1½ C.	green pepper - medium sliced
	½ lb.	¾ lb.	1 lb.	1½ lbs.	hot sausage link - casing removed cooked
BAS C SAUCE	½ lb.	¾ lb.	1 lb.	1½ lb.	ground beef cooked
	½ C.	¾ C.	1 C.	1½ C.	onion, finely chopped
	1	1½	2	3	cloves or garlic
	3 T.	4½ T.	1/3 C.	½ C.	olive oil
	1 can	1½ can	2 cans	3 cans	tomatoes/canned
	1 can	1½ can	2 cans	3 cans	tomato paste
	½ C.	¾ C.	1 C.	1½ C.	water

(continued on page 32)

ZUCCHINI LASAGNE (Continued from 31)

<u>Servings</u>				<u>Ingredients</u>
12	18	24	36	
2 T.	3 T.	$\frac{1}{4}$ C.	$\frac{1}{3}$ C.	parsley
$1\frac{1}{2}$ tsp.	$2\frac{1}{4}$ tsp.	1 T.	$1\frac{1}{2}$ T.	oregano
1 tsp.	$1\frac{1}{2}$ tsp.	2 tsp.	1 T.	salt
$\frac{1}{4}$ tsp.	$\frac{1}{2}$ tsp.	$\frac{1}{4}$ tsp.	$\frac{3}{4}$ tsp.	pepper
$\frac{1}{4}$ tsp.	$\frac{1}{2}$ tsp.	$\frac{1}{2}$ tsp.	$\frac{3}{4}$ tsp.	sugar
1 lb.	$1\frac{1}{2}$ lb	2 lb.	3 lb.	lasagne noodles

1. Combine all ingredients under BAS C SAUCE except noodles.

2. Place a thin layer of sauce in the bottom of baking pan, add a layer of noodles, a layer of ZUCCHINI FILLING, then another layer of sauce. Repeat, ending with a layer of sauce. Sprinkle with cheese.

3. Bake at 375 degrees for $\frac{1}{2}$ hours.

ZUCCHINI WITH LAMB STUFFING

Pick out zucchini 6-8" long for this. Plan on 2 halves for each serving.

4 zucchini	$\frac{1}{4}$ tsp. garlic salt
boiling, salted water	$\frac{1}{8}$ tsp. pepper
1 lb. ground lamb	$\frac{1}{2}$ tsp salt
2 T fine dry bread crumbs	1 egg
1 T. catsup	3 T. freshly grated parmesan cheese
$\frac{1}{2}$ tsp. meat seasoning sauce or Worchestershire	

Cut ends off zucchini & scrub. Drop in boiling water and cook until slightly tender (5 min.). Remove and plunge into cold water and drain. When cool enough to handle cut in half lengthwise and scoop out pulp. Leave shell at least $\frac{1}{4}$ -inch thick. Mash or finely chop zucchini pulp. Add lamb and other ingredients. Mix lightly. Heap meat mixture into zucchini halves. Bake uncovered - 350 degrees, 30 minutes.

ZUCCHINI HASH

1/4 lb. bacon, chopped (lean)
1 onion, sweet, good sized
3 med. zucchini
onion salt to taste

1/4 lb. butter
3 large potatoes
pepper and salt
sweet basil

Overcook slightly... Serve with sharp cheddar cheese on top and a poached egg on the side. Add either blueberry or raspberry muffins for a special treat.

ZUCCHINI IN TOMATO SAUCE

4 zucchini, sliced 3/4" thick, crosswise	1 T minced parsley
1 onion, finely chopped	1/4 C. tomato sauce
1 slice prosciutto, finely chopped	salt and pepper
1/4 C. grated parmesan cheese	2 T. olive oil

Brown onions and prosciutto in oil. Add zucchini, parsley, tomato sauce, salt and pepper to taste. Cover and simmer 15 minutes, stirring occasionally. Uncover and continue simmering until liquid is almost evaporated. Sprinkle with cheese before serving. Serves 4.

BEEF POT ROAST WITH ZUCCHINI

About 5 lbs. chuck or bottom round 4 potatoes, peeled
1 T. vegetable oil 10 carrots, peeled
salt and pepper 2 medium zucchini, sliced
1/3 C. water 1 to 2 T. flour
1 small onion, sliced

Brown meat on all sides in heavy kettle or dutch oven, adding the oil if necessary. Season with salt and pepper. Put a rack in kettle under meat and add water as necessary. Cook 3 hours or until tender. Add potatoes and carrots and simmer 30 minutes. Add zucchini and simmer 15 minutes. Remove meat and vegetables to serving platter. Thicken liquid with flour blended with a little cold water. Slice thinly and serve with vegetables.

BEEF STUFFED SQUASH

2 med. zucchini or acorn squash cut in half and seeded	1/4 C. chopped onion
1 lb. ground beef	1/4 C. milk
1/2 C. quick or old-fashioned oats, uncooked	1 tsp. salt
1/2 C. chopped, unpeeled apple	1 T. salad oil
	1/4 C. brown sugar

About 1 hour 15 min. before serving, preheat oven to 350 Place squash (cut sides up) in shallow pan. Bake 45 minutes In medium bowl stir ground beef, oats, apple, onion, milk and salt until well-combined. Shape into 12 meatballs. In skillet, over medium heat with hot oil, cook meatballs until lightly browned. Remove squash, sprinkle each half with brown sugar and place 3 meat balls in center. Bake 15 minutes longer or until squash are fork tender. 4 servings.

LAMB AND VEGETABLES

- | | |
|-----------------------------------|------------------------------------------|
| 1 large onion, chopped | half med eggplant, cut in 1½" chunks |
| 2 T. vegetable oil | 1 large potato, peeled, cut in 1" chunks |
| 1 clove garlic, minced | 1 can (8 oz.) tomato sauce |
| 2 C. leftover lamb, cut in chunks | ¾ C. water |
| 2 med. zucchini, cut in 1" slices | salt and pepper |

Saute' onion in the oil until tender, but not brown. Add garlic and saute' 1 minute longer. Add meat and stir to mix. Add zucchini, eggplant, potato, tomato sauce and water. Season with salt and pepper. Stir to mix. Bring to boil, cover and simmer about 30 minutes or until vegetables are tender and mixture is quite thick. Serves 4 - 6.

FRIED ZUCCHINI

4 zucchini	2 cloves garlic, finely chopped
flour	salt, pepper
4 T. butter	oregano
2 T. olive oil	

Flour zucchini lightly and fry slices in butter and oil, with garlic, until tender. Season to taste with salt and pepper. Sprinkle with oregano before serving.

ZUCCHINI WITH EGGS

6 med. zucchini	4 eggs, beaten
3 T. butter or margarine	1/2 tsp seasoned salt
1 to 2 tsp. minced onion	1/8 tsp. pepper
1 to 2 tsp. chopped green chile (optional)	1/2 C grated parmesan cheese

Cut zucchini lengthwise in halves, then slice. Melt butter in skillet, add zucchini, onion and chile and cook until tender, but not browned. Combine eggs, salt, pepper and cheese and pour over vegetables. Cover and cook over low heat until eggs are set. Remove cover, place skillet in broiler and broil just until eggs are tinged with brown. Cut in wedges and serve immediately. Serves 4-6

BROILED ZUCCHINI

6 large zucchini
salt, pepper, to taste
about 1/4 C. all-purpose flour

salad oil
1 large clove garlic

Slice the unpeeled zucchini lengthwise into $\frac{1}{4}$ " slices. Sprinkle the slices with salt and pepper, dredge very lightly with flour and sprinkle generously with salad oil.

Rub a baking sheet with the cut clove of garlic and then oil it lightly with the salad oil. Place the slices of zucchini side by side on the baking sheet. Bake in a 450 oven for about 20-30 minutes, or until as tender as you like. If you want the zucchini browner, broil just before serving. Serves 4-6.

ZUCCHINI-CORN CASSEROLE

3 lbs. small zucchini, scrubbed & stemmed	2 T. butter or margarine
boiling salted water	1 1/4 tsp. salt
1 can (1 lb.) cream style corn	1/4 tsp. pepper
4 eggs, slightly beaten	1 C. shredded sharp Cheddar
1 medium onion, chopped	cheese
1 small green pepper, seeded & chopped	paprika

Cook zucchini in boiling salted water, until just tender, about 6 minutes. Drain squash, cut in chunks, and combine with corn and eggs. Meanwhile, saute' onion and green pepper in butter until golden brown, about 5 minutes. Add to other vegetables with the salt and pepper. Turn into 2-quart casserole or baking dish. Sprinkle with cheese, then sprinkle with paprika. Bake uncovered, at 350 for about 40 minutes, until browned and bubbly. Serves 8-10.

STUFFED ZUCCHINI

2 lbs. small zucchini	1/4 C. salad oil
boiling, salted water	1 small onion, minced
2 eggs, slightly beaten	few sprigs of parsley, minced
1/3 C. fine dry bread crumbs	salt, garlic salt, pepper and thyme
1/3 C. parmesan cheese	

Parboil whole zucchini in boiling, salted water for about 15 minutes, until barely tender. Drain, trim ends, cut lengthwise in halves. Carefully scoop out the pulp.

Arrange shells in a greased shallow baking dish. Mash the scooped-out pulp, add the eggs, crumbs, cheese, oil, onion, parsley, and seasonings, mix well. Sprinkle zucchini shells with salt & pepper, and fill with the pulp mixture. Bake uncovered in a 350 degree oven for 25-30 minutes. Serves 6

ZUCCHINI AND TOMATOES IN CASSEROLE

4 zucchini, unpeeled, sliced 1/2" thick, in rounds	1/2 tsp. basil
2 green bell peppers, seeded, cut in 1" squares	1/3 C. olive oil
4 tomatoes, sliced 1/2" thick	1/2 tsp. oregano
2 sweet onions, sliced 1/4" thick	salt, pepper

Arrange vegetables in alternate layers in deep casserole. Sprinkle with herbs, salt and pepper to taste. Pour oil over top and bake uncovered in 325 oven, 30-40 minutes until tender.

ZUCCHINI CASSEROLE

4 to 6 med. sized zucchini	1/4 C. packaged biscuit mix
1 tsp. salt	4 eggs, well beaten
1 C. shredded Cheddar cheese	about 1 T. butter or margarine
1/8 tsp. pepper	sliced pimento-stuffed olives
1/8 tsp. garlic powder	for garnish
1/4 C. chopped parsley	

Shred enough of the unpeeled zucchini to make 4 cups, lightly packed into the cup. Turn into a bowl and mix in the salt, let stand 1 hour. Turn into a collander or strainer and press out liquid. Combine zucchini, cheese, pepper, garlic powder, parsley, and biscuit mix. Stir in the beaten eggs until well-blended.

Turn into a well-greased 9" square baking pan (or 12 medium-sized muffin pans). Dot the top with butter. Bake uncovered in a 350 degree oven for 25 minutes, (20 minutes if in muffin pans), or until the custard is set. Serve hot. Garnish with olive slices. About 6 servings.

ZUCCHINI MAIN DISH

To serve 4, cook $\frac{3}{4}$ lb. lean ground beef in a little butter or oil in a big skillet, stirring frequently. While it browns, cut 5 or 6 medium-sized zucchini into chunks and cook in boiling, salted water. To the beef add 2 or 3 peeled and chopped tomatoes and $\frac{1}{2}$ to 1 cup grated sharp cheddar cheese. Continue cooking, seasoning well with salt and pepper.

When zucchini is barely tender, drain and combine with the meat and tomatoes. Serve immediately or pour into buttered casserole and bake in a 350 oven 10 to 15 minutes.

CALABACITAS & CHILI VERDE

4 T. fat	1/2 C. milk
1 clove garlic (mashed)	2 tsp. salt - pepper to taste
1 small onion (chopped)	1 C. whole kernel corn
4 to 6 med. summer squash (cubed)	1/2 C. grated Cheddar cheese or American
1 small can chopped green chili	

Melt fat; saute' cubed squash, garlic and onion. Saute' until tender, stirring constantly. Add milk, green chili, salt, pepper & corn. Cook 15 minutes. Remove from fire and add grated cheese. Let melt, serve (or put in casserole, add cheese and keep hot until time to serve.)

COURGETTES FARCIES (STUFFED ZUCCHINI)

6 medium zucchini	1 T. flour
4 T. margarine	4 egg yolks
2 T. butter	1/2 C. stale bread crumbs
3-4 shallots, or one onion, finely chopped	3 T fresh parsley, finely chopped
10 oz. mushrooms, washed, trimmed and finely chopped	pinch of "herbs de provence" (mixed herbs)
salt, pepper, nutmeg	

Melt margarine, and when it has stopped foaming, add onions, stirring. Cook gently for a few minutes, and add mushrooms. Season fairly highly with salt, pepper and nutmeg.

Sprinkle on the flour and continue cooking for a few minutes, without browning, until mixture thickens. Remove from heat.

(Continued on 49)

COURGETTES FARCIES (STUFFED ZUCCHINI) (Continued from page 48)

Peel zucchini, slice vertically and remove pulp, leaving shells about 1/2" thick. Blanch the shells briefly in boiling, salted water, just to soften slightly. Beat egg yolks with zucchini pulp that has been removed from centers. Add 2 T. parsley and pinch of herbs. Mix well with mushroom and onion, stirring and heating gently for just a minute or so. Taste for seasoning.

Place the parboiled zucchini shells on a greased ovenproof dish and fill with stuffing. Sprinkle breadcrumbs over stuffing, and dot with bits of butter. Bake in a hot oven at 375 degrees for 20 to 25 minutes, until the courgette stuffing has browned nicely. Sprinkle with chopped parsley and serve as a main luncheon course, or a first course, or to accompany roast meat. Serves 6.

ZUCCHINI APPETIZER

1 1/4 lbs. zucchini, ea about 5" long	2 T. Dijon style mustard
1 can (14 oz.) regular strength beef broth	1/2 tsp. salt
6 T. tarragon flavored wine vinegar	1/8 tsp. pepper
2 T chopped green onion	1 can (2 oz.) flat anchovy filets
1 T. ea., finely chopped green pepper and parsley	cherry tomato halves
	sliced ripe olives

Rinse zucchini and cut off ends. Bring to boil. Add zucchini. Simmer covered until just tender 6-8 minutes. Drain (save broth for other uses.) Cut zucchini lengthwise into quarters and put into bowl. Combine ingredients. Pour over zucchini. Cover and set aside for 2 hours. To serve, arrange in dish. Garnish with anchovy, tomatoes and olives. Pour remaining dressing over. Serves 6.

ZUCCHINI PIZZA PIE

About 1 1/2 lbs zucchini	1 8-oz can tomato sauce
1 C. ea., shredded mozzarella and sharp cheddar cheese	2 tsp. oregano leaves
2 eggs slightly beaten	1 green pepper, seeded & cut in strips
1/4 tsp. each salt & garlic salt	1/4 lb mushrooms, sliced
1 lb. lean ground beef	1/3 C. grated parmesan cheese
	1 medium onion chopped

Shred zucchini (4 cups). Squeeze out any moisture. Mix zucchini with 1/2 C. ea. of the mozzarella and cheddar cheese, and eggs; press mixture into a greased jelly roll pan - 10-15". Bake in 400 degree oven for 10 minutes.

Sprinkle salt and garlic salt in a frying pan over medium heat; add beef and cook until crumbly. Add onion and cook until limp; discard fat. Stir in tomato sauce and oregano; spoon over zucchini. Arrange pepper strips and mushrooms on top; sprinkle with remaining mozzarella and cheddar cheese and parmesan. Bake in 400 degree oven 30 minutes or until cheeses are bubbly. 6 servings.

HUNGARIAN ZUCCHINI

- 1 large (over-grown zucchini) peeled - seeds removed and coarsely grated
- 1 large onion
- 1 1/2 tsp. paprika
- 1 tsp. salt
- 1/2 tap. dry dill weed
- 1 small carton sour cream

Brown onion in large pan like a dutch oven in 3 T. bacon fat, until golden. Stir in paprika and add grated zucchini and salt and dill weed. Cover with boiling hot water and steam until zucchini is cooked. Just before serving stir in sour cream gently. Don't boil - heat thru and serve immediately.

ZUCCHINI PARMESAN OMELET

1 1/2 C. sliced unpared zucchini	salt, pepper
1/2 C. sliced onion	2 T. butter or margarine, melted
1 large clove garlic, crushed	1/2 C. grated Parmesan cheese

Cook and stir zucchini, onion, garlic and salt and pepper to taste in butter in skillet over medium heat until vegetables are crisp-tender, about 4 minutes. Heat oven to 550 and/or broil. Prepare basic omelet, cooking only until omelet is set, but top is still slightly runny. Arrange zucchini mixture over entire surface of omelet in pan, sprinkle with cheese. Broil 2" from source of heat until cheese bubbles, about 2 minutes. Slide omelet out of pan and onto plate, do not fold. Cut in half and serve immediately.

STUFFED ZUCCHINI MONTEREY

6 zucchini	1/4 C chopped green onion
boiling salted water	1/2 tsp. salt
2 T. butter or margarine	1/4 C toasted wheat germ
1 small clove garlic, minced	3/4 C grated Jack cheese

Cut a thin lengthwise slice from each zucchini. Chop slices coarsely, simmer the whole cut zucchini in salted water 5 minutes. Drain. Saute' chopped zucchini in butter with garlic and onion about 3 minutes or until tender-crisp. Scoop out seeds and pulp to form shells and add pulp to sauteed mixture. Stir in salt, wheat germ and 1/2 C cheese. Spoon into zucchini shells. Place stuffed shells in baking dish and sprinkle with remaining cheese. Bake, covered at 375 degrees 20 minutes. 6 servings.

ZUCCHINI SOUFFLE

4 lb. zucchini - washed, trimmed,
unpeeled, cut into 1" chunks
6 eggs, separated
2 C. grated cheese
2 cloves garlic, chopped

2 T. oil or melted butter
salt, pepper, to taste
16 crushed soda crackers
1/2 tsp. sweet basil
1/4 to 1/2 C. milk

Cook zucchini until tender in a small amount of water. Drain and mash. Beat egg yolks and add to zucchini along with all other ingredients except egg whites. Mix well. Beat egg whites until stiff and then fold into the zucchini batter. Pour into buttered casserole and bake uncovered in moderate oven 350-375 degrees for 45 minutes or until nicely browned. Serve at once. Serves 6

ZUCCHINI ITALIAN

3 T. oil	dash garlic salt
1 med. onion, thinly sliced	1 T. sugar
1 lb. ground beef	1/2 tsp. salt
3 (8-oz.) cans tomato sauce	pepper
1 C. dry red wine	2 lbs. zucchini
1 tsp. Italian seasoning	parmesan cheese, grated

Heat oil in skillet, add onion and beef and cook until meat is lightly browned, stirring to keep meat crumbly. Stir in tomato sauce, wine, Italian seasoning, garlic salt, sugar and salt and pepper to taste. Cover and simmer 1 hour, stirring occasionally. Wash zucchini, trim off ends and cook whole in boiling salted water 10 to 15 minutes or until just tender. Drain and when cool enough to handle, cut in halves lengthwise. Arrange in single layer cut side up in a greased shallow baking dish. Pour sauce over zucchini and bake at 350 degrees for 45 minutes. Sprinkle with cheese. 5-6 servings.

BARBECUED ZUCCHINI

8 to 9 inch zucchini - wash and cut lengthwise in middle (allow 1 per person)

1/2 dry onion, cut into 3 pieces

1 clove garlic, sliced

1/4 cube butter

salt, pepper

Put in middle on one slice of zucchini,
put other slice on top; wrap in foil.

BBQ 30-40 minutes or until soft like a baked potato when done. Can be
done in the oven but it takes about 1 hour 15 minutes at 450 degrees.

ZUCCHINI QUICK

1 T. butter or margarine	1 can (8-oz.) tomato sauce
1 medium-sized onion, cut in chunks	2 tsp. Italian Herb Seasoning or
1 lb. ground beef, lean	1/2 tsp. each - oregano leaves,
4 C. thinly sliced zucchini (1 lb.)	thyme leaves, marjoram leaves,
1 large tomato, peeled and cut in chunks	and dry basil
Parmesan Cheese, grated	1/2 tsp. salt and 1/4 tsp. pepper

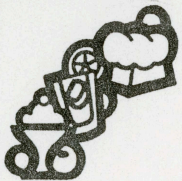
In a frying pan over medium heat, melt the butter, add onion, and saute' until limp. Add beef and cook until crumbly, discard fat. Stir in zucchini, tomato sauce, tomato, herb seasoning, salt and pepper. Simmer, covered, stirring often, until zucchini is just tender, about 10 minutes. Uncover, turn heat to high and stir until excess liquid has evaporated, 3-5 minutes. Pass cheese to sprinkle over top 4 servings.

FROZEN ZUCCHINI SLICES SUPREME

1 pkg. frozen zucchini slices
1 3-oz. can button mushrooms
2 T. butter
1/2 garlic clove

1 T. flour
1/2 C sour cream
1 tsp. brandy
1/4 tsp. dill weed

Cook zucchini slices as directed on package (do not overcook). Drain. Saute' garlic in butter in saucepan. Discard garlic. Add mushrooms and cook until browned. Stir in remaining ingredients. Add zucchini slices and simmer until heated. Serves 3.



Soups, Sandwiches, Salads



ZUCCHINI SANDWICH

Blue Cheese spread
zucchini slices
onion salt

horseradish spread
ham

This is particularly good on fresh whole wheat bread and then toasted.

ZUCCHINI SOUP

(Can be frozen.)

1 medium onion, chopped

2 C. chicken broth

1 1/2 lbs. zucchini, unpeeled, sliced

Saute' onion in butter until soft, but not brown. Add chicken stock and sliced zucchini. Bring to boil and simmer until done. Zucchini should be slightly crisp. Puree in blender. Season to taste.

CHESTER INN ZUCCHINI SOUP

Wash four or five small zucchini and cut into chunks. In a saucepan, combine two quarts of chicken stock with one sliced onion, a pinch each of chervil and oregano, and salt and pepper to taste and bring the stock to a boil. Add zucchini and cook for 20 minutes or until it is very soft. Add a half cup of peas and process in the blender until smooth. Garnish with fresh herbs and serve very cold. On a chilly evening, this is equally delicious hot. Serves 8.

ZUCCHINI-YOGURT SALAD

3 zucchini, scrubbed & thinly sliced (about 6 cups)	
2 T. chopped parsley	1 clove garlic, scored
3 T. lemon juice	1/2 C. plain yogurt
2 T. salad oil	3 C shredded salad greens
freshly ground pepper	1/3 C. finely chopped radishes and sliced pitted black olives

Combine zucchini, parsley, lemon juice, oil, salt, pepper and garlic, cover and chill 1 hour. Discard garlic. Combine zucchini and yogurt and mound on bed of greens. Top with radishes and olives. Serves 6

CARROT AND ZUCCHINI SALAD

1 large carrot, diagonally sliced	1/4 tsp. pepper
2 medium zucchini, sliced	1/4 tsp. dried tarragon leaves
1/2 C. corn oil	1/4 tsp. dried basil leaves
1/4 C. sider vinegar	1/8 to 1/4 tsp. dried oregano leaves
3/4 tsp. salt	lettuce

Cook carrots 3 minutes in 1 cup boiling, salted water. Add zucchini, cook 2 minutes. Drain. Combine corn oil, vinegar and seasonings. Pour over hot vegetables. Cover and chill. Drain, reserving dressing. Serve vegetables on lettuce, with dressing. 4-6 servings.

CREAM OF ZUCCHINI SOUP

3 C. sliced zucchini	2 T. butter
1/2 C. water	2 T. flour (soy)
1 T. instant onion (or powder)	1/8 tsp. pepper
2 tsp. chicken stock base	1 C. milk 2 T. milk
1 tsp. salt	1/2 C. yogurt or sour cream
1/2 tsp. parsley	

Combine first 6 ingredients and cook until zucchini is tender and only a small amount of water is left. Puree in blender. Melt butter in a saucepan, add flour and blend well. Add milk and yogurt, simmer, stirring until thickened. Stir in zucchini, mixing well. If soup is too thick, add a little milk. Serves 4.

CREAM OF ZUCCHINI SOUP

I don't always use the same amount of ingredients since I don't have the exact recipe, but it always seems to turn out very good. We first tried it at an outside cafe in vintage 1870 in Yountville (Napa area).

4 medium zucchini, cut-up
1 pint half-and-half

margarine or butter
2 chicken boullion cubes

Cook zucchini in boiling water. (Don't peel.) After it cools a little, blend in blender with butter. Heat half-and-half with chicken boullion. Add zucchini and butter mixture. Serve hot. P.S. You can vary amount of half-and-half depending on amount of zucchini. Sometimes I put 2 cups of half-and-half and 2 cups regular milk. Keeps well in refrigerator.

ZUCCHINI SALAD

2 lbs. small zucchini
boiling, salted water

1/4 C. vinegar

1 tsp. salt

2 tsp. sugar

4 T. minced green onion

3 T. minced green pepper

3 T. sweet pickle relish

2 T. chopped parsley

2 T. chopped pimento

1/2 C. salad oil

crisp salad greens

Scrub zucchini well, cut into thin slices. Drop into boiling, salted water and cook for 2 minutes. Drain well and cool. Combine in a bowl or a jar, the vinegar, salt, sugar, green onion, green pepper, pickle relish, parsley, pimento and salad oil. Beat or shake until blended. Pour over cooled zucchini, refrigerate, covered for at least 2 hours; stir gently once or twice. At serving time, line a chilled salad bowl with greens. Spoon in marinated zucchini. Makes about 8 servings.

ZUCCHINI SOUP

1 lb. Italian sweet or hot sausage, casing removed	1 tsp. Italian Seasoning
2 C. celery, cut in $\frac{1}{2}$ " pieces, sliced on an angle	1 tsp. oregano
2 lb. zucchini, sliced in $\frac{1}{2}$ " pieces	1 tsp. sugar
1 C. chopped onion	$\frac{1}{2}$ tsp. basil
2 cans (28-oz. ea.) tomatoes	$\frac{1}{4}$ tsp. garlic powder
2 tsp. salt	
2 green peppers, cut in $\frac{1}{2}$ " pieces	

Brown the sausage in dutch oven. Drain off the excess fat. Add celery and cook for 10 minutes, stirring occasionally. Add all remaining ingredients except green pepper. Simmer covered for 20 minutes. Add green pepper and cook covered 10 minutes. Serve with garlic buttered bread and grated Parmesan cheese. 3 $\frac{1}{2}$ quarts.

Breads

WHEAT GERM ZUCCHINI BREAD

3 eggs	2 1/2 C. regular all-purpose flour, unsifted
1 C salad oil	1/2 C. toasted wheat germ
1 C. ea. granulated sugar and firmly packed brown sugar	2 tsp each soda and salt
3 tsp. maple flavoring	1/2 tsp baking powder
2 C. coarsely shredded zucchini about 4 medium-sized	1 C finely chopped walnuts
	1/2 C sesame seeds

With a rotary mixer, beat the eggs to blend, add the oil, sugar and maple flavoring and continue beating until mixture is thick and foamy. Using a spoon, stir in the shredded zucchini. Combine the flour, wheatgerm, soda, salt, baking powder and walnuts; stir gently into zucchini mixture just until blended. Divide the batter equally between 2 greased and flour dusted 5x9" loaf pans. Sprinkle the sesame seeds evenly over tops of each. Bake in a 350 oven for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pan 10 min , turn out on wire racks to cool
Makes 2 loaves

SQUASH BISCUITS

1 pint cooked, sieved squash
1 cake yeast
1 small C. sugar

1/2 tsp. salt
butter, size of an egg
flour

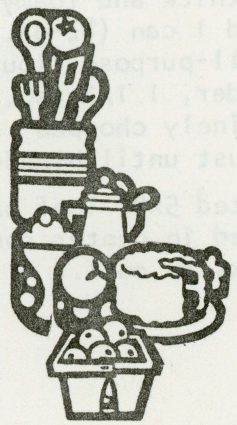
Dissolve yeast in a little water. Add to the squash one cup of sugar, and the butter (softened). Beat well, then turn in yeast, beat once more. Add sifted flour and stir well with a spoon. Add enough flour to make a stiff batter; leave in a warm place overnight. Then turn into greased gem pans and bake in hot oven.

SPICY PINEAPPLE-ZUCCHINI BREAD

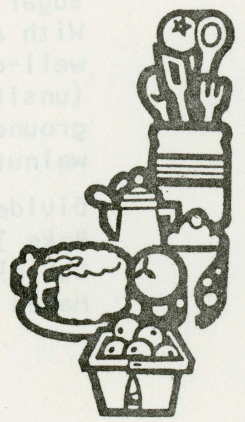
With a rotary mixer, beat 3 eggs to blend. Add 1 cup salad oil, 2 cups sugar and 2 tsp. vanilla; continue beating mixture until thick and foamy. With a spoon stir in 2 cups coarsely shredded zucchini and 1 can (8¼-oz.) well-drained crushed pineapple. Combine 3 cups regular all-purpose flour (unsifted), 2 tsp. soda, 1 tsp. salt, 1/2 tsp. baking powder, 1 1/2 tsp. ground cinnamon, 3/4 tsp. ground nutmeg, and 1 cup each finely chopped walnuts and currants; stir gently into zucchini mixture just until blended.

Divide the batter equally between 2 greased and flour-dusted 5x9" loaf pans. Bake 350 degrees for 1 hour or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes; turn out on wire racks to cool. Makes 2 loaves.

SPICY PINEAPPLE-ZUCCHINI BREAD



Desserts



ZUCCHINI DROP COOKIES

1 C. zucchini, peeled and grated	1 tsp. cinnamon
1 tsp. soda	1/2 tsp. cloves
1 C. sugar	1/2 tsp. nutmeg
1/2 C. shortening (part can be butter)	1/2 tsp. salt
1 egg, beaten	1 C. chopped nuts
2 C. flour	1 C. raisins

Beat thoroughly the zucchini pulp, soda, sugar and shortening. Add egg, beat well. Sift flour and spices; add dry ingredients with nuts and raisins. Drop by teaspoonfuls onto greased baking sheet. Bake at 375 for 12-15 minutes. Makes 4 dozen.

ZUCCHINI FRITTERS

(from Romania)

4 C. zucchini, chopped fine (should use blender), drain well

1 egg

salt and pepper, to taste

parsley flakes, to taste

1 onion, chopped fine

1 1/2 C. whole wheat or regular flour

Drop by large spoonfuls into hot, deep oil. Turn when underside is brown.

Serve while warm.

ZUCCHINI BREAD

3 eggs	1 tsp. cinnamon
2 tsp. vanilla	2 C. sugar
1/2 tsp. baking powder	3 C. flour
1 C. oil	1 C. nuts
1 tsp. soda	2 C. grated zucchini (lightly peel)
pinch of salt	

Mix together and bake in greased pan at 325 for about 1 hour. Makes 2 large or 3 small loaves.

ZUCCHINI FRITTERS

4-6 medium-sized zucchini (4 C. grated)	4 eggs, well-beaten
1 tsp. salt (or less)	1/8 tsp. pepper
1 C. shredded cheddar cheese	1/8 tsp. garlic powder
(or smaller amount parmesan)	1/4 C. chopped parsley (optional)
	1/4 C. packaged bisquick mix

Mix all together and fry as for regular pancakes until golden brown. Serve plain or with anything you wish. Can be served in place of potatoes or vegetables.

ZUCCHINI HOT CAKES

Chop zucchini and onion together real fine (the amount you want for your family). Add one egg, salt, pepper and enough hot cake flour to make a batter. Fry as hot cakes. These are even good cold for a snack.

BASIC ZUCCHINI BREAD OR COOKIES

3 eggs	2 tsp. vanilla
1 C. oil	1 tsp. salt
3 C. flour (6 C. for cookies)	1 tsp. baking soda
2 C. sugar	1/4 tsp. baking powder
2 C. grated peeled zucchini	1 C. walnuts
1 tsp. cinnamon	

VARIATIONS: Add 2 cups nuts or 1 cup raisins, or 1 cup strained crushed pineapple, or 1 cup sweetened coconut. Can use 1 cup white and 1 cup brown sugar. Only 1 cup sugar, white or brown. 1 1/2 cups wheat germ and 1 1/2 cups flour. 1/2 cup honey and 1 1/2 cups sugar in place of 2 cups sugar. Up to 3 tsp. cinnamon if desired.

Beat eggs until light and foamy. Add oil, sugar, zucchini and vanilla. Mix lightly but well; mix flour, soda, baking powder, salt and cinnamon in bowl. Add flour mixture to first mixture and blend. Add nuts. Bake in 2 greased 9x5" loaf pans at 325 degrees 1 hour or until tests done. Remove from pans at once and cool on rack.

CHOCOLATE ZUCCHINI CAKE

1/2 C. soft margarine	1/2 tsp. baking powder
1/2 C. vegetable oil	1 tsp. baking soda
1 3/4 C. sugar	1/2 tsp. cinnamon
2 whole eggs	1/2 tsp. cloves
1 tsp. vanilla	2 C. finely diced, not shredded zucchini (works best with firm flesh of one large one)
1/2 C. sour milk*	1/4 C. chocolate chips
2 1/2 C. unsifted flour	
4 T. cocoa	

Cream margarine, oil & sugar; add eggs, vanilla, & sour milk. Beat with mixer. Mix together all dry ingredients and add to creamed mixture; beat well with mixer. Stir in diced zucchini. Spoon batter into greased and floured 9x12x2" pan; sprinkle top with chocolate chips. Bake 325 for 40-45 minutes or until toothpick or cake tester comes out clean and dry.

*To make sour milk, add 1 tsp. lemon juice to 1/2 C. whole or skim milk. Let stand for 5 minutes before using.

ZUCCHINI GINGER CUSTARD

1 T. salad oil	2 C. milk
2 C. thinly sliced zucchini (3 med.)	2 tsp. grated fresh ginger or 1/2 tsp. ground ginger
1/4 C. finely chopped green onion	4 eggs, well-beaten
1 tsp. salt	

Heat oil in a frying pan over medium heat. Add zucchini and onion, stir until onion is translucent - DO NOT BROWN. Transfer to a small shallow baking dish about 5 to 6-cup size.

In a saucepan mix salt, milk and ginger. Heat until small bubble forms around rim, stirring occasionally - slowly blend hot milk into beaten egg, pour over zucchini. Set baking dish in a pan of hot tap water in the oven. Bake 350 degrees until set, about 35 minutes. Serve immediately.

ZUCCHINI-GRANOLA JUMBLES

Beat together until creamy $\frac{3}{4}$ cup softened butter or margarine and $1\frac{1}{2}$ cups firmly packed brown sugar. Add 1 egg and 1 tsp. each vanilla and grated orange peel, beat until blended.

In a small bowl, blend together 1 cup all-purpose flour (unsifted), 1 tsp. each salt and soda, and 3 tsp. pumpkin pie spice; add to creamy mixture and beat until well-blended. Gradually stir in $\frac{1}{2}$ cup each chopped dried apricots and raisings, 1 cup chopped nuts, 3 cups granola-type cereal, and 2 cups unpared, coarsely shredded zucchini.

Drop by tablespoons of the batter on cookie sheet (greased) 3 inches apart. Bake in 375 degree oven for 12-15 min. or until richly browned. Makes 6 doz.

FRUIT AND ZUCCHINI BARS

Beat together 'til creamy $\frac{3}{4}$ C. softened butter or margarine, $\frac{1}{2}$ C. sugar and $\frac{1}{2}$ C. firmly packed brown sugar. Add 2 eggs and 1 tsp. vanilla, beat until well-blended.

In a small bowl, blend $1\frac{3}{4}$ C. all-purpose flour (unsifted), $\frac{1}{2}$ tsp. salt, and $1\frac{1}{2}$ tsp. baking powder; gradually add to creamy mixture and beat until well-blended. Stir in $\frac{3}{4}$ C. each shredded coconut, snipped dates, and raisins, and 2 C. unpared coarsely shredded zucchini. Evenly spread the mixture in a greased 10×15 " jellyroll pan. Bake in a 350 degree oven for 35-40 minutes or until toothpick inserted in center comes out clean. Place on a rack to cool slightly.

Beat together until well-blended and smooth 1 T. melted butter or margarine, 2 T. milk, 1 tsp. vanilla, $\frac{1}{4}$ tsp. ground cinnamon, and 1 C. powdered sugar. Drizzle over warm bar cookies, spreading evenly. Sprinkle 1 C. finely chopped walnuts on top. Cool thoroughly before cutting into bars. Makes 4 dozen.

CHOCOLATE ZUCCHINI CAKE

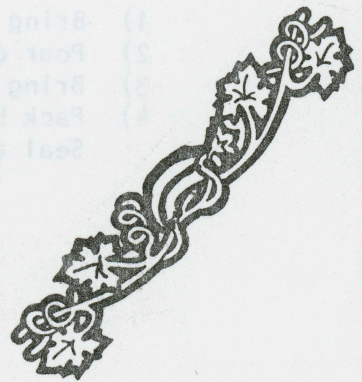
2 1/2 C. flour, unsifted	2 C. sugar
1/2 C. cocoa	3 eggs
2 1/2 tsp. baking powder	2 tsp. each vanilla and grated orange peel
1 1/2 tsp. soda	2 C. coarsely shredded zucchini
1 tsp. each salt and cinnamon	1/2 C. milk
3/4 C. butter or margarine (soft)	1 C. chopped pecans or walnuts

GLAZE: 2 C. powdered sugar, 3 T. milk, 1 tsp. vanilla; beat until smooth.

Combine the flour, cocoa, baking powder, soda, salt and cinnamon; set aside. With a rotary mixer beat together the butter and sugar until they are smoothly blended. Add the eggs, one at a time, beating well after each addition. With a spoon, stir in the vanilla, orange peel, and zucchini. Alternately stir the dry ingredients and the milk into zucchini mixture, including the nuts with last addition. Pour batter into greased and flour-dusted 10" tube pan or bundt pan. Bake in 350 oven for about 1 hour or until wooden pick comes out clean. Cool in pan 15 min.; turn out on wire rack to cool. Drizzle glaze over cake. Cut in thin slices to serve.



Pickles, Relishes



ZUCCHINI BREAD AND BUTTER PICKLES

1 quart vinegar	2 tsp. tumeric or dill seed
2 C. sugar	1 tsp. ground mustard
3 T. salt	4 quarts sliced zucchini
2 tsp. celery seed	1 quart sliced onions

- 1) Bring vinegar, sugar, salt and spices to a boil.
- 2) Pour over freshly sliced vegetables and let stand 1 hour.
- 3) Bring to a boil and cook for 3 minutes.
- 4) Pack hot into hot, sterilized jars.
Seal at once.

ZUCCHINI PICKLES

5-6 lbs. thinly sliced squash
2 lbs. onions (about 4 C.)
2 med. green peppers (1 C.)

3/4 C. salt
2 trays of ice

Select fresh squash. Wash, do not peel. Cut large ones in half lengthwise. Cut all in 1/8" slices. Peel onions, slice or chop. Seed and chop peppers. Mix vegetables with salt in 2 gal. container, add ice and mix. Cover and let stand for 3 hours. Drain thoroughly. SYRUP: 5 C. vinegar; 5 C. sugar, 1 1/2 tsp. tumeric; 1 tsp. alum; 1/2 tsp. ground cloves; 2 T. celery seed; 2 T. mustard seed; 1 1/2 tsp. black peppercorns. Combine in large heavy kettle. Heat to boiling point, add drained squash to mixture. Heat to just below boiling point, stirring occasionally with wooden spoon. DO NOT BOIL. Pour into sterilized wide mouth jars. Seal.

ZUCCHINI MARMALADE

6 C. shredded zucchini	6 C. sugar
1 large can pineapple	1 large pkg. orange jello
2 oranges ground (with peelings)	

Put everything except jello in pot and bring to boil. Add jello and boil for 3 minutes. Pour into jars and seal.

ZUCCHINI MARMALADE

10 C. zucchini	1 lemon grated
7 C. sugar	1 tsp. ginger
3 oranges, grated	

Use juice, not pulp.

Mix together and cook for 2 hours until thick. Cool 12 hours in refrigerator.

ZUCCHINI RELISH

5 lbs. zucchini
6 large onions
1/2 C. salt
cold water
2 C. white wine vinegar
1 C. sugar

2 jars (4-oz. ea.) pimento, chopped
1 tsp. dry mustard
2 tsp. celery seed
1/2 tsp. ea. cinnamon, nutmeg, pepper

Put zucchini and onions through food chopper or chop. Mix with salt in a bowl and cover with water. Cover and refrigerate for 4 hours or overnight. Drain vegetables, rinse, then drain again. In a 5-6 qt. pan combine vegetables, vinegar, sugar, dry mustard, celery seed, cinnamon, nutmeg, pepper, and pimentos. Bring quickly to boiling, stirring constantly. Reduce heat and simmer. Uncover for about 20 minutes or until reduced to about 3 quarts.

ZUCCHINI PICKLE RELISH

10 C. zucchini
4 C. onions

Grind, sprinkle 5 T. salt over and let sit overnight.

Next morning run clear water then squeeze out excess juice.

2 green peppers

Grind and add to zucchini and onions.

1 red pepper

2 1/4 C. vinegar

1 T. cornstarch

4 1/4 C. sugar

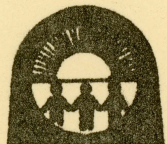
1 tsp. dry mustard

1 tsp. tumeric

1 tsp. nutmeg

1 tsp. celery seed

Cook until vegetables are done. Seal in hot jars.



YOUTH EDUCATIONAL SERVICES

YES

HUMBOLDT STATE UNIVERSITY

ARCATA, CA. 95521 (707) 826-3340

ASB funded



United Way