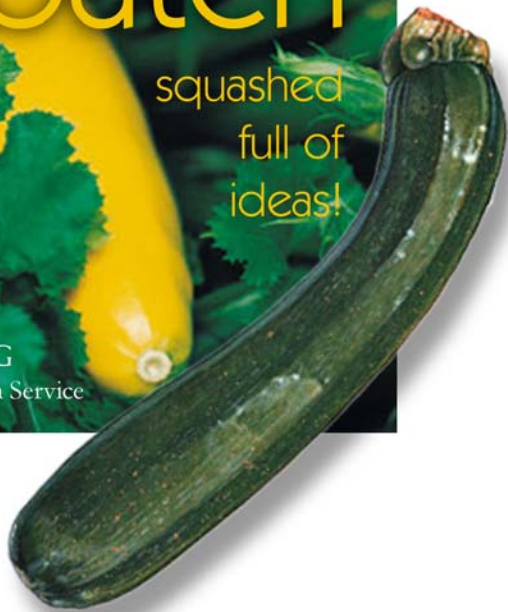


A vibrant photograph of a zucchini patch. In the upper left, a bright yellow zucchini flower is in bloom. Below it, a yellow zucchini is partially visible, surrounded by large, green, lobed leaves. The background is a dense thicket of green foliage.

the zucchini patch

squashed
full of
ideas!

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Zucchini recipes courtesy of:

Crook County Cooperative Extension Service Office
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The Zucchini Patch

squashed full of ideas!

Collected and compiled by
Rebecca R. Bregar

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The Zucchini Patch

Zucchini – that wonderful Wyoming weed! Although not really a weed, it grows so prolifically that one is often at a loss as to what to do with it. One plant alone can produce up to fifty fruits! This recipe book is “squashed full of ideas” on how to deal effectively and deliciously with the zucchini problem.

Harvest Time

Zucchini is a member of the summer squash family and is harvested when it is still immature. Unlike winter squash, summer squash is ready for eating before its skin and seeds are toughened. The entire squash is suitable for eating. Poor quality in summer squash can be caused by overmaturity. If squashes are allowed to grow too large, their seeds become hard and their skins tough. This results in poor flavor and texture.

Zucchini is long, straight, and slender. It is dark green and has greenish-white flesh. Mild and delicately flavored, zucchini is especially desirable when 8 to 10 inches in length.

Selection tips

Select small and firm zucchinis, free of blemishes and decay. Their skin should be tender but firm with a glossy appearance. Avoid stale or overmature squashes with dull surfaces because they usually have enlarged seeds and dry, stringy flesh.

How much to buy or prepare

One pound of fresh zucchini squash yields about two cups. One lug (25 pounds) will yield approximately 20 to 25 pints or 8 quarts canned. One bushel (40 pounds) yields 32 to 40 pints frozen or 13 quarts canned (1-1¼ pounds fresh = 1 pint frozen; 3 pounds fresh = 1 quart canned).

Storage

Purchase summer squash in small quantities to use immediately. When harvesting large amounts from a family garden, it is best to preserve them as soon as possible – for both nutritional and quality reasons. When storing, refrigerate at about 45° Fahrenheit in the vegetable compartment of a refrigerator. If washed before storage, dry well to prevent decay.

Nutritive value

Zucchini is low in calories. A one-half cup serving (diced) provides approximately 12 calories. When eaten with the skins, zucchinis contain a good supply of vitamins A, C, and niacin.

Uses

Zucchini can be prepared in a variety of ways. Either plain or lightly seasoned with butter, chives, onions, parmesan cheese, nutmeg or oregano, zucchini is a welcome addition to any meal. It can also be easily incorporated into a favorite casserole to lend a little variety. New and exciting ideas for using this versatile vegetable are described in the following pages.



appetizers, soups &
salads

Nibblers

Tender sticks of peeled zucchini make good munching with some pitted ripe olives.

Marinated with other vegetables in Italian salad dressing, zucchini makes an exciting addition to any antipasto.

Zucchini Olive Salad

- 4 cups diced zucchini
- 2 cups boiling salted water
- ¼ cup diced stuffed olives
- 2 tablespoons bottled blue cheese dressing

Cook zucchini in water until tender but firm. Chill. Mix lightly with olives and dressing. Makes 4 cups.

Variations: Add any of the following: chopped celery and salted peanuts, chopped ham, diced cooked chicken, or chopped celery and shrimp.

Zucchini Puree (Good for soup)

- 1 large chopped onion
- 2 tablespoons butter or margarine
- 2 chicken bouillon cubes
- 2 cups boiling water
- 4 cups diced zucchini
- ½ teaspoon salt
- dash of pepper
- ⅛ teaspoon garlic powder
- ⅛ teaspoon celery salt
- ¼ cup parsley leaves

In sauce pan sauté onion in butter until tender; add remaining ingredients except parsley. Cook over medium heat about five minutes or until zucchini is tender. Carefully pour into blender (if necessary, half at a time), add parsley, and whirl at high speed until smooth. If desired, thin soup with additional chicken broth or milk. Serve hot or cold. Makes four to six servings.



cakes & cookies

Chocolate Zucchini Cake

Makes two loaf cakes

- 3 eggs
- $\frac{3}{4}$ cup margarine
- 2 cups ground or grated zucchini
- $\frac{1}{2}$ cup milk
- 2 teaspoons vanilla
- $1\frac{3}{4}$ cups sugar
- $2\frac{1}{2}$ cups flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon soda
- 1 teaspoon cinnamon
- $\frac{1}{2}$ cup cocoa
- $\frac{1}{2}$ cup chopped nuts

Cream together the first six ingredients in a large bowl. Sift together all dry ingredients and add to the creamed mixture. Mix well. Add chopped nuts. Place into two greased and floured loaf pans. Bake one hour at 375° Fahrenheit. Cool 15 minutes before removing from pans. (This recipe was tested in Laramie County.)

Fremont County Zucchini Chocolate Cake

Sift together:

- $2\frac{1}{2}$ cups flour
- $2\frac{1}{2}$ teaspoons baking powder
- 1 teaspoon salt
- $\frac{1}{2}$ cup cocoa
- $1\frac{1}{2}$ teaspoons soda
- 1 teaspoon cinnamon

Cream together:

- $\frac{3}{4}$ cup soft butter or margarine
- 2 cups sugar

Add: 3 eggs one at a time to butter and sugar mixture

Stir in with a spoon:

- 2 teaspoons vanilla
- 2 teaspoons grated orange peel
- 2 cups peeled, grated zucchini

(If the zucchini is older when it is used and not moist, add ½ cup milk. Alternate the addition of milk and ingredients to the creamed mixture, ending with dry ingredients.)

Add:

Sifted dry ingredients

Variations: Add 1 cup chopped nuts, raisins, or dates

Bake in well-greased and floured bundt pan or 9 inch x 13 inch x 2-inch pan at 350° Fahrenheit, cooling in pan for 15 minutes.

(This recipe was tested in Fremont County.)

When completely cooled, glaze with the following:

- 2 cups powdered sugar
- 3 tablespoons milk or cream
- 1 teaspoon vanilla

Combine all ingredients.

Maye's Chocolate Zucchini Cake

- ½ cup butter or margarine
- ½ cup vegetable oil
- 1¾ cups sugar
- 2 eggs
- 1 teaspoon vanilla
- ½ cup sour milk
- 2½ cups flour
- ½ teaspoon baking powder
- 1 teaspoon soda
- ½ teaspoon cinnamon
- ½ teaspoon cloves
- ½ cup chocolate chips
- 4 tablespoons cocoa
- 2 cups grated zucchini

Cream butter or margarine, oil, and sugar together, adding eggs, vanilla, and sour milk. Beat with mixer. Mix all dry ingredients and add to creamed mixture. Beat well. Stir in zucchini. Put in pan (9 inch x 5-inch loaf pan, or 10 inch x 10-inch cake pan, or 9 inch x 13 inch x 2-inch cake pan). Sprinkle chocolate chips on the top of batter. Bake at 325° Fahrenheit for 40 to 45 minutes until a test shows that it is cooked. (This recipe was tested in Park County.)

Zucchini Cake

Cream together:

- $\frac{3}{4}$ cup butter or margarine
- 2 teaspoons vanilla
- 2 cups sugar
- 3 eggs

Sift together:

- $2\frac{1}{2}$ cups flour
- 1 teaspoon cinnamon
- $2\frac{1}{2}$ teaspoons baking powder
- 1 teaspoon salt
- $1\frac{1}{2}$ teaspoons soda

Add to creamed mixture:

- 2 cups grated zucchini
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup cocoa
- flour mixture from above
- 1 cup nuts or grape nuts cereal
- 2 teaspoons grated orange peel

Grease and flour 9 inch x 13-inch cake pan and bake at 350° Fahrenheit for 35 to 45 minutes. (This recipe was tested in Platte County.)

Zucchini Cookies

- $\frac{1}{2}$ cup butter or margarine
- 1 cup sugar
- 1 egg
- 1 cup grated peeled zucchini
- 2 cups flour
- 1 teaspoon soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cloves
- $\frac{1}{2}$ teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 cup raisins
- 1 cup chopped nuts or grape nuts cereal

Cream margarine or butter and sugar, adding egg and zucchini. Sift dry ingredients and mix into creamed mixture. Add raisins and nuts. Bake 12 to 15 minutes at 350° Fahrenheit.

Zucchini Cookies

- 2 cups brown sugar
- 1 cup oil
- 2 cups grated zucchini
- 2 teaspoons vanilla

Sift together:

- 4 cups flour
- 2 teaspoons baking powder
- 1 teaspoon nutmeg
- 1/8 teaspoon ginger
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon

Mix well and drop by spoonful on cookie sheet. Bake 12 to 15 minutes at 350° Fahrenheit.

Zucchini Pineapple Cake

Sift together:

- 3 cups flour
- 2 teaspoons soda
- 2 cups sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon salt

Mix together:

- 3 beaten eggs
- 1/2 cup coconut
- 1 cup nuts
- 1 1/2 cups vegetable oil
- 1 small can crushed pineapple
- 2 cups ground zucchini
- 2 teaspoons vanilla

Add sifted dry ingredients to moist ingredients. Bake in greased and floured 9 inch x 13 inch x 2-inch cake pan at 350° Fahrenheit for one hour. Cool and frost.

Frosting

- one 3-ounce package cream cheese
- ¼ cup butter or margarine
- 2 cups sifted powdered sugar
- 1 teaspoon vanilla

Soften cream cheese and butter, beating until fluffy. Gradually add powdered sugar. Stir in vanilla.

This cake freezes well.

(This recipe was tested in Park County.)



main dishes

Baked Stuffed Zucchini

- 8 small to medium zucchinis
- 2 medium onions
- 1 clove garlic
- 12 sprigs parsley
- 2 tablespoons olive oil
- 1 cup cooked and drained Swiss chard or spinach
- 1½ teaspoon salt
- ⅛ teaspoon pepper
- 1 teaspoon oregano leaves
- ½ cup parmesan cheese
- 3 beaten eggs
- 2¾ cups dry bread crumbs

Cook zucchini in boiling water for five minutes. Drain and cool. Cut each zucchini in half lengthwise and scoop out center pulp, leaving ¼-inch shell all around. Chop onions, garlic, and parsley in blender or food chopper and sauté in olive oil. Put zucchini pulp and chard through blender; drain off excess liquid. Add to onion mixture and sauté a few minutes. Add seasonings and cheese; mix well. Add eggs and blend; add crumbs. Sprinkle zucchini shells lightly with salt. Fill with pulp mixture. Sprinkle lightly with more bread crumbs. Makes six to eight servings. **To freeze** place on tray. Once frozen, package, label, date, and refreeze. Recommended storage time is six to eight weeks. **To serve** take from freezer and place in covered baking dish; bake in moderate oven (350° Fahrenheit) for 45 minutes. Uncover and bake 10 minutes longer.

Beef and Zucchini Dish

- ½ pound lean ground beef
- ¼ cup diced onions
- 2 cups sliced zucchini
- ¼ cup uncooked rice
- one 16-ounce can tomatoes
- 1½ teaspoons salt
- dash of garlic
- dash of pepper
- bread crumbs for top
- cheese slices

Cook ground beef until no longer pink and then add onions. Put in 2-quart casserole dish. Add remaining ingredients. Top with bread crumbs and then bake at 375°Fahrenheit for 45 minutes or until rice is tender. Top with two slices of cheese. Leave in oven until cheese is melted. Serves four.

Chicken Zucchini Flips

Sauce:

- ½ cup chopped onion
- ½ cup sliced celery
- 2 tablespoons butter
- 1 can condensed cream of chicken soup
- ½ cup milk
- 2 cups cooked chicken

Batter:

- 2 beaten eggs
- ½ cup flour
- 2 tablespoons grated parmesan cheese
- 1 teaspoon snipped chives
- 1 teaspoon snipped parsley
- dash of salt and pepper
- 3 shredded and drained medium zucchinis (2 cups)

In a small saucepan cook onion and celery in butter until tender but not brown. Add soup and milk. Stir in chicken and heat thoroughly. Keep warm.

In medium bowl combine eggs, flour, cheese, chives, parsley, salt, and pepper; add zucchini and mix well. Drop ¼ cup batter onto greased griddle and flatten slightly, cooking until browned. Repeat on the other side. Spoon sauce on each side of cake, fold over, and top with remaining sauce.

Company Zucchini Casserole

- 5 medium zucchinis (1 or 1½ pounds)
- 6 carrots (about ½ pound)
- ¼ cup chopped green pepper
- 3 tablespoons chopped pimento
- ¼ cup butter
- 3 tablespoons lemon juice
- 1 teaspoon salt
- ½ teaspoon chervil (herb)
- Parsley

Peel and slice zucchini in ¾-inch diagonal lengths. Slice carrots. Place both in a two-quart casserole dish. Top with green pepper and pimento. Melt butter; add lemon juice, salt, and chervil. Pour over vegetables and top with parsley. Cover and bake 60 minutes at 325° Fahrenheit.

Confetti Squash

Select small yellow summer or zucchini squashes. Steam until tender. Split lengthwise and brush cut surfaces with melted butter, seasoning with salt and pepper. Sprinkle liberally with chopped parsley and chopped pimento. Place squash halves in a shallow pan and heat in moderate oven (350° Fahrenheit) just until they sizzle.

Corn-Stuffed Zucchini

- 2 pounds zucchini (3 or 4)
- ¼ cup chopped onion
- 1 tablespoon butter
- 2 slightly beaten eggs
- one 8-ounce can drained whole kernel corn
- ½ cup coarsely crumbled saltine crackers
- ½ cup grated parmesan cheese
- ½ teaspoon salt
- dash crushed dried thyme
- dash garlic salt
- dash pepper

Trim ends from squash. Cook in boiling water for five to eight minutes and drain well. Halve lengthwise; scoop out center and chop. In skillet, cook onion in butter until tender but not brown. Combine with eggs, corn, crumbs, cheese, chopped squash, and seasonings. Sprinkle squash shells with salt and spoon in filling. Place in baking dish. Bake in a 350° Fahrenheit oven for 30 minutes. Sprinkle each half with more parmesan cheese to serve. Makes six to eight servings.

Zucchini Crock-Pot Casserole

- 1 pound lean ground beef
- 1 medium onion, chopped
- three 8-ounce cans tomato sauce
- ½ cup dry red wine
- ¼ teaspoon oregano
- ⅛ teaspoon garlic salt
- ¼ teaspoon basil
- ½ teaspoon salt
- ⅛ teaspoon seasoned pepper
- 4 to 5 zucchinis
- ¼ cup grated parmesan cheese

In large skillet or slow-cooking pot with browning unit, cook beef and onion until meat loses its red color. Pour off excess fat. In slow-cooking pot, combine beef and onions with tomato sauce, wine, oregano, garlic salt, basil, salt, and pepper. Cover and cook on low for four to five hours.* Pour into a greased shallow baking dish. In the meantime, cook whole zucchinis in a regular pan of boiling salted water for about 15 minutes or until barely tender. Cut lengthwise in halves and arrange cut side up on top of meat mixture in the baking dish. Sprinkle with cheese and bake at 350° Fahrenheit for 30 to 45 minutes. Makes four to five servings.

*Note: May be refrigerated at this point and assembled the next day if desired. Bake an additional five to 10 minutes if refrigerated.

Deep-Fried Zucchini

Preheat deep-fat fryer to 365° Fahrenheit.

Wash, dry, and slice zucchini into ½ to ¼-inch slices.

Combine:

⅓ cups all purpose flour

1 teaspoon salt

¼ teaspoon pepper

1 tablespoon melted butter or cooking oil

2 beaten egg yolks

Stirring constantly, gradually add ¾ cup flat beer

Allow batter to rest covered and refrigerated for three to 12 hours.

Just before using, add two stiffly beaten egg whites.

Dip zucchini into batter, fry in deep fat until golden brown and serve at once.

Foil Dinner

1½ pounds lean ground beef

⅓ cup oatmeal

2 carrots or 4 stalks celery

2 zucchinis (medium)

1 onion

Combine ground beef and oatmeal in bowl. Divide ground beef mixture into eight patties. Wash and slice carrots or celery, zucchini, and onion. Cut 16 pieces of foil 12 inches by 12 inches.

Place six to eight slices of carrots or celery on one sheet of foil.

Place meat patties on carrots. Top with one or two slices of onion.

Add four to six slices of zucchini.

Bring edges of foil together. Fold sides over until close to patty.

Fold ends into “V” shape and tuck under patty. Turn packet over and repeat with second piece of foil. Place on pan and bake in oven at 375° Fahrenheit for 25 minutes.

If cooking on a charcoal grill, place foil dinner on top of coals and cook for 10 minutes, turning to cook for 15 more minutes. Be careful not to poke holes in foil. Remove from fire or oven and serve hot. Add salt and pepper to taste.

Variations: Substitute any of the following vegetables: green peppers, potatoes, cabbage, pineapple, tomatoes, or mushrooms.

Florentine Zucchini Bake

- 6 small zucchinis cut into ¼-inch slices
- 2 tablespoon butter
- 1 cup evaporated milk
- 3 slightly beaten eggs
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic salt

Place zucchini in casserole, add butter, and bake in hot oven for 15 minutes at 400° Fahrenheit. Cook until zucchini is partially cooked but still crisp. Combine remaining ingredients and pour over zucchini. Sprinkle with paprika. Set casserole in shallow pan and fill pan with hot water to within 1 inch of the top of shallow pan. Bake in moderate oven (350° Fahrenheit) for 40 minutes or until knife inserted halfway between center and edge comes out clean. Makes six servings.

Ham-Stuffed Zucchini

- 1 cup cooked ground ham
- ¼ cup soft bread crumbs
- ½ teaspoon dry mustard
- ½ teaspoon salt
- ⅛ teaspoon black pepper
- 2 tablespoons minced onion
- ¼ cup grated cheese
- 2 pounds zucchini
- ¼ cup oil
- 1 crushed garlic clove
- 1½ teaspoon cornstarch
- ½ cup canned tomato sauce

Preheat oven to 350° Fahrenheit. Combine ham, crumbs, mustard, salt, pepper, onion, and cheese.

Wash zucchini thoroughly and cut into 3-inch lengths; scoop out centers with an apple corer, leaving a shell ¼ inch thick; stuff with

ham mixture. Place zucchini in a baking pan and add oil and garlic. Cover and bake until squash is tender, 45 to 55 minutes. Remove from pan. Mix cornstarch with tomato sauce and stir into pan. Cook over low heat until mixture thickens. Skim off excess fat and spoon sauce over zucchini.

Ground-Beef Zucchini Casserole

- 1 quart sliced zucchini squash
- ½ pound ground beef
- ½ cup cooked rice
- ½ cup stewed tomatoes
- 1½ cups parmesan cheese

Steam zucchini with very little water in covered saucepan until half cooked. Drain well and place in buttered casserole. Brown ground beef, draining off excess fat. Cover squash with ground beef. Add cooked rice and spread stewed tomatoes evenly over rice. Top with cheese and bake at 350° Fahrenheit for 15 to 20 minutes.

Sautéed Zucchini

Thinly slice zucchini. Sauté in butter or margarine just until crisp, tender, and golden brown; season with salt and pepper to taste. Add thinly sliced onions and/or preferred herbs or a small can of mushrooms. Serve at once.

Savory Tomatoes, Beans, and Squash

- 1 large sliced onion
- 1 clove minced garlic
- ¼ cup minced parsley
- ½ teaspoon pepper
- ¼ teaspoon sage
- 2 teaspoons salt
- ¼ teaspoon thyme
- 1 tablespoon cooking oil
- 1 pound cut green or waxed beans (or 2 cups canned beans)
- 2 cups diced zucchini
- 3 large diced tomatoes

Cook onion, garlic, parsley, and seasonings in oil in large skillet about three minutes. Add remaining ingredients. Add water to half the depth of mixture. Cover and simmer 20 minutes or until beans are tender. Makes four to six servings.

Sour Cream Zucchini

- 4 medium zucchini squashes
- one 8-ounce container sour cream
- 1 to 2 teaspoons minced fresh or dried dill leaves
- ½ teaspoon salt
- pepper to taste

Wash squash under cold running water with vegetable brush. Cut thin slice from each end and discard. Slice squash crosswise into fairly thin rounds. There should be about 7 cups. Cook in a small amount of boiling water and drain or steam until just tender. Mix squash, sour cream, dill, salt, and pepper; heat gently but thoroughly. Makes six servings.

Steak and Zucchini Supper

- 1 pound round steak cut into thin strips
- 1 tablespoon cooking oil
- one 10½-ounce can mushroom gravy
- ½ cup water
- ½ envelope (2 tablespoons) spaghetti sauce mix with mushrooms
- 3 to 4 medium zucchinis cut into 1½-inch slices
- hot cooked noodles or rice

Quickly brown steak strips in hot oil in a skillet. Add gravy, water, and spaghetti sauce mix, stirring until well combined. Cover. Cook over low heat 20 minutes, stirring occasionally. Add zucchini; cover and continue cooking for 10 to 12 minutes or until zucchini is tender and crisp. Serve over noodles or rice. Makes four servings.

Squash Casserole

- 2 pounds sliced summer squash (6 cups)
- ½ cup chopped onion
- 1 can condensed cream of chicken soup
- 1 cup dairy sour cream
- 1 cup shredded carrots
- one 8-ounce package herb stuffing mix
- ½ cup butter or margarine

In saucepan cook sliced squash and onions in boiling salt water for six minutes. Drain. Combine soup and sour cream. Stir in carrots. Fold in drained squash and onion. Combine stuffing mix and butter. Spread ½ of stuffing mix in the bottom of a 9 inch x 13 inch by 2-inch baking dish. Spoon vegetable mixture on top. Sprinkle remaining stuffing over vegetables; bake in 350° Fahrenheit oven for 25 to 30 minutes or until heated through. Serves six to eight.

Stuffed Zucchini

- 5 zucchinis cut in half crosswise and lengthwise
- garlic salt
- ½ pound ground beef or pork sausage
- ¼ cup uncooked rice
- 1 finely chopped medium onion
- ½ teaspoon salt
- ¼ teaspoon pepper
- one 8-ounce can tomato sauce
- oil to sprinkle
- grated cheese (if desired)

Scoop center out of zucchini. Chop pulp and spread on a baking dish. Sprinkle with garlic salt. Mix meat, rice, onion, salt, and pepper. Stuff hollowed-out zucchini with meat mixture and pour tomato sauce and a little oil over everything. Cover and bake at 350° Fahrenheit for one hour. If cheese is desired, sprinkle on and continue to bake until melted. Serves eight.

Vegetable Tostadas

- 1 medium-sliced zucchini (1½ cups)
- 1 thinly sliced medium onion
- one 3-ounce can sliced, drained mushrooms
- ½ cup chopped celery
- 1 tablespoon chopped green pepper
- ¼ teaspoon salt
- 4 corn tortillas
- 2 tablespoons cooking oil
- 1 cup shredded cheddar cheese
- ½ cup sour cream
- 1 chopped tomato
- bottled hot sauce or salsa

In 1½-quart saucepan, combine zucchini, onion, and mushrooms. Add celery, green pepper, and salt. Cover with water and simmer eight to 10 minutes until vegetables are crisp and tender. Drain. In medium skillet fry tortillas one at a time in hot oil until crisp, about one minute. Drain on paper towel. Keep warm. To assemble, place tortillas on baking sheet. Top each with about ½ cup vegetable mixture and sprinkle with cheese. Heat in 350° Fahrenheit oven until cheese melts. To serve, top each tostada with sour cream, chopped tomatoes, and a few drops of hot sauce or salsa. Makes four tostadas.

Wild Rice-Stuffed Zucchini

- 1 package long-grain wild rice
- 1 or 2 medium zucchinis (about 4 inches each)
- 2 tablespoons chopped onion
- 1 tablespoon butter
- 3 cups Swiss cheese
- 1 small jar pimento
- ¾ teaspoon salt

Cook contents of rice and season package according to package directions. Cook whole zucchinis in boiling water for seven to 10 minutes. Drain and cool slightly. Cut in half lengthwise. Scoop out centers of zucchinis, leaving about ¼ inch of pulp next to the shells. Finely chop pulp and cook with onions and butter until tender. Stir in cooked rice, 2 cups cheese, pimentos, and ½

teaspoon salt. Cool slightly. Sprinkle zucchini shells with remaining $\frac{1}{4}$ teaspoon salt. Fill with rice mixture. Sprinkle with remaining cheese. Arrange in shallow baking dish; cover with foil. Bake at 350° Fahrenheit until hot and bubbly, 20 to 25 minutes. Recipe serves well with pork chops or ham.

Zucchini Casserole

- 1 to 2 pounds lean ground beef
- one 10½-can golden mushroom soup
- 6 to 8 chopped carrots
- 3 cups sliced zucchini
- fresh or canned tomatoes or tomato sauce
- 1 medium chopped green pepper
- $\frac{1}{2}$ cup instant tapioca (optional to thicken juices)

Brown ground beef until no longer pink and drain excess fat; add soup. Arrange vegetables in a casserole by layers. Spread cooked ground beef and soup mixture over vegetables. Bake about two hours at 400° Fahrenheit. All ingredients can also be mixed together and cooked in a crock pot until vegetables are tender.

Zucchini Cheese Omelet

- 1 cup sliced zucchini
- 2 tablespoons butter or margarine
- 6 eggs
- 2 tablespoons water
- $\frac{1}{2}$ teaspoon basil
- $\frac{1}{4}$ teaspoon salt
- dash of pepper
- $\frac{1}{4}$ pound grated Muenster, Jack, or Mozzarella cheese

In a 10-inch skillet, sauté zucchini in butter until lightly browned. Beat eggs, water, basil, salt, and pepper until well blended; pour over squash. Reduce heat to medium low and cook without stirring until eggs are partially set. With spatula lift the edges, tilting skillet and allowing uncooked egg to run underneath. While still moist, top with grated cheese and cover until cheese is partially melted. Slide omelet carefully onto a warm platter, folding in half. Makes four servings.

Crock-Pot Creole Zucchini

- 2 pounds zucchini (4 cups)
- 1 small chopped green pepper
- 1 small chopped onion
- 1 clove minced garlic
- 1 teaspoon salt
- ¼ teaspoon pepper
- 4 peeled and chopped tomatoes
- 2 tablespoons butter
- 2 tablespoons parsley

Cut zucchini into ¼-inch slices. In slow-cooking pot, combine zucchini with green pepper, onion, garlic, salt, and pepper. Top with chopped tomatoes and butter. Cover and cook on high two hours or until tender. Sprinkle with chopped parsley. Makes six to seven servings.

Zucchini, Italian Style

- 2 to 3 cups washed and sliced zucchini
- 1 chicken or beef bouillon cube
- 1¾ cups tomato juice
- ½ cup chopped onion
- 1 teaspoon parsley flakes
- ½ teaspoon salt
- ⅛ teaspoon garlic powder
- 2 tablespoons chopped green pepper

Mix together and cook covered until vegetables are tender.

Zucchini-Meat-Cheese Casserole

(Like lasagna)

- ½ pound pork sausage
- 1 pound lean ground beef
- 1 large onion
- 1 large clove garlic
- 1 medium seeded and chopped green pepper
- one 28-ounce can tomato sauce
- one 8-ounce can tomato sauce
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon each basil, oregano, and sage
- 4 large zucchinis (about 2 pounds)
- 2 tablespoons oil
- celery or garlic salt to taste
- ½ pound mozzarella cheese
- grated parmesan cheese

In Dutch oven, brown sausage and ground beef over medium heat; break up with spoon. Drain excess fat. Add onion and garlic and sauté until tender, stirring occasionally. Stir in green peppers, tomatoes, tomato sauce, salt, basil, oregano, sage, and pepper. Simmer uncovered until thick, about 1 hour, stirring occasionally. Meanwhile trim ends from unpeeled zucchini and cut into ¼-inch lengthwise slices. Pour oil into 15 inch x 10 inch x 1-inch jelly roll pan and brush on both sides of zucchini. Arrange zucchini slices, slightly overlapping, in pan; sprinkle with celery salt. Bake in preheated 400° Fahrenheit oven until crisp (10 to 15 minutes). Reduce oven heat to 325° Fahrenheit. Cover bottom of 13 inch x 9 inch x 2-inch pan with about 1 cup of meat sauce. Layer half the zucchini, slightly overlapping, then half the remaining sauce and half the mozzarella cheese. Repeat layers. Bake about 45 minutes. Skim off fat and let casserole stand at room temperature for 15 minutes before serving. Serve with parmesan cheese. Makes six servings.

Zucchini and Cheese Combo

- one 7¼-ounce package macaroni and cheese dinner
- 2 cups sliced zucchini squash
- 2 tablespoons margarine
- 1 cup chopped tomato
- ½ teaspoon onion salt
- 2 tablespoons chopped pitted ripe olives (optional)

Prepare dinner according to package directions. Sauté zucchini in margarine. Combine dinner, zucchini, tomato, and onion salt; mix well. Heat thoroughly; garnish with olives. Makes six to eight servings.

Zucchini on the Half Shell

Trim the ends of six small zucchinis and then cut in half lengthwise. Melt ½ cup butter in large skillet and add 1 tablespoon grated onion and 1 beef bouillon cube. Crush cube. Add zucchini cut side down and cook until golden brown. Turn. Add 2 tablespoons water and cook covered over low heat about 10 minutes or until tender.

Zucchini Parmesan

- 4 to 5 small thinly sliced zucchini squashes (3 cups)
- 2 tablespoons butter or margarine
- ½ teaspoon salt
- dash of pepper
- 2 tablespoons grated parmesan cheese

Put zucchini, butter, and seasonings in a skillet. Cover and cook slowly for five minutes. Uncover and cook, turning slices until barely tender. Sprinkle with parmesan cheese and toss. Makes four servings.

Zucchini-Rice

- 1 pound zucchini
- ¼ cup onion
- 1 tablespoon butter
- ¾ cup cottage cheese
- ⅔ cup cooked rice
- 1 egg, slightly beaten
- 1 tablespoon parsley
- ¼ teaspoon salt
- ⅛ teaspoon crushed dried basil
- 2 slices sharp cheese cut into strips

Trim ends of zucchini and boil in a small amount of salted water until tender. Halve zucchini lengthwise; scoop out and dice centers. Cook onion in butter until tender. Stir in zucchini, cottage cheese, rice, egg, parsley, salt, and basil. Lightly salt shells and fill with mixture. Place in a baking dish and bake covered for 25 minutes at 350° Fahrenheit. Place cheese on top and heat just before serving. Makes four servings.

Zucchini and Rice with Sausage

- 1 pound sausage - bulk, link, or ground
- 1½ cups instant rice
- 1½ pounds sliced zucchini squash (3 cups)
- ½ cup thinly sliced onions
- one 16-ounce can stewed tomatoes
- 1 cup hot water
- 1 teaspoon prepared mustard
- 1 teaspoon garlic salt
- dash of pepper
- 1 cup grated sharp cheddar cheese

In large skillet, brown meat. Push to one side and remove all but 2 tablespoons of fat. Add rice, zucchini, and onion. Cook and stir until slightly browned. Stir in tomatoes, water, mustard, garlic salt, and pepper. Bring to a boil, cover, and simmer five minutes. Stir in cheese. Makes four servings.

Zucchini-Tomato Kabobs

(Cookout fun!)

Thread skewers with vegetables either just before grilling or several hours in advance and keep refrigerated.

- 2 medium-sized zucchinis
- about 2 cups salted water
- ½ teaspoon oregano
- 8 cherry tomatoes
- melted butter
- 2 tablespoons parmesan cheese
- salt
- pepper

Parboil zucchini for four to five minutes in salted water seasoned with oregano. Remove and cut each crosswise into four sections. Thread alternately with cherry tomatoes on two small skewers. Baste with melted butter and cook about 8 inches above hot coals for about 10 minutes, turning and basting frequently. Just before removing from grill, sprinkle each kabob with 1 tablespoon parmesan cheese and dashes of salt and pepper. (May add small onions on skewer if desired.)

Zummy Zucchini

- 2 zucchinis cut in 1-inch cubes
- 2 tomatoes cubed or quartered
- 3 tablespoons chopped green onion
- 1 cup fresh mushrooms
- ½ diced green pepper
- ½ teaspoon oregano, thyme, dill or another herb
- salt and pepper to taste

Simmer together until squash is tender.



preservation

Zucchini Pineapple

- 4 quarts cubed or shredded zucchini
- 46 ounces canned, unsweetened pineapple juice
- 1½ cups bottled lemon juice
- 3 cups sugar

Peel zucchini and either cut into ½-inch cubes or shred. Mix zucchini with other ingredients in a large saucepan and bring to a boil. Simmer 20 minutes. Fill jars with hot mixture and cooking liquid, leaving ½-inch headspace. Adjust lids and process half pints or pints in a boiling water canner as follows: 15 minutes at 0-1,000 feet, 20 minutes at 1,001-6,000 feet, and 25 minutes above 6,000 feet.

Yield: About 8 to 9 pints.

Zucchini Bread-and-Butter Pickles

- 16 cups fresh, sliced zucchini
- 4 cups thinly sliced onions
- ½ cup canning or pickling salt
- 4 cups white vinegar (5%)
- 2 cups sugar
- 4 tablespoons mustard seed
- 2 tablespoons celery seed
- 2 teaspoons ground turmeric

Cover zucchini and onion slices with 1 inch of water and salt. Let stand 2 hours and drain thoroughly. Combine vinegar, sugar, and spices. Bring to a boil and add zucchini and onions. Simmer 5 minutes and fill jars with mixture and pickling solution, leaving ½-inch headspace. Adjust lids and process pints or quarts in a boiling water canner for 10 minutes at 0-1,000 feet, 15 minutes at 1,000-6,000 feet, and 20 minutes above 6,000 feet.

Yield: About 8 to 9 pints.



quick breads

Fruit and Zucchini Bread

- 2 cups sugar
- 1 cup salad oil
- 3 eggs
- 2 cups peeled, grated zucchini
- ½ teaspoon salt
- 3½ cups flour
- 2 teaspoons soda
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- ½ teaspoon vanilla
- 2 cups raisins or currants
- 1 cup chopped nuts

In large bowl, mix together sugar and oil. Mix in eggs and zucchini. Add salt, flour, soda, spices, and vanilla. Mix well. Stir in raisins and nuts. Bake in two greased and floured 9 inch x 5-inch loaf pans at 350° Fahrenheit for 60 minutes or until a test shows they are cooked. (This recipe was tested in Park County.)

Maye's Zucchini Pineapple Bread

- 3 eggs
- 2 cups sugar
- 2 teaspoons vanilla
- 1 cup oil
- 2 cups ground zucchini
- 3 cups flour
- 1 teaspoon soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 cup crushed pineapple
- 1 cup shredded coconut
- 1 cup nuts

Combine eggs, sugar, vanilla, and oil. Beat well. Add zucchini. Measure dry ingredients and fold into egg mixture. Blend in pineapple, coconut, and nuts. Bake in two greased and floured 9 inch x 5-inch loaf pans at 350° Fahrenheit for 60 minutes or until a test shows they are cooked. (This recipe was tested in Park County.)

Squash Bread

- 1 cup sugar
- ½ cup oil
- 3 eggs
- 1 teaspoon vanilla
- 2 cups grated zucchini squash
- 1 teaspoon salt
- 1 teaspoon soda
- 1 teaspoon baking powder
- 3 teaspoons cinnamon
- 2 cups whole wheat flour

Mix all ingredients. Bake in one greased and floured 9 inch x 5-inch loaf pan at 350° Fahrenheit for 60 minutes or until a test shows that it is cooked. (This recipe was tested in Platte County.)

Whole-Wheat Zucchini Bread

- 3 eggs
- 1 scant cup vegetable oil
- 1 teaspoon vanilla
- 2 cups white flour
- 1 teaspoon soda
- 1 teaspoon cinnamon
- 2 scant cups brown sugar
- 3 cups grated zucchini
- 1 cup whole wheat flour
- 1 teaspoon salt
- ½ teaspoon baking powder
- 1 cup nuts

Mix all ingredients together. Bake in two greased and floured 9 inch x 5-inch loaf pans at 350° Fahrenheit for one hour and 15 minutes or until a test shows they are cooked. (This recipe was tested in Park County.) The bread freezes well.

Zucchini Bread

Beat together:

- 2 cups raw, unpeeled, grated zucchini and juice
- 1 cup vegetable oil
- 2 cups sugar
- 3 beaten eggs

Add:

- 3 teaspoons vanilla
- 2 tablespoons frozen orange juice concentrate (optional)

Sift together and add to the above mixture:

- 3½ cups flour
- 1½ teaspoons baking powder
- 1 teaspoon soda
- 2 teaspoons cinnamon
- 1 teaspoon salt

Add:

- ½ cup chopped nuts

Bake in two greased and floured 9 inch x 5-inch loaf pans at 350° Fahrenheit for 45 to 60 minutes or until a test shows they are cooked. (This recipe was tested in Crook County.) Let the bread sit in pans 10 minutes before removing.

Zucchini Bread

- 3 eggs
- 2 cups sugar
- 3 cups flour
- 1 teaspoon salt
- ½ teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 2 cups peeled, grated zucchini
- 1 cup salad oil
- 1 teaspoon vanilla
- ½ cup chopped nuts

Beat eggs and add sugar. Combine remaining ingredients and mix well. Bake in two greased and floured 9 inch x 5-inch loaf pans at 350° Fahrenheit for one hour or until a test shows they are cooked. (This recipe was tested in Laramie County.)

Zucchini Bread

- 3 eggs
- 2 cups sugar
- 1 cup oil
- 2 teaspoons vanilla
- 2 cups shredded squash
- 3 cups flour
- 1 teaspoon salt
- 1 teaspoon soda
- 1 teaspoon baking powder
- 1 cup crushed pineapple
- ½ cup raisins
- ½ cup chopped nuts

Mix eggs, sugar, oil, and vanilla. Add zucchini. Sift dry ingredients and add to mixture. Add pineapple, raisins, and nuts. Bake in two greased and floured 9 inch x 5-inch loaf pans at 325° Fahrenheit for 60 minutes or until a test shows they are cooked. (This recipe was tested in Platte County.)

Note: Zucchini can be peeled or left with the peeling and its specks of color on. Try using fruit other than pineapple, like diced peaches.

Zucchini Bread

- 3 eggs
- 2 cups sugar
- 1 cup oil
- 3 cups grated zucchini
- 3 teaspoons vanilla
- 3 cups flour (white or whole wheat)
- 1 teaspoon salt
- 1 teaspoon soda
- ½ teaspoon baking powder
- 3 teaspoons cinnamon

Beat eggs until light and fluffy. Add sugar and oil; beat well. Add zucchini, vanilla, and dry ingredients. Bake in two greased and floured 9 inch x 5-inch loaf pans at 350° Fahrenheit for 60 minutes or until a test shows they are cooked. (This recipe was tested in Johnson County.)

Zucchini Pancakes

1½ pounds grated and drained young zucchini
1 small grated onion
1 slightly beaten egg
1 teaspoon salt
4 to 6 tablespoons oat flour (other flour may be substituted)
pepper to taste

Combine all ingredients into a bowl. Heat a few tablespoons of oil in a heavy skillet. Bake pancakes on each side until crisp and browned. Add more oil as needed.

Zucchini Pancakes

½ cup flour
2 cups shredded zucchini
¾ teaspoon salt
⅛ teaspoon pepper
2 separated eggs

In small bowl mix flour, squash, salt, pepper, and egg yolks. In another bowl beat egg whites until stiff but not dry; fold into zucchini mixture. Drop by heaping tablespoons into about ¼ inch hot oil in skillet and brown on both sides. Serve immediately with syrup (or catsup, if desired). Makes about 15 pancakes.

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The Zucchini Patch

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