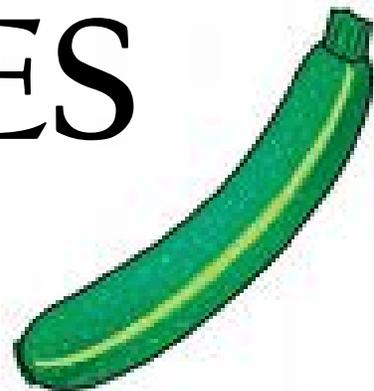


ZUCCHINI RECIPES



COMPILED BY DAVIS COUNTY EXTENSION

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PINEAPPLE ZUCCHINI*

Source: Dr. V.T. Mendenhall, USU Food Science Specialist

(1)

9 cups peeled, chopped zucchini
1 1/2 cups sugar
46 oz. pineapple juice
1/2 cup lemon juice

(2)

1 gallon peeled, chopped zucchini
3 cups sugar
46 oz. pineapple juice
1 1/2 cups lemon juice

Combine all ingredients and simmer 20 minutes. Water bath for 30 minutes. The acidity of the final product is pH 3.5. Consequently, we will refer to the product as “pickled zucchini” in all fairness to the pineapple industry.

SLICED ZUCCHINI PICKLES*

1 quart vinegar
2 cups sugar
1/2 cup salt
2 teaspoons celery seed

2 teaspoons turmeric
1 teaspoon ground mustard
4 quarts sliced, unpeeled zucchini
1 quart onions, sliced

Bring vinegar, sugar, salt and spices to a boil; pour over zucchini and onions and let stand 1 hour. Bring to a boil; cook 3 minutes. Pack in hot, sterilized jars. Process in boiling water bath for 25 minutes. Makes 6-7 pints

Dilled Zucchini Pickles: Substitute 2 teaspoons dill seed for turmeric.

ZUCCHINI PICKLES*

2 lbs. fresh, firm zucchini
2 medium onions
1/4 cup salt
2 cups white sugar

1 teaspoon celery salt
1 teaspoon turmeric
2 teaspoons mustard seed
3 cups cider vinegar

Wash zucchini and cut into thin slices. Peel and cut onions in quarters, then slice very thin. Add to zucchini. Cover zucchini and onions with ice water and add salt. Let stand 2 hours. Drain thoroughly. Bring remaining ingredients to a boil. Pour over zucchini and onions. Let stand 2 hours. Bring all ingredients to boiling point and simmer 5 minutes. Pack into sterilized jars, leaving 1/8" headspace. Adjust caps and process in water bath canner for 25 minutes.

* All processing times are adjusted for altitudes from 3,000-6,000 feet.

ZUCCHINI RELISH*

Peel and remove seeds from large zucchini. Grind zucchini and add 4 cups onions, ground. Sprinkle with 5 Tablespoons salt. Let stand overnight, then drain well. Add mixture of 2 1/2 cups white vinegar, 1 Tablespoon dry mustard, 2 Tablespoons celery seed, 1/2 teaspoon pepper, 1 Tablespoon turmeric, 1 1/4 Tablespoons cornstarch, and 6 cups water. Simmer 30 minutes, stirring frequently. Add 1 sweet red pepper (ground) and cook 5 minutes more. Pour into sterile jars and seal. Process 25 minutes in water bath canner.

"SPECIAL" ZUCCHINI RELISH*

5 large zucchini
3 green peppers

3 red sweet peppers
5 medium onions

Peel squash, cut in half and scoop out seeds. Cube in 1/2 inch squares. Chop in blender onions and peppers. Sprinkle with 1/2 cup plain (not iodized) salt and 1 teaspoon alum. Cover with ice cubes. Let stand 4 hours.

BOIL TOGETHER:

5 cups sugar
5 cups vinegar
1 Tablespoon turmeric

2 Tablespoons celery seed
2 Tablespoons mustard seed

Drain and wash vegetables. Add to vinegar mixture for 20-30 minutes. Bottle and seal in sterile jars. Process 25 minutes in boiling water bath.

ZUCCHINI RELISH*

10 cups zucchini squash, peeled
4 cups onions
5 Tablespoons salt
2 1/4 cups cider vinegar
6 cups sugar

1 Tablespoon nutmeg
1 Tablespoon turmeric
2 Tablespoons cornstarch
2 Tablespoons celery seed
1/2 teaspoon pepper

Grind the zucchini and onions; add salt. Let stand overnight. Drain and rinse in cold water and drain again. Be sure all water is gone or relish will be thin. Add remaining ingredients; cook 30 minutes. Watch and stir often while cooking. Process 25 minutes in boiling water bath. (Red and green pepper may be added for coloring.)

* All processing times are adjusted for altitudes from 3,001-6,000 feet.

ZUCCHINI MARMALADE*

(Yield: 7 8-oz. jars)

Source: MCP Kitchens

1 1/2 to 2 pounds zucchini squash, tender
2 cups canned pineapple, crushed
1/2 cup lemon juice
lemon peel, shredded (if desired)

4 cups zucchini, cooked
1 package MCP Pectin
6 cups sugar
2 Tablespoons ginger, finely ground, crystalized
1/2 teaspoon margarine, butter OR cooking oil



TO PREPARE SQUASH:

Peel zucchini, cut into thick slices and place into a large kettle. Add crushed pineapple and lemon juice. Add lemon peel, if desired. Bring to a boil, lower heat and simmer, uncovered, until squash is tender but holds its shape.

TO MAKE MARMALADE:

1. Measure sugar into dry bowl to be added later.
2. Measure prepared squash mixture into a 6-8 quart kettle. If short of fruit, fill last cup with water to equal exact amount.
3. Add the package of MCP Pectin to mixture in kettle. Stir well.
4. Place over high heat. Bring to a boil, stirring constantly to avoid scorching.
5. Add the pre-measured sugar and ginger. Mix well. Continue stirring and bring to a full rolling boil (a boil that cannot be stirred down). Add the 1/4 teaspoon of margarine. Boil hard exactly 4 minutes.
6. Remove from heat. Skim foam.
7. Pour into glasses. Seal according to directions given on recipe in pectin package.

*All processing times are adjusted for altitudes from 3,001-6,000 feet.



ZUCCHINI SEAFOOD CASSEROLE

- 4 cups 1/4-inch slices zucchini (3-5 medium)
- 1 can (6 1/2 oz.) crabmeat, drained and cartilage removed OR
1 can (6 1/2 oz.) tuna, drained
- 1/2 cup biscuit mix
- 1/2 cup vegetable oil
- 1 1/2 cups shredded sharp American cheese (about 6 oz.)
- 1 teaspoon salt
- 1 cup chopped onion
- 3 eggs
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon pepper

Heat oven to 400° F. Grease baking dish, 12" x 7.5" x 2". Mix all ingredients; spread in dish. Bake uncovered until golden brown and knife inserted in center comes out clean, 20-30 minutes. Garnish with zucchini slices if desired. Makes 6 servings

*High altitude directions (3500-6500'): Heat oven to 425° F. Cut zucchini into 1/8" slices. Stir 2 Tablespoons flour into baking mix.

ZUCCHINI PANCAKE PLATTER

- 2 cups biscuit mix
- 1/4 cup grated Parmesan cheese
- 1 cup milk
- 18 slices tomato
- 2 eggs
- 1 cup shredded cheddar cheese
- 2 cups shredded zucchini, drained
- 1/2 cup sliced green onions

Prepare buttermilk topping (below). Beat baking mix, milk and eggs until smooth; stir in zucchini and Parmesan cheese. Pour batter by 1/4 cupfuls onto greased griddle. Cook until dry around edges. Turn; cook other side until golden. Top with remaining ingredients and serve with topping. Makes about 6 servings



BUTTERMILK TOPPING:

Mix 3/4 cup mayonnaise, 1/2 cup buttermilk, 1 teaspoon parsley flakes, 1/2 teaspoon instant minced onion, 1 clove garlic (crushed), 1/2 teaspoon salt and dash of pepper. Refrigerate 2 hours.

CREAM OF ZUCCHINI SOUP

Boil for 20 minutes, then osterize: 3 cups zucchini (grated), 1/2 cup water, 4 Tablespoons onion, 1/2 teaspoon parsley.

Make sauce with 2 Tablespoons melted butter, 2 Tablespoons flour and 1 teaspoon all season salt.

Add 1/2 pint half & half, 1 cup milk and 2 Tablespoons chicken bouillon and season with pepper to taste, and add to the zucchini mixture.

ZESTY ZUCCHINI DIP (25 calories/Tablespoon)

In a saucepan, combine 2 cups diced zucchini (2 medium), 1 Tablespoon chopped onion, 1/2 cup tomato juice, 1/2 teaspoon salt, and 1/8 teaspoon dried basil leaves, crushed. Simmer, covered, for 20 minutes. Put in a blender and add 1 8-oz. package Neufchatel cheese, cubed. Cover; blend on high speed until mixture is smooth. Remove from blender, chill. Just before serving, stir 1 Tablespoon bacon-flavored bits into chilled mix. Serve with melba toast or vegetables.

Makes about 1 2/3 cup

VEGETABLE MEDLEY

2 medium carrots
3 small zucchini
3 stalks parsley

Salt and pepper to taste
2 Tablespoons butter



Peel the carrots and wash and clean the remaining vegetables. Slice all on the diagonal to make “off-balance” rounds. Bring to a boil 1/4" water and 2 Tablespoons butter. Add the carrots and simmer, covered, for 4 minutes. Add the celery and simmer an additional 2 minutes. Add the zucchini and continue cooking for an additional 5 minutes. (At this point, the vegetables should be just tender and there should be very little liquid left in the pan.) Season to taste with salt and pepper. Serve at once, retaining liquid in the serving dish.

Makes 6 servings

NOTE: This is a colorful dish with the bright orange of the carrots, the deep green of the zucchini, and the lighter (almost white) color of the celery.

ZUCCHINI AND CHEESE CASSEROLE



3 cups finely grated zucchini
1 cup cracker crumbs
2 Tablespoons chopped onions
1 cup grated cheddar cheese

2 beaten eggs

Combine the above ingredients and put in a well-buttered casserole. Bake for one hour at 350° F.
Serves 6

BAKED ZUCCHINI AND TOMATOES

Serves 4

Two medium-sized zucchini (do not peel unless the skin is hard or tough). Remove the tomato skins and peel the onions. Slice the vegetables into very thin crosswise slices. In a greased baking dish make alternate layers of zucchini, tomatoes and onions, sprinkling each layer with a little salt and pepper and dotting with butter or margarine. Spread the top with buttered crumbs. Bake in a moderate oven 350° F. until the vegetables are tender.

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SAUTEED ZUCCHINI

Wash young zucchini. Cut crosswise into thin (1/2 inch) slices. Slice one medium size onion. Saute onion in butter in a skillet until just tender. Add small amount of olive oil or salad oil and zucchini. Cover and cook slowly until tender. Season with salt and pepper. A dash of basil, oregano or marjoram may be added. Serve hot.

SUMMER SQUASH CASSEROLE

- 2 lbs. yellow squash (or zucchini) - about 6 cups
- 1 cup sour cream
- 1/4 cup chopped onion
- 1 cup shredded carrot
- 1 can cream of chicken soup
- 1/2 cup butter or margarine
- 1 8-oz. package herb-seasoned stuffing mix



In a saucepan, cook sliced squash and onion in boiling, salted water for 4-5 minutes; drain. Combine soup and sour cream, stir in carrots. Fold in drained squash and onion. Combine stuffing mix and butter or margarine. Spread half of the stuffing mix in 12" x 7.5" x 2" baking dish. Spoon vegetables on stuffing. Spread rest of stuffing over vegetables. Bake at 350° F. for 25-30 minutes or until well heated.

Makes 6 servings

BOILED ZUCCHINI

Cut young zucchini in 1" slices. Drop them into 1/2" of boiling water. Cook, covered, until they are tender, sometimes a matter of only a few minutes. Drain. Serve with a little melted butter; or a sauce of:

- 2 Tablespoons melted butter
- 1/2 teaspoons sugar
- 2 Tablespoons lemon juice
- 1/2 cup sour cream
- 1 Tablespoon chopped chives or other herbs
- Salt to taste

CALIFORNIA VEGETABLE BOWL

- 1/4 cup butter or margarine
- 1/2 cup chopped onion
- 4 cups sliced, unpared zucchini (about 1 lb.)
- 1/3 cup chopped green pepper
- 1/2 teaspoon salt
- 1 1/2 cups fresh, frozen or canned corn (or used canned corn)
- 1 Tablespoon fresh snipped dill OR 1 teaspoon dried dill



Melt butter in skillet, add zucchini, corn onion and green pepper. Sprinkle with salt. Cover and cook, stirring occasionally, 10-12 minutes, or till vegetables are done to your liking. Sprinkle with dill.

Makes 4-6 servings

CHEESE SQUASH OR ZUCCHINI

- | | |
|--|-----------------------------|
| 4 medium zucchini or other summer squash | 2/3 cup grated sharp cheese |
| 1/2 cup milk | 1/4 teaspoon salt |
| 1/3 cup mayonnaise | Dash of pepper |

Pare squash and cut into 1/4" slices. Cook slowly in very little water until water is evaporated. Place in shallow casserole. Add milk slowly to mayonnaise; stir in about half the cheese and season with salt and pepper. Cook over low heat until thickened. Pour over squash and sprinkle with remaining cheese. Bake in hot oven 400° F. until top is browned lightly.

Serves 6

BAKED ZUCCHINI

Cut zucchini in half, lengthwise. Place cut side up in buttered baking dish. Dot with butter or bits of bacon. Season with salt and pepper. Bake in moderate oven 375° F until top is browned lightly.

Serves 6

ZUCCHINI BAKED WITH TOMATO

Scoop out some of center. Fill with tomatoes, cut in pieces. Season with salt and pepper. Bake in oven 375° F until tender. Allow one small zucchini per serving. Serve with hollandaise or tomato sauce.

ZUCCHINI CRISP

6 medium zucchini squash	2 Tablespoons flour
1 teaspoon salt	1/4 teaspoon paprika
1 Tablespoon vinegar	1/2 teaspoon dry dill
2 Tablespoons butter or margarine, melted	1 cup cream

Slice washed squash as you would to make shoestring potatoes. Sprinkle with salt and add vinegar. Let set for 15 minutes. Pour off liquid. Cook squash in butter, stirring often, for about 10 minutes. Add flour and stir until smooth. Add paprika, dill and cream. Stir constantly until liquid is smooth and seasonings are well blended. Remove from heat and serve. Yield: 6 servings



ZUCCHINI PROVENCALE

In skillet or fry pan, saute one medium onion, sliced, and one clove garlic, minced, in 1/4 cup salad oil. Add 2 pound sliced zucchini squash, 4 cut-up tomatoes, 1 chopped green pepper, salt and pepper to taste. Cook until tender. Sprinkle with minced parsley and Parmesan cheese before serving.

Yield: 8 servings

ZUCCHINI NOODLE BAKE

1 1-lb. package noodles	1 1/2 cups water
7 Tablespoons butter	1 teaspoon Worcestershire sauce
4 Tablespoons flour	1 cup cheddar cheese, grated
2 teaspoons salt	1 large onion, chopped
1 teaspoon dry mustard	1 tall can evaporated milk
6 medium zucchini, trimmed and cut in 1/2" slices	

Cook noodles according to package directions; drain. Melt 4 Tablespoons butter; stir in flour, 1 teaspoon salt and mustard. Cook, stirring constantly, just until mixture bubbles. Stir in evaporated milk, water, and Worcestershire sauce; continue cooking and stirring until sauce thickens and boils 1 minute. Stir in cheese until melted. Pour over noodles; toss lightly to mix. Spoon into a shallow 8-cup baking dish. Saute onion in 3 Tablespoons butter until soft. Stir in zucchini; sprinkle with remaining salt. Steam until tender. Push noodles to edges of dish to make a shallow well in middle. Fill with zucchini. Cover with foil. Bake at 350° F for 30 minutes or until noodles are golden. Makes 8 servings

IMPOSSIBLE GARDEN PIE

2 cups chopped zucchini	3/4 cup biscuit mix
1 cup chopped tomato	3 eggs
1/2 cup chopped onion	1/2 teaspoon salt
1/3 cup grated Parmesan cheese	1/4 teaspoon pepper
1 1/2 cups milk	

Heat oven to 400° F. Lightly grease 10" pie plate. Sprinkle zucchini, tomato, onion and cheese in pie plate. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour into pie plate. Bake until golden brown and knife inserted in center comes out clean, about 30 minutes. Let stand 5 minutes. Garnish with tomato and zucchini slices if desired. Refrigerate remaining pie. Makes 6 servings

ZUCCHINI VINAIGRETTE

1/4 cup sauterne	3 Tablespoons drained pickle relish
1 envelope Italian salad dressing	2 Tablespoons finely snipped parsley
1/2 cup salad or olive oil	1/4 cup white wine vinegar
2 Tablespoons finely chopped green pepper	5-6 medium zucchini
3-4 Tablespoons finely sliced green onion	3-4 med. tomatoes, chilled & sliced

For dressing, combine wine and dressing mix in screw-top jar; cover and shake. Add salad oil and next 5 ingredients. Slice each zucchini in 6 lengthwise strips. Cook in boiling, salted water just until tender, about 3-5 minutes. Drain, arrange in shallow dish. Shake dressing and pour over zucchini. Cover and refrigerate several hours or overnight, spooning dressing over occasionally. To serve, drain zucchini and arrange on lettuce lined with tomatoes.

Makes 8 or 9 servings

CALICO SKILLET

2 cups diced zucchini	3 cups cooked elbow macaroni
1/2 cup chopped onion	2 cups shredded sharp cheddar cheese
1/2 teaspoon basil leaves, crushed	2 Tablespoons butter or margarine
1 can (16 oz.) tomatoes, chopped and well drained	
OR 3 medium-fresh, chopped tomatoes	
1/2 teaspoon prepared mustard	
1 can (11 oz.) condensed cheddar cheese soup	

In skillet, cook zucchini and onion with basil in butter until zucchini is crisp-tender. Add remaining ingredients. Heat until cheese melts; stir occasionally. If using fresh tomatoes, add before you mix in the cheese and cook for a few minutes.

Makes about 5 1/2 cups, 4 servings

ITALIAN ZUCCHINI

2 lbs. zucchini	1/8 teaspoon pepper
1/4 cup salad oil	1 1/4 teaspoon salt
1 1/2 cups sliced onions	3 cups tomato juice

Wash zucchini and cut off ends; do not peel. Cut squash in half lengthwise; cut crosswise into 3" long pieces. Heat the 1/4 cup oil in a skillet and add onions and zucchini with green side up. Add salt, pepper and tomato juice. Cover and cook over low heat about 40 minutes or until zucchini are tender. Makes 4 servings

ZUCCHINI WITH TOMATOES AND ONIONS

3 lbs. zucchini, cut into 1/4" slices (about 8 medium)	
3 medium onions, sliced (about 1 1/2 cups)	
1 clove garlic, sliced	1/3 cup salad oil
2 teaspoons salt	1/8 teaspoon pepper
1 can (1 lb. 12 oz.) tomatoes	2 teaspoons oregano
1 Tablespoon white vinegar	
3 Tablespoons grated Parmesan cheese	



Arrange zucchini slices in an oiled 3-quart baking dish. Saute onions and garlic in oil until lightly brown and tender. Add tomatoes, seasonings and vinegar. Heat to boiling and simmer 1 minute. Pour tomato-onion mixture over zucchini slices in baking dish. Top with grated cheese. Bake in a hot oven, 400° F. for about an hour, or until zucchini slices are tender. Makes 8-10 servings

CHINESE ZUCCHINI

1 pound zucchini	1/4 cup water
1 small onion	1/4 cup salad oil
1 clove garlic	About 2 Tablespoons soy sauce

Heat the 1/4 cup salad oil in a skillet; add zucchini (washed and cut in thin slices – don't peel). Add onion which has been thinly sliced, garlic, and water. No salt is needed because of the soy sauce. Cover and cook until zucchini is almost tender – about 10 minutes. Remove garlic and discard. Sprinkle the soy sauce over zucchini and cook, turning occasionally, for 5 minutes or until tender. Makes 4 servings

VEGETABLE - ZUCCHINI CASSEROLE

2 packages frozen, mixed vegetables (10 oz. each)
2 cups vegetable liquid and milk
4 Tablespoons butter
1 Tablespoon grated onion
Dash of Tabasco sauce
1/4 cup grated sharp cheese
2 pounds zucchini squash
3 Tablespoons flour
Salt and pepper to taste
1/2 teaspoon dry mustard

Cook the mixed vegetables as directed on package. Drain, reserving liquid. Add milk to make 2 cups. Cut squash in 3/4" slices and cook in salted water until tender. Drain. Melt the butter in saucepan. Add the flour and blend. Add vegetable liquid and milk gradually. Cook until mixture is thickened, stirring constantly. Add the onion and seasonings. Place the mixed vegetables in a baking dish. Arrange slices of squash around edge of dish. Cover with the sauce and sprinkle with grated cheese. Bake in hot oven 400° F. for 20 minutes, or until cheese is melted.

6-8 servings

ZUCCHINI PARMESAN

4 cups thinly sliced zucchini
1 small onion, sliced
1 Tablespoon water
2 Tablespoons butter or margarine
3 Tablespoons grated Parmesan cheese
1 teaspoon salt
Dash of pepper



Combine all ingredients except the cheese in skillet. Cover and cook 1 minute. Uncover and cook, turning with wide spatula until barely tender, about 5 minutes. Sprinkle with cheese and then toss.

Serves 8

ZUCCHINI SOUP

3 medium zucchini
1 bunch celery
1 head cabbage
1/2 cup onion, chopped
5 cups tomatoes
5 cups water
1 bouillon cube to each 2 cups liquid

Cut up vegetables and combine with other ingredients. Simmer until tender.



ZUCCHINI IN SOUR CREAM

6 small zucchini – 1/2 “ slices	1/2 teaspoon salt
2/3 cups sour cream	3 Tablespoons bread crumbs
2 Tablespoons butter or margarine	1/3 cup shredded sharp cheddar cheese

Simmer zucchini 10 minutes in water to cover; drain. Place in 8" pie plate. Combine sour cream, butter, half of the cheese and salt. Heat, stirring until blended. Pour over zucchini. Top with bread crumbs and remainder of the cheese. Bake about 10 minutes or until crumbs are golden brown. Let stand 5 minutes before serving. Makes 4 servings

EGGPLANT AND ZUCCHINI

3 medium zucchini, sliced	3 cubes chicken bouillon
1 medium eggplant, peeled and diced	2 teaspoons oregano leaves
1 16-oz. can tomatoes	1/2 teaspoon sugar
1 cup diced onion	1/2 teaspoon salt
3 Tablespoons all-purpose flour	1/2 teaspoon garlic powder

Drain tomatoes, reserving juice; set both aside. Toss remaining ingredients together until vegetables are coated. Heat 1/2 cup water and reserved tomato juice to boiling. Add coated vegetables and top with tomatoes. Reduce heat; cover and simmer about 30 minutes, stirring occasionally. Uncover and continue cooking until vegetables are tender and liquid is reduced.

Makes 6-8 servings

ZUCCHINI SQUASH CASSEROLE

Brown 1/2 cup onions in 1 Tablespoon butter. Add 2 cups cooked, mashed zucchini. Beat 2 eggs and add 1/2 teaspoon garlic salt, 1/2 teaspoon salt, 1/8 teaspoon oregano, and 1/8 teaspoon pepper. Mix all ingredients. Grate 1/2 lb. sharp cheese and mix half of cheese with ingredients. Garnish with the rest. Bake at 350° F for 30 minutes.

Zucchini is great in slices or chunks (raw) in a tossed salad. Also use in batter for a fun and tasty fondue.

MUSHROOM ZUCCHINI SKILLET

In fry pan saute in butter 1 onion, 1 green pepper, 1 lb. fresh mushrooms, 2 medium and 1 large zucchini, cut in pieces. Peel 4 tomatoes, dice, add to pan. Add salt and pepper. Simmer without lid so juice will cook away.

STUFFED ZUCCHINI

1 cup ground ham	1/2 cup grated cheese
1/2 cup bread crumbs	2 pounds zucchini
1/2 teaspoon dry mustard	1/4 cup cooking oil
1/2 teaspoon salt	1 clove garlic, crushed
1/8 teaspoon pepper	1 1/2 teaspoons cornstarch
2 Tablespoons onion, minced	1/2 cup canned tomato sauce
1-2 eggs	

Combine ham, crumbs, mustard, salt, pepper, onion and cheese. Wash the zucchini thoroughly and cut into 3" lengths. Scoop out the center, leaving a shell 1/2 " thick. Stuff with the ham mixture. Place zucchini in a baking pan and add the oil and garlic. Cover and bake until zucchini are tender – about 45 minutes at 350° F. Remove from pan. Mix the cornstarch with tomato sauce and stir into the pan. Cook over low heat until thickened. Skim off the excess fat and spoon the sauce over the zucchini.

NOTE: If the recipe seems too dry, add a little milk or a little tomato juice until it looks just right.

SASSY ZUCCHINI

1 pound ground beef	1 teaspoon salt
1 medium onion, chopped (1 cup)	1 cup packaged pre-cooked rice
1 16-oz. can tomatoes (2 cups)	24 oz. Zucchini, cut in 1" strips (4 cups)
3/4 cup water	
1 envelope spaghetti sauce mix	

In a large skillet, cook ground beef and onion until meat is browned and onion is tender. Mix in undrained tomatoes, water, spaghetti sauce mix and salt; bring to boil. Stir in rice and zucchini pieces. Cover tightly and simmer 15-20 minutes or until zucchini is tender, stirring occasionally.

Makes 6 servings

ZUCCHINI DRESSING

2 medium zucchini squash	1 box stuffing mix
1 can cream of mushroom soup	1 egg

Mix the stuffing according to directions, then slice and peel squash. In a greased baking pan/dish, layer the squash and stuffing. Beat the egg and cream of mushroom soup together and pour over top. Bake at 350° F for about 40-45 minutes, just till the squash is done.

SASSY ZUCCHINI CASSEROLE

6 medium zucchini, about 6" long	2 cups bread cubes
1 envelope spaghetti sauce mix	2 tomatoes, sliced
1 teaspoon oregano	1/4 cup butter
1 package (8 oz.) mozzarella cheese, cubed	
2 Tablespoons parsley flakes	

Quarter zucchini lengthwise and parboil 7 minutes. Prepare spaghetti sauce according to package directions. Add to it the oregano and parsley flakes. Melt butter in skillet and add bread cubes. Toss until golden brown. Arrange squash in bottom of casserole. Spoon part of sauce over and sprinkle with parmesan cheese and half of bread crumbs. Top with mozzarella cheese. Slice tomatoes on top. Add remaining sauce, parmesan cheese and bread cubes. Bake 30 minutes at 375° F.

ZUCCHINI STUFFED WITH GROUND BEEF

6 medium zucchini	1 1/2 lbs. ground beef
4 slices bread	2 Tablespoons chopped parsley
2 Tablespoons grated parmesan cheese	1 Tablespoon finely chopped onion
1 egg	Salt and pepper to taste
2 10 1/2-oz. cans condensed tomato soup	3/4 cup water

Wash zucchini. Do not peel. Cut off ends. Boil for 10 minutes. Cool. Cut in half lengthwise, scoop out pulp, drain with cut side down on rack. Chop the pulp finely. Soak bread in water for a few minutes, then squeeze dry. Mix thoroughly with chopped zucchini, meat, parsley, parmesan cheese, onion and egg. Season to taste. Fill zucchini shells with meat mixture. Place in lightly greased, shallow baking dish. Shape any leftover meat into meatballs and bake with the zucchini. Mix tomato soup with water, pour over zucchini. Bake at 350° F. for 45 minutes.

Makes 6 servings with enough sauce for rice or noodles

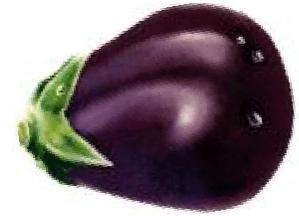
STUFFED ZUCCHINI SQUASH

6 medium zucchini	3 Tablespoons minced parsley
3 cups soft bread crumbs	1 teaspoon salt
1/2 cup grated parmesan cheese	Pepper to taste
1 small onion, minced	2 beaten eggs
2 Tablespoons butter or margarine	

Wash zucchini. Cut off ends – don't peel. Cook in boiling, salted water for 5 minutes. Halve lengthwise; remove pulp with spoon. Combine with bread crumbs, cheese, onion, parsley, salt, pepper and eggs. Fill zucchini shells; dot with butter. Sprinkle with more cheese. Bake at 350° for 30 minutes.

Makes 6 servings

ZUCCHINI EGGPLANT PIE



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| 1 medium onion, sliced | 1 green pepper, sliced |
| 1 clove garlic, minced | 1/4 cup olive oil |
| 15 fresh okra, sliced OR 1 package (10 oz. frozen okra) | |
| 5 medium tomatoes, cut in wedges | 3 large zucchini, sliced |
| 1 small eggplant, diced | Bread shells |
| 1 teaspoon salt | 1/2 teaspoon oregano |
| 1/2 teaspoon pepper | |

Cook onion and garlic in oil until transparent. Stir in remaining ingredients. Simmer, covered, over low heat about 30 minutes, stirring occasionally. Uncover and simmer 20 minutes longer. Prepare bread shells and fill with vegetable mixture.

BREAD SHELLS: 48 slices of bread, trimmed; 1/4 cup water, 1/3 cup butter, melted.

Flatten slices of bread with rolling pin. Piece 4 slices together over the bottom and up sides of each of twelve 5" pans to form shell. Brush edges iwth water, overlap and seal well. Trim. Brush with melted butter. Bake in preheated 350° F. oven 25-35 minutes or until crisp and golden brown.



ZUCCHINI AND MUSHROOM BAKE

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| 2 medium-sized zucchini, washed and trimmed | |
| 1/2 lb. mushrooms, sliced | 3 Tablespoons butter |
| 1/8 teaspoon dried dill, chopped | 2 Tablespoons flour |
| 1 clove garlic | 1 cup sour cream |
| Boiling, salted water | Buttered bread crumbs |

Cut the zucchini in 1" slices. Add the dill and garlic and boiling slated water to cover. Return to a boil. Reduce the heat, cover and simmer gently until the zucchini is tender – don't overcook. Drain, reserving two tablespoons of the cooking liquid. Remove and discard the garlic.

Saute the mushrooms in butter for 5 minutes, stirring occasionally. Stir in the flour and cook 2 minutes longer. Add the sour cream, zucchini and reserve cooking liquid, stirring constantly. Heat thoroughly but do not boil. Place the mixture in a casserole and top with buttered bread crumbs. Brown quickly under high broiler heat.

ZUCCHINI CASSEROLE

1 4"-5" diameter zucchini (15-18" long)	Onion rings (optional)
1/2 lb. sliced bacon (cut in pieces)	1 beaten egg
1 cup bread crumbs	Grated cheese

Fry bacon until crisp. Save drippings. Slice squash 1/3" thick, skin and seed. Dip slices in egg and bread crumbs. Fry in bacon drippings until tender (turn). Place squash slices in dripper pan. On each layer place crumbled bacon and grated cheese (also onions, if used). Finish with extra cheese on top Spoon one can of tomato sauce on top or 1 cup thick tomato juice. Bake 30 minutes at 325° F.

ZUCCHINI VINAIGRETTE

1/2 cup vinegar or left-over pickle juice	1 teaspoon sugar
1/16 teaspoon garlic powder (or 1/2 clove garlic, crushed)	
1 1/2 lbs. (6-8) young zucchini (raw) sliced 1/8" thin	
2-3 Tablespoons chopped onion	

Mix the vinegar, sugar, onion and garlic powder in a large bowl. Add sliced zucchini. Refrigerate 1 hour to chill and blend flavors.

Makes 6-8 servings

SUNSHINE ZUCCHINI VINAIGRETTE - Add 1-2 shredded carrots to above recipe.

CUCUMBER VINAIGRETTE - Use cucumbers instead of zucchini.

BROCCOLI VINAIGRETTE - Use 1 bunch of broccoli instead of zucchini in recipe above. Cut washed broccoli into bite-sized pieces. Cook in a small amount of boiling water until tender-crisp. Drain and cool. Toss with the vinegar dressing.



ZUCCHINI BOATS

1 small onion, chopped	1/2 teaspoon salt
2 small tomatoes, chopped	1/8 teaspoon pepper
3 Tablespoons butter or margarine, melted	1/4 teaspoon garlic
2 Tablespoons dry unseasoned bread crumbs	
3 Tablespoons grated parmesan cheese	
6 small zucchini, sliced in half lengthwise	

Combine all ingredients except zucchini and cheese. Place two zucchini halves on a 12" square of double thickness heavy-duty foil. Repeat with remaining zucchini. Place an equal amount of tomato mixture atop each zucchini. Sprinkle zucchini with cheese. Close packages securely with a double fold on top and ends. Place on grill over hot coals. Cover grill. Cook 35 minutes.

Yield: 6 servings

SKILLET ZUCCHINI

2 Tablespoons corn oil	1 Tablespoon chopped pimento
1 small onion, sliced	1 teaspoon salt
4 medium zucchini (about 1 lb.) cut into 1" slices	
2 fresh tomatoes, peeled, cut up	1/2 teaspoon crushed basil
1./4 teaspoon pepper	1 bay leaf

Heat oil in skillet. Add onion; saute until lightly browned. Add zucchini, tomatoes, pimento, salt, basil, pepper and bay leaf. Cover and simmer until zucchini is barely tender, about 13 minutes. Remove bay leaf. Makes 4-6 servings

ZUCCHINI HAMBURGER CASSEROLE

1 1/2 lbs. zucchini (about 3 medium)	1 teaspoon garlic salt
1 lb. ground beef	1 teaspoon crushed oregano
1 medium onion, chopped	2 cups cottage cheese
1 cup instant rice, uncooked	1 cup grated sharp cheddar cheese
1 10 1/2-oz. can cream of mushroom soup (fresh mushrooms optional)	

Cook zucchini sliced in 1/4" slices until barely soft. Set aside. Brown ground beef and onion. Add seasonings and rice. Layer in baking dish, placing half of the cooked zucchini, meat mixture, and add mushroom soup. **OPTIONAL:** Add fresh mushrooms. Sprinkle with grated cheese and bake, uncovered at 350° F. for 35-40 minutes.

STUFFED BAKED ZUCCHINI SQUASH

3 medium zucchini (about 1 1/2 lbs.)	1/4 cup diced, canned pimento
24 saltine crackers	2 sprigs parsley
1 egg	1/2 teaspoon salt
2 oz. sharp cheddar cheese (1/2 cup)	Dash of pepper
1 sliced small onion	1 Tablespoon melted margarine