



Home On The Range



Zucchini can perk up Summer appetites

Zucchini, the versatile Italian squash, can become a super vegetable from the garden when used as an ingredient in the Home on the Range recipes found in today's column.

The zucchini contains many valuable nutrients, including Vitamin A, B, and C

When choosing zucchini, do not count on large being best. The medium sized ones are generally considered the best for eating. They come in ready-made green and yellow striped shells, which are edible, so the bright vegetable is often served unpeeled.

So, read the recipes below, and pick out the one that you want to try.

In today's Home on the Range, we're also including some more dairy recipes sent in by readers that are good to try year round.

Also, don't forget to check the recipe theme calendar. We're still looking for some last minute sandwich spread recipes, and we'll need lots of good tomato and potato recipes for the first two themes in August.

STUFFED ZUCCHINI

3 medium zucchini, unpeeled
2 tablespoons butter
¼ pound chopped fresh mushrooms
2 tablespoons flour
½ teaspoon salt
¼ teaspoon oregano
1 cup or 4 ounces diced or shredded Provolone cheese
2 tablespoons dairy sour cream

Cook zucchini in boiling salted water for ten minutes. Drain and cut in half, lengthwise. Scoop out the centers leaving a ¼ inch thick shell, and chop. In a small skillet, melt the butter; saute the mushrooms, then stir in the flour, salt and oregano. Remove from heat. Stir in cheese, sour cream and zucchini. Fill the shells, using about ¼ cup of filling for each. Broil until hot and bubbly, three to five minutes. Serve as an accompaniment to lamb or veal chops or ham steak. Makes six servings. Note: the stuffed zucchini may be assembled in advance, covered and refrigerated. Broil five to seven minutes.

ZUCCHINI APPETIZER

3 cups thinly sliced unpared zucchini
1 cup instant biscuit mix
½ cup grated Parmesan cheese
2 tablespoons snipped parsley
¼ teaspoon salt, plus
¼ teaspoon seasoned salt or plain salt
¼ teaspoon oregano
dash of pepper
pinch of garlic salt
¼ cup vegetable oil
4 eggs, slightly beaten

Heat oven to 350 Degrees F. Grease an oblong pan, 13 by 9 by 2 inches. Mix all ingredients together. Spread in pan. Bake about 25 to 35 minutes. Cut in pieces.

Mrs. Carl S. Bacon
Felton, Pa.

WANTED: RECIPES!

Home on the Range is your recipe column! We need recipes for the following themes which will be featured in the coming weeks. Send your recipe to Lancaster Farming, Home on the Range, Box 366, Lititz, Pa. 17543.

JULY

28

Sandwiches and Spreads
Deadline July 21

AUGUST

4

Tasty Tomatoes
Deadline July 28

11

Pleasing Potatoes
Deadline August 4



Zucchini is a vegetable that can be very popular at the supper table. Seen above is stuffed zucchini, served with lamb chops, which makes a popular

entree. Other zucchini recipes are offered in today's Home on the Range.

CREAMY MACARONI AND CHEESE

1½ cups elbow macaroni
2 tablespoons butter
4½ tablespoons flour
dash of powdered mustard
½ teaspoon salt
pepper to taste
3 cups milk
½ teaspoon Worcestershire sauce
1 small onion, grated
½ pound sharp cheese, shredded
4 tablespoons fine bread crumbs
2 tablespoons margarine

Cook the macaroni according to package directions. Drain and put in greased two quart casserole. Melt butter and blend in flour, mustard, salt, and pepper. Remove from heat and add milk gradually. Cook until thickened, stirring constantly. Next add Worcestershire sauce, cheese, and onion, stirring until cheese melts. Pour over macaroni. Sprinkle with crumbs mixed with melted margarine. Bake in oven at 375 Degrees F. for 30 minutes. Serves four to six people.

Mrs. Eva S. Rubinsky
Upper Gwynedd, Pa.

BEAN-ZINI

2 packages frozen green beans or
2 cans drained green beans
2 tablespoons vegetable oil
¼ cup diced onion
2 tablespoons diced green peppers
1 can tomatoes, drained, saving juice
1/8 teaspoon oregano
½ teaspoon parsley flakes
salt and pepper to taste
2 teaspoons parmesan cheese
1 medium sized zuchini, peeled and diced

Use a large stainless steel kettle. Put oil in the bottom with onion, peppers, and zucchini. Heat until vegetables lose color, but are not browned. Drain the beans, add the liquid from the tomatoes, then add the beans and spices. Cover and cook beans in the liquid over medium heat for about 15 minutes or until done. Add the drained chopped tomatoes. Heat a few minutes longer and sprinkle with cheese. Serve. A variation for this recipe is to season with onion salt or garlic salt or to increase the oregano. Also instead of cooking on top of the stove, you can mix the ingredients together, including the tomatoes, and put in a casserole, sprinkling with cheese. Bake for 30 minutes at 375 Degrees F.

Mrs. Shirley O'Neil
Danville, Pa.

ZUCCHINI

4 cups peeled squash
1 cup sliced onion
1 can cream of celery soup (undiluted)
¼ cup grated sharp cheese
½ cup butter and ¼ cup fine crumbs
salt and pepper

On low heat, cook zucchini and onion until tender, using very little water. Drain. Add cream of celery soup and sharp cheese. On low heat, melt the butter. Stir into crumbs and put on top. This should be poured in a buttered casserole. Bake at 350 Degrees F. for 20 minutes or until heated throughout.

Mrs. Elmer E. Brubaker
Mount Joy, Pa.

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HONEY BROOK MOLASSES

- BAKING MOLASSES • TABLE SYRUP
- BLACKSTRAP MOLASSES
- CLIP & SAVE FOR YOUR RECIPE FILES:

PEANUT BRITTLE

2 tablespoons butter
½ cup Honey Brook
baking molasses
1 cup sugar
¾ tsp baking soda
2 cups roasted peanuts

Melt butter in saucepan. Add sugar and molasses. Mix well. Cook over medium heat, stirring frequently, to 300°F. or until syrup, when dropped in very cold water, becomes brittle. Remove from heat. Stir in soda. Quickly add peanuts. Pour into 2 large, greased cookie pans. Lift edges and stretch candy as thin as possible when cool enough to handle. Break into pieces. YIELD: 1½ pounds.

WATCH FOR NEW RECIPES

Look for Honey Brook Molasses with THE BEEHIVE at your local grocer.
If not available call: (215) 273-3776



ZOOK MOLASSES CO.

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