

The Microwave Times

by:
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Summer Zucchini

What do I do with all this zucchini? It's a wonderful vegetable, but gets tiring when served 5 days in a row. To help you add variety to summer meals, serve it sometimes as a vegetable and other times sneak it into soups, cakes and bars.

Remember, too, to shred some and store in the freezer for delicious cakes, breads and bars throughout the winter months. Just package the amount of shredded zucchini your recipes specify so you can microwave it 30 to 40 seconds to thaw and add to the batter. Label each package so you know the quantity. Also, make up extra cakes, breads and bars and have in the freezer ready for back-to-school needs that will soon be upon us.

Sliced zucchini and colorful cherry tomatoes are flavored with crunchy sesame seed for a delicious accompaniment to grilled meat or poultry.

Sesame-Zucchini Saute

- 1 small onion, sliced
- 2 tablespoons sesame seed
- 3 tablespoons margarine or butter
- 1/4 teaspoon salt
- 1/4 teaspoon garlic salt
- 1/4 teaspoon oregano leaves
- 3 stalks celery
- 2 medium zucchini
- 1 cup cherry tomatoes, if desired

1. Combine onion, sesame seed and margarine in 1-quart glass casserole.

2. MICROWAVE (high), uncovered, 3 to 4 minutes or until onion is tender. Add salts and oregano. Add celery and zucchini, to casserole; mix lightly. Cover with casserole lid.

3. MICROWAVE (high) 4 1/2 to 5 1/2 minutes or until vegetables

are desired doneness. Mix in cherry tomatoes.

About 5 Servings.

Nutrition Info/Serving: 101 calories, 2g protein, 9g fat, 4g carbohydrate, 319mg sodium, 0mg cholesterol.

This is an ideal soup for starting a meal, and with warm weather here, note that it can also be served chilled. Other vegetables such as broccoli, asparagus or cauliflower can be used in place of the zucchini for interesting variations. Or, use a combination of vegetables.

Zucchini Soup

- 1 large or 2 medium zucchini, unpeeled
- 2 medium onions, thinly sliced
- 2 teaspoons instant chicken bouillon
- 1/4 teaspoon salt
- 1/4 teaspoon oregano leaves
- 1/4 teaspoon basil leaves
- 1/4 cup water
- 1/4 to 1/2 cup light cream or milk, if desired

1. Slice zucchini into 1-quart casserole. Add remaining ingredients except cream. Cover with casserole lid.

2. MICROWAVE (high) 8 to 10 minutes or until vegetables are tender, stirring once. Pour mixture into blender container or bowl of food processor. Process until smooth. Blend in cream until desired consistency. Serve hot or chilled.

About 3 Servings

Nutrition Info/Serving: 65 calories, 3g protein, 3g fat, 9g carbohydrate, 631mg sodium, 7mg cholesterol.

This deliciously moist cake makes good use of zucchini from the garden. The whipped creamy-

type frosting adds a nice finishing touch without the added calories of real whipped cream.

Zucchini Cake

Frosting:

- 1/4 cup sugar
- 2 tablespoons flour
- 1/4 cup milk
- 1/4 cup margarine or butter
- 1/4 teaspoon vanilla

Cake:

- 1 1/4 cups sugar
- 3/4 cup oil
- 1/2 teaspoon vanilla
- 2 eggs
- 1 1/2 cups unsifted all-purpose flour
- 1/4 teaspoon salt
- 1 1/4 teaspoons soda
- 1 1/2 teaspoons cinnamon
- 1 1/2 cups shredded, unpeeled zucchini
- 1/2 cup chopped nuts

1. Combine sugar, flour and milk in 2-cup glass measure.

2. MICROWAVE (high), uncovered, 2 to 2 1/2 minutes or until mixture boils and thickens. Refrigerate while preparing cake (at least 1 hour).

3. For cake, blend together sugar, oil and vanilla. Beat in eggs, one at a time. Mix in remaining ingredients until thoroughly combined.

4. Pour into 8-inch square glass baking dish, greased on bottom only; spread evenly in pan.

5. MICROWAVE (medium-50% power) 10 minutes, rotating dish once.

6. MICROWAVE (high) 7 to 8 minutes or until no longer doughy, rotating dish twice. Cool.

7. Complete frosting by microwaving margarine 10 to 15 seconds or until slightly softened (don't allow to melt). Beat with

mixer until creamy. Slowly beat in cooled milk mixture. Beat until fluffy. Blend in vanilla. Spread on cooled cake. If desired, sprinkle with nutmeg.

About 9 Servings.

Nutrition Info/Serving: 450 calories, 5g protein, 26g fat, 53g carbohydrate, 372mg sodium, 48mg cholesterol.

Here is a flavorful way to prepare some of the abundance of your cabbage and zucchini harvest. About 100 calories per serving.

Stir-Fry Cabbage And Zucchini

- 1/2 large head cabbage, shredded (about 6 cups)
- 1 medium onion, thinly sliced
- 1 clove garlic, finely chopped
- 3 tablespoons margarine, oil or bacon drippings
- 3 medium zucchini, sliced (about 3 cups)
- 1/4 teaspoon salt or seasoned salt

Hand Washing Versus Machine Washing

Many garments today contain labels giving hand washing instructions. Hand washing is a restrictive care process which reduces the degree of mechanical action a fabric receives. This type of care instruction is usually given because the garment cannot withstand the excess rubbing or agitation of a machine washing process. Machine washing on a gentle cycle is not acceptable because this does involve some agitation that the garment may not be able to withstand. Color losses from machine washing are likely to be

more intense due to the excessive agitation. Felting shrinkage is also likely to occur on soft wools when machine washed. Although the amount of agitation is reduced on a gentle cycle, adverse effects may still occur. When hand washing instructions are given, the garment should be processed without twisting, wringing, or agitation. The garment should be squeezed gently by hand to remove any excess moisture and laid flat to dry.

Source: Clothes and Care Gazette June 1991.

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