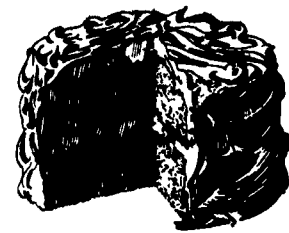


Home On The Range



Zucchini Squashes Mealtime Blahs

To get a look at the longest zucchini or the heaviest zucchini of the season, you could travel to Harrisville, New Hampshire where the international Zucchini Festival is held every summer. Featuring more than 100 tasty zucchini creations, festival chefs make everything from zucchini pie to savory zucchini casseroles oozing with cheese.

Fortunately, you need only try these recipes using zucchini from your garden or grocery store to get a good idea of the many different tastes that zucchini makes possible.

ZUCCHINI BREAD AND BUTTER PICKLES

- 1 quart white vinegar
- 2 cups granulated sugar
- 3 tablespoons salt
- 2 teaspoons celery salt
- 2 teaspoons turmeric
- 1 teaspoon ground mustard
- 4 quarts sliced zucchini
- 1 quart sliced onion

In a large kettle, boil together vinegar, sugar, salt, and spices. Add vegetables, bring to a boil for 1 minute. Cover, turn off heat and let stand 1 hour. Bring to a boil and cook 3 minutes. Pack into hot sterilized jars and put in boiling water bath for 10 minutes.

Variation: Replace 4 cups zucchini with radishes. It's different, but really good, writes contributor. The red of the radish skins makes the brine slightly orange.

Hope you like this recipe. We really do. We moved to Pitman last August from Bucks County. We have three daughters Megan, Hillary, and Amy.

Carol Tietsworth
Pitman

ZUCCHINI CASSEROLE

- 1 medium zucchini, shredded
 - 1 tablespoon onion, chopped
 - 5 tablespoons butter, melted
 - 7 slices bread, toasted and cubed
 - ¼ cup milk
 - ¼ cup salad dressing
 - ½ cup celery, chopped
 - 1 teaspoon sage
 - Salt, to taste
 - 1 can cream of chicken soup
 - 1 cup cooked chicken, cut up
- Mix all together and bake for 1½ hours at 325 degrees.

York Reader

CHOCOLATE ZUCCHINI CAKE

- ½ cup butter
- 1¼ cup sugar
- 1 teaspoon vanilla
- 2½ cups flour
- ½ teaspoon baking powder
- ½ teaspoon cinnamon
- 2 cups finely diced zucchini (do not peel)
- ½ cup chocolate chips
- ½ cup vegetable oil
- 2 eggs
- ½ cup sour milk or buttermilk
- 4 tablespoons cocoa
- 1 teaspoon baking soda
- ½ teaspoon cloves

Cream together butter, oil, and sugar. Add eggs, vanilla, and sour milk. Beat with mixer. Mix together all the dry ingredients and add to creamed mixture; beat well. Stir in diced zucchini. Spoon batter into greased and floured 9x13x2-inch pan, sprinkle top with chocolate chips. Bake at 325 degrees for approximately 50 minutes or until toothpick comes out clean and dry.

Needs no icing. Very moist. Gardeners who grow zucchini and need new ways to use them will be delighted with this.

Nita Louise

ZUCCHINI FUDGE CAKE

- ½ cup butter
- ½ cup vegetable oil
- 1¼ cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 2½ cups flour
- 4 tablespoons cocoa
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon baking powder
- ½ cup sour milk
- 2 cups grated zucchini

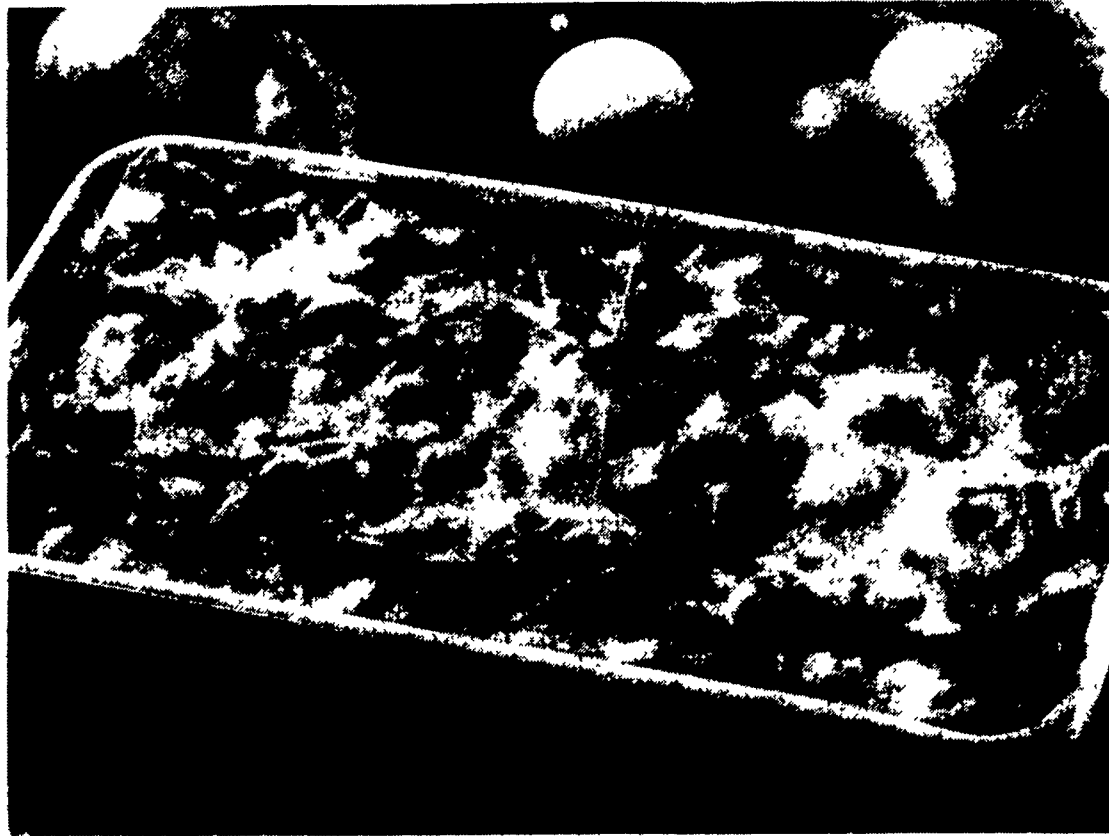
Cream butter, oil, and sugar. Beat in eggs and vanilla. Combine dry ingredients and add slowly with the sour milk. Stir in grated zucchini. Pour into 13x9-inch greased cake pan. Cover with topping.

Topping:

- 1 tablespoon sugar
- 1 cup chocolate chips
- ½ cup chopped nuts

Mix together before sprinkling on cake. Bake at 350 degrees for 40-45 minutes.

Marci Ohl
Tarentum



Lasagne made with zucchini instead of noodles is a nutritious and flavorful way to enjoy summer's bounty.

VEGETABLE LASAGNE

- 1½ cups chopped onion
 - 2 large cloves garlic, finely minced
 - 6 ounces mushrooms, coarsely chopped
 - 1 tablespoon butter
 - 2 large stalks broccoli, chopped about 4 cups
 - ½ pound spinach, about 2 cups
 - 2 cups low-fat cottage cheese
 - 1 cup mozzarella
 - 3 tablespoons grated Parmesan
 - ½ cup chopped parsley
 - 2 eggs
 - ¼ teaspoon pepper
 - ¼ teaspoon salt, if desired
 - 3 cups spaghetti sauce
 - 4 cups zucchini, shredded
- Saute onion, garlic and mushrooms in butter until soft. Add the broccoli and spinach. Stir to combine ingredients, reduce heat, cover skillet and simmer about 5 minutes.

In medium bowl, combine cottage cheese, mozzarella, Parmesan, parsley, eggs, pepper and salt.

In baking pan, spread ½ cup spaghetti sauce on bottom. Layer the lasagne as follows: zucchini, half of cheese mixture, half vegetable mixture, and 1 cup spaghetti sauce. Repeat, starting with zucchini. End with a layer of zucchini topped with remaining spaghetti sauce. Sprinkle top with more Parmesan if desired.

Bake at 375 degrees for 25 minutes. Let stand about 10 minutes before serving.

ZUCCHINI PINEAPPLE

- Peel and shred in blender:
 - 2 quarts zucchini
- Add:
- 23-ounces pineapple juice
 - ¼ cup lemon juice
 - 1½ cups sugar
- Bring to a boil and simmer 20 minutes. Thicken with clear jel or pour into jars and seal. Process 15 minutes in water bath canner.

Susan Weaver
Richfield

ZUCCHINI BREAD

- 4 cups shredded zucchini, unpeeled
- 1 medium-size apple, shredded and peeled
- 3 cups flour
- 2½ cups sugar
- 1¼ cups oil
- 4 eggs, beaten
- 4 teaspoons vanilla
- 1 teaspoon cinnamon
- 1½ teaspoon salt
- 1½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ cup nuts, chopped

Beat eggs. Add sugar, vanilla, and oil then add the remaining ingredients except zucchini.

Blend 1 minute on low speed. Add zucchini and apple. Beat on medium speed for 1 minute. Pour into 2 9x5x3-inch pans. Bake at 325 degrees for 50 to 60 minutes.

Pauline Huber
Lititz

LOW-FAT OVEN BAKED ZUCCHINI

- 1 large zucchini
- 1½ cups low-fat mayonnaise
- ¼ cup water
- 3 cups Italian-style bread crumbs

Mix mayonnaise and water in small mixing bowl. Slice zucchini in approximately ¼-inch slices, dip slices in the mayonnaise and water mixture. Lay zucchini in the bread crumbs so that both sides are coated. Using vegetable spray, lightly coat a large cookie sheet. Lay coated zucchini on the cookie sheet and broil until golden brown, flip, and broil the other side.

Great dipped in a low-fat or a light Ranch dressing.

Mike Schoenadel
Ephrata

(Turn to Page B8)

Featured Recipe

Planning a special dinner, and you're not certain what to serve? A sure-fire company hit is Veal Chops with Tomato-Pepper Relish.

VEAL CHOPS WITH TOMATO-PEPPER RELISH

- 2 tablespoons olive oil, divided
- 1 small onion, chopped
- 1 clove garlic, crushed
- 14½ ounces Italian-style stewed tomatoes
- 1 roasted red bell pepper, finely chopped
- 1 tablespoon balsamic vinegar
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper
- 2 tablespoons chopped fresh parsley
- 1 tablespoon butter
- 4 veal loin or rib chops, cut 1-inch thick

Hot cooked pasta or rice, optional

For relish, heat 1 tablespoon olive oil in medium skillet over medium heat. Add onion and saute until soft but not browned, about 5 minutes, adding garlic the last minute of cooking. Drain tomatoes, reserving liquid. Finely chop tomatoes and add to skillet with onion; cook 5 minutes, stirring occasionally. Add reserved tomato liquid, bell pepper, vinegar, salt, red pepper, and parsley. Simmer 5 to 10 minutes until thickened as desired; set aside. Heat remaining 1 tablespoon olive oil and butter in large skillet over medium heat. Cook veal about 5 minutes per side for medium or to desired doneness; remove to platter and keep warm. Add relish to skillet and heat through, scraping up any bits from bottom of pan. Spoon relish onto serving plates; arrange veal chops over relish. Serve with pasta or rice, if desired. 4 servings.

To roast pepper, cut 1 medium red bell pepper in quarters lengthwise; remove seeds. Broil skin side up until skin is blackened all over. Place in paper bag to steam for 5 minutes. Remove blackened skin.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

August

- 21- Tomatoes
- 28- Apples

September

- 4- National Chicken Month
- 11- All Varieties Of Beans