



Home on the Range

Zucchini Your Family Will Love

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 travel to the garden or to the nearest roadside stand or grocery store to pick up ripe summer zucchini to make these recipes your family will love.

Remember, zucchini is one of those vegetables that eaten regularly may help reduce your risk of developing certain cancers.

ZUCCHINI WITH TOMATO AND CHEESE

3 cups chopped zucchini
1 onion, chopped
1 tablespoon vegetable oil
1 teaspoon salt
½ cup shredded cheese
1 cup canned tomatoes
Brown zucchini and onion in oil. Cover and simmer 10 minutes. Add remaining ingredients and heat until cheese melts.
Serves 8. Good for diets.

Linda Settle
Pylesville, Md.

POOR MAN'S CRAB CAKES

2 cups grated zucchini, squeezed
1 egg
1 tablespoon Old Bay Seasoning
½ cup Italian bread crumbs
1 tablespoon mayonnaise
¼ teaspoon salt
1 tablespoon baking powder
Mix together all ingredients and form patties. Fry in oil until browned.

Josephine Matenus
Dallas

ZUCCHINI PIE

3 cups zucchini
4 eggs
1 medium onion
½ cup Bisquick
½ cup grated Parmesan cheese
1 teaspoon butter
½ teaspoon salt
½ teaspoon pepper
Mix together all ingredients in bowl. Put mixture into a greased 10-inch pie plate. Bake at 350 degrees for 30 minutes or until browned.

Josephine Matenus
Dallas

HARVEST FRITTATA

1½ cups sliced zucchini
1 cup fresh corn kernels
½ cup chopped sweet red peppers
¼ cup chopped onion
¼ teaspoon oregano leaves, crushed
1 tablespoon water
4 eggs
¼ cup skim milk
¼ cup low-fat shredded cheddar cheese

In 10-inch skillet, combine vegetables, oregano and water. Cover and cook over medium heat, stirring occasionally, until crisp-tender.

Thoroughly blend eggs and milk. Pour over vegetables. Cook over low heat until eggs are almost set. Sprinkle with cheese. Broil about 6 inches from heat until cheese is melted.

Cut into wedges and serve from pan or slide from pan onto serving platter.

ZUCCHINI CASSEROLE

3 cups shredded zucchini
1 quart spaghetti sauce
1 cup broken spaghetti, uncooked
½ pound ground beef
1 onion, chopped
¼ cup mozzarella cheese
Brown ground beef and onions. Mix remaining ingredients with meat and onions. Put in large casserole. Bake one hour at 350 degrees.

Glenna Shaner
Hughesville

ZUCCHINI CHOW CHOW

4 quarts zucchini, cubed
6 medium onions, chopped
3 big red peppers, diced
2 cups carrots, sliced
2 cups celery, sliced
2 heads cauliflower
½ cup salt
Water to cover

Syrup:

5 cups sugar
1 teaspoon turmeric
1½ teaspoon celery seed
2 cups vinegar
1 cup water
1 teaspoon alum
1 teaspoon garlic salt

Cook carrots and celery separately for 5 to 10 minutes. Cover all vegetables with salted water for 3 hours. Drain. Make syrup. Bring to a boil. Add vegetables and bring to a boil. Boil about 2 minutes. Put into hot jars and seal.

Janice Burkholder
Quarryville



Combine eggs with all the wonderful produce of the season for this Harvest Frittata.

GOLDEN ZUCCHINI PANCAKES

4 cups zucchini, shredded
½ teaspoon salt
½ cup finely chopped onion
1 tablespoon butter
2 eggs, slightly beaten
¼ cup flour
¼ teaspoon pepper
Cooking oil
Place the zucchini in a colander. Sprinkle with salt and set aside for 30 minutes.

Squeeze as much of the liquid as possible from zucchini with your hands. In a medium skillet, cook the onions in the butter over medium heat about 3 minutes or until tender, stirring occasionally. Transfer the zucchini and onions to a large bowl. Stir in the eggs, flour, and pepper. Pour the oil into a clean medium skillet to a depth of ¼-inch. Heat over medium high heat. Drop slightly rounded tablespoons of the batter into the hot oil and flatten to a 3-inch diameter with the back of a spoon.

Cool the pancakes over medium high heat until golden. Turning once (2 to 3 minutes) each side. Remove the pancakes with a slotted spatula and drain on paper towels. Add more oil to the skillet as needed.

Yellow squash may be substituted for zucchini. Top pancake with a slice of your favorite cheese for a different flavor.

Sarah Clark
Breezewood

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Featured Recipe

Heather Oberholtzer, Lancaster County Dairy Princess, wrote this poem about farmers.

WHAT IS A FARMER

*A farmer is someone with lots of care
Plenty of knowledge and wisdom to share
Up early every morning to greet the cows
With milkers, teat dip, and paper towels
A farmer must be very diverse
Always with an answer for the worst.*

*Field work is important too
Rain or shine there's always something to do
Whether filling silo or baling hay
A little smile can make another's day
Later in the day it's again milking time
Pulsating milkers sound all in rhymes.*

*Then when the milking is through
There's something tasty for me and you
This product called milk is delicious and yum
'Cause it's loaded with protein and calcium
At the end of the day, he's tired but pleased
With that pure milk he has squeezed.*

Heather writes, "Each farmer in the United States feeds more than 120 people. Why not enjoy one of my favorite farmer's, my father's, main dishes?"

TATOR TOT CASSEROLE

2 pounds ground beef, browned
1 can cream of mushroom soup
½ cup milk
2 cups grated cheese
1 bag Tator Tots
Chopped onion, optional
Spread browned ground beef in a 9x13-inch pan. Mix cream of mushroom soup and milk and spread on top of meat. Sprinkle cheese on top of soup mixture. Line the top with Tator Tots. Bake at 350 degrees for 45 minutes.

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.

September

- 2- End of Summer Harvest
- 9- Apple Recipes
- 16- Brown Bag Lunches
- 23- Rice Month