

Home on the Range

Overcome With Zucchini?

Zucchini harvest is in full swing. Maybe you think there is only so much one can do with zucchini and you can't even give this prolific vegetable away.

Are you in for a surprise!

These recipes show how versatile and tasty this summer vegetable can be. If you can't use all those yellow and green summer squashes growing in your garden, try giving a few of these recipes away. You're abundant supply of zucchini is certain to dwindle.

Happy eating!

BAKED ZUCCHINI

2 cups zucchini, diced and cooked

1 stick butter

1 box Stove Top Stuffing (reserve 1 cup)

1 can cream of chicken soup

1 cup sour cream

2 cups grated cheese

Melt butter, add stuffing. Stir and pour into a 13x9x2-inch baking dish. Add remaining ingredients. Top with 1 cup or reserved stuffing. Cover with grated cheese. Bake at 350 degrees for 30 minutes.

Pearle Quarles
Vinton, Va.

ZUCCHINI BAR COOKIES

½ cup sugar

½ cup brown sugar

¼ cup butter

2 eggs

1¼ cup flour

1 teaspoon vanilla

2 cups grated zucchini

½ teaspoon baking powder

1 cup coconut or ¼ cup chopped nuts

Beat sugars, butter, and eggs. In separate bowl, mix together flour, salt, and baking powder. Alternate adding the zucchini and flour mixture to the sugar mixture. Add vanilla and coconut or nuts. Pour into large size jelly roll pan. Bake at 350 degrees for 40 minutes. When cool, frost the following:

2 cups confectioner sugar

2½ tablespoons milk

1½ tablespoons melted butter

1 teaspoon vanilla

½ teaspoon cinnamon

Mix together and frost zucchini bars. Cut into squares when done.

Jamie Bagley
Shunk

ZUCCHINI QUICHE

3 small zucchini, sliced

½ cup grated parmesan cheese

9 eggs

½ teaspoon dried oregano

5 tablespoons butter, melted

¼ cup chopped onion

¼ teaspoon salt

1½ cup milk

½ cup Bisquick

Cook zucchini and onions in half of butter with oregano and salt until tender, about 5 minutes.

In blender or processor, mix eggs, milk, parmesan, Bisquick, salt, and remaining butter. Pour into buttered 13-inch dish or pie plate. Spread zucchini over top.

Bake in preheated 375 degree oven for 30-40 minutes.

Josephine Matenus
Dallas

ZUCCHINI FRIES

4 cups zucchini, cut like French fries

½ cup vegetable oil

1 teaspoon soy sauce

Onion salt

Heat oil and add zucchini, tossing gently until slightly browned. Sprinkle with soy sauce and garlic salt. Serve as soon as tender. Serves 4-6.

Sarah Clark
Breezewood

ZUCCHINI CAKE/BREAD

2 eggs

2 cups shredded zucchini

2 cups sugar

3 cups flour

1 cup oil

2 teaspoons vanilla

½ teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

1 small package dry vanilla pudding (not instant)

1 cup nuts

1 cup raisins

Beat eggs until light. Add oil, sugar, squash, and vanilla. Mix lightly, but well. Mix dry ingredients in a bowl. Add to first mixture; blend.

Add nuts, raisins with spoon (sprinkle a bit of the flour on the raisins, so they won't go to the bottom).

2 small loaf pans or bundt pan, greased and floured.

Bake at 350 degrees for one hour or tests done. This is a moist cake and delicious. Freezes well.

Mae Stancil
Bel Air, Md.

(Turn to Page B8)



Zucchini squash makes an attractive dish to use up summer produce.

MOCK CRAB CAKES

2 cups peeled, grated zucchini

1 cup seasoned bread crumbs

1 teaspoon Old Bay seasoning

1 egg

1 tablespoon salad dressing

Mix together ingredients and form into patties. Fry in butter or oil until golden brown.

Martha Waskovich
Ebensburg

ZUCCHINI IN BATTER

1½ pounds zucchini, smallest available

2 cups water

2 cups all-purpose flour

Oil for frying

Salt to taste

Wash and dry zucchini. Trim ends. Cut zucchini into sticks 2-inches long and ½-inch thick. Put water in medium bowl. Gradually sift flour into water, beating constantly. Batter should have the consistency of mayonnaise. If too thin, add a little more flour; if too thick, add more water.

Batter may be prepared a few hours ahead of time. Pour oil 2 inches deep in a saucepan or deep fryer. Heat oil to 375 degrees or until a one-inch cube of bread turns golden brown almost immediately. Dip zucchini sticks into batter. Using a slotted spoon, lower zucchini sticks a few at a time into hot oil. When golden on all sides, remove from oil with slotted spoon. Drain on paper towels. Arrange drained zucchini on a platter and season with salt. Serve hot. Makes 6-8 servings.

Stan's Kitchen

Featured Recipe

The 13th annual All-American Certified Angus Beef Cook-Off was held in conjunction with the 1996 National Junior Angus Show in Kansas City, Mo., recently. Twenty-four teams in four age divisions competed.

The adult team from Wisconsin took top honors in both showmanship and recipe categories. Their winning recipe was for Grilled Tenderloin Fajitas. Here is the recipe.

Grilled Tenderloin Fajitas (Wisconsin Style)

1 3-4 lb. Certified Angus Beef™ Tenderloin
Meat Marinade

½ cup dry red wine

½ cup beer

½ cup cooking oil

½ cup fresh lime juice

½ cup fresh orange juice

½ cup oriental BBQ sauce

2 tablespoons coarse black pepper

2 tablespoons dried basil

2 tablespoons Wundomus seasoning (substitute any other Cajun seasoning)

Veggie Marinade

½ cup balsamic vinegar

½ cup olive oil

2 tablespoons cracked black pepper

2 tablespoons fresh mint

1 garlic clove

1 tablespoon Wundomus

1 cup shitake or other full flavored mushrooms sliced ½ inch thick

½ red bell pepper, sliced into strips

½ green pepper, sliced into strips

½ papaya

Meat: Combine all marinade ingredients and pour over tenderloin, marinate covered for 2 to 24 hours. Grill tenderloin over hot coals 2 minutes on each side, then wrap in foil with ½ cup marinade and grill on indirect heat until desired doneness.

Veggies: Combine all marinade ingredients and pour over all veggies except papaya. Marinate for 2 hours. Drain and grill veggies (including papaya) over medium hot coals. Serve beef and veggies over steamed tortillas.

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-

24- Garden Vegetables

31- Labor Day Cookout

September-

7- Packed Lunch Ideas

14- National Rice Month