

# Home on the Range

## Make It With Zucchini

If you have garden-grown zucchini coming out your ears, these recipes are for you.

Zucchini is a great bargain. A cup of sliced, raw zucchini contains only 16 calories and less than one-fifth of a gram of fat. You also get 10 milligrams of vitamin C—about one-sixth of the vitamin C you should get daily, and 280 milligrams of potassium. Plus, its 1.4 grams of fiber helps you inch toward the 20-25 grams of fiber you should consume daily.

Raw zucchini is a great addition to salads and vegetable trays. Steamed, it's quite tasty served with tomatoes, sprinkled with parmesan or mozzarella cheese, or seasoned with basil, marjoram, oregano or rosemary. Or, you can cut zucchini into small sticks and stir-fry with similarly cut carrots, yellow squash, or sweet red peppers.

Zucchini from your garden can be stored in the refrigerator up to two weeks. It's easy to freeze zucchini. Just peel, and cut in half-inch slices. Blanch for three minutes, cool, drain, and store in freezer bags or containers. For shredded zucchini, steam for one to two minutes before draining and freezing.

### BAKED ZUCCHINI, TOMATOES, ONIONS

4 tablespoons olive oil  
4 tomatoes, sliced  
Basil  
4 large onions, sliced  
1½ pounds zucchini, sliced  
Coat cookie sheet with olive oil. Arrange in layers, zucchini, tomatoes, and onions on a cookie sheet. Drizzle olive oil over all. Sprinkle with basil, salt and pepper. Bake at 375 degrees for 35-45 minutes.

Madeline VanLeuven  
Mantua, N.J.

### ZUCCHINI JAM

6 cups seeded, shredded, peeled zucchini  
6 cups sugar  
½ cup lemon juice  
20-ounce can crushed pineapple, undrained  
6-ounce package Jell-O, any flavor

In large kettle, bring zucchini and sugar to a boil. Boil and stir constantly for six minutes. Add lemon juice and pineapple. Cook and stir for 8 minutes. Add Jell-O and cook and stir one minute more. Remove from heat. Skim off foam, fill jars and process in boiling water bath 10 minutes.

Anonymous

### ZUCCHINI CHEESE PIE

Mix a half cup shredded mozzarella cheese with 3 cups shredded zucchini. Combine 1 cup Bisquick, ½ cup oil, 1 tablespoon parsley flakes. Mix above. Add 4 eggs. Add to zucchini ingredients, mixing well.

Place mixture in greased 8x8-inch pan. Bake at 375 degrees for 40 minutes or until golden brown.

Serve with maple syrup. Makes 6-8 servings.

Madeline VanLeuven  
Mantua, N.J.

### ZUCCHINI CRISPS

Mix together like crumbs:

4 cups flour  
1½ cups sugar  
3 sticks butter.

Set aside one-half cup crumbs. Combine the following:

8 cups peeled zucchini, cut like apple pie

½ cup lemon juice  
1 teaspoon cinnamon  
1 cup sugar  
½ teaspoon nutmeg

Cook together on stove until soft. To thicken, add half cup crumbs. Put half the crumbs in 9x13-inch pan. Spread on bottom of pan. Bake 10 minutes at 375 degrees. Take cooked mix, spread over crumbs. Put remainder of crumbs over top. Bake at 375 degrees for 30 minutes.

E. Borger  
Bath

### ZUCCHINI CASSEROLE

2 cups zucchini, cooked and chopped  
1 egg  
1 cup cheddar cheese, grated  
1 small onion, chopped  
1 cup mayonnaise  
½ stick butter, melted  
½ cup bread crumbs

Mix together first seven ingredients in bowl. Cover with butter. Sprinkle bread crumbs on top.

Bake at 350 degrees for 30 minutes.

Anna Martin  
Denver

### ZUCCHINI SQUASH PIE

Peel, chunk, and cook squash. Combine all ingredients in blender and grind thoroughly:

2 cups squash  
2 eggs  
1 cup milk

2 tablespoons flour  
Scant cup brown sugar  
Pour mixture into crust. Bake at 350 degrees for 45 minutes.

Real good!

Fran Westfall  
New Oxford



Make the most of summer's bountiful supply of zucchini by incorporating it into stir fries, egg skillet suppers, and many other wonderful recipes in this issue.

### ZUCCHINI FRITTERS

Shred 1 cup zucchini. Mix 1 teaspoon salt. Let stand 15 minutes. Then squeeze out juice. Put into bowl. Add 1 teaspoon minced onion, 1 egg. Beat well. Add ¼ cup oil and stir until smooth. Drop by teaspoon in ¼ -inch hot oil and fry in heavy skillet.

Fran Westfall  
New Oxford

### ZUCCHINI AND TOMATO STIRFRY

½ cup butter  
½ -1 teaspoon salt  
1 teaspoon sweet basil leaves  
¼ ground pepper  
½ cup green pepper strips  
2 medium zucchini, sliced thin  
1 medium onion, sliced thin  
1 cup seasoned stuffing mix  
4 tomatoes, cut in wedges  
2 teaspoons sugar

In heavy 10-inch skillet, melt butter; add seasonings. Saute green pepper and sliced onion, uncovered over medium heat until tender. Add sliced zucchini, cooking until almost tender. Add stuffing; toss. Add tomatoes and sugar. Toss gently. Cover; and continue cooking until tomatoes are hot and firm.

Fran Westfall  
New Oxford

### CINNAMON ZUCCHINI BARS

¾ cup butter  
½ cup sugar  
½ cup brown sugar  
2 eggs  
1 teaspoon vanilla  
1¼ cups flour  
1½ teaspoons baking powder  
2 cups zucchini, shredded  
1 cup coconut, optional  
¾ cup walnut  
Frosting:

2 cups confectioners' sugar  
2 tablespoons milk  
2 tablespoons butter  
1 teaspoon cinnamon  
1 teaspoon vanilla

Mix batter ingredients together and bake in 9x13-inch pan for 35 minutes at 350 degrees. Mix frosting and spread on warm bars.

Messiah Village Cookbook

### ZUCCHINI CRAB CAKES

2 cups zucchini, grated  
¼ cup parmesan cheese  
¼ cup Italian bread crumbs  
3 eggs  
½ teaspoon seafood seasoning  
1 heaping tablespoon mayonnaise

Mix together all ingredients. Fry in oil or shortening like potato cakes.

Rose Diehl  
Bloomsburg

### ZUCCHINI HAMBURGER CASSEROLE

6 cups zucchini, cubed  
1 pound ground beef  
½ cup onion, chopped  
Salt and pepper to taste  
1 large can tomatoes, undrained  
6-ounce can tomato paste  
Cook zucchini in boiling water 5 minutes. Drain. Brown ground beef and onion. Combine all ingredients. Place in casserole dish. Bake at 350 degrees for 25 minutes.

Anonymous

### ZUCCHINI CHOW CHOW

1 cup sliced or cubed zucchini  
1 cup chopped green pepper  
1 cup chopped red pepper  
1 cup chopped onion  
1 cup cauliflower  
1 cup diced carrots  
1 cup chopped celery  
2 tablespoons mustard seed  
1 tablespoon celery seed  
2 cups vinegar  
2 cups sugar  
2 tablespoons tumeric

Soak cauliflower, zucchini, peppers, and onions in salt water overnight (½ cup salt to 2 quarts water). Drain in morning. Cook carrots in boiling water until tender. Drain water. Mix all vegetables. Boil 15 minutes. Place in sterilized jars, seal at once. Process in water bath canner for 5 minutes.

Nancy Kramer  
Lebanon

(Turn to Page B8)

## 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 listed below.

August	29 - Tomato Favorites
September	5 - Lamb Recipes
	12 - Packed Lunches
	19 - National Rice Month

## Featured Recipe

Ag Progress Days is much more than an agricultural display of the newest equipment and the latest technology. It's also the place to collect many wonderful recipes.

Throughout the three-day event, cooking demonstrations focused on healthful cooking. Visitors had the chance to sample the food. This is one of the recipes, which is not only great-tasting but also a wonderful way to use up your bountiful supply of zucchini.

### VEGETABLE KABOBS

3 medium potatoes, quartered  
1 zucchini in ½ -inch slices  
1 yellow squash in ½ -inch slices  
1½ cups cherry tomatoes  
¼ cup red pepper in ½ -inch slices  
¼ cup green pepper in ½ -inch slices  
½ teaspoon dried basil, crushed  
½ cup fresh or canned mushrooms, whole

In a covered saucepan on the range top, cook potatoes in enough boiling water for 10 minutes. Add zucchini, yellow squash, red and green peppers. Continue cooking the vegetables, covered, for 5 minutes. Drain and cool.

Oil mixture: In a small bowl, combine the following:

3 tablespoons olive oil  
3 tablespoons lemon juice  
½ teaspoon crushed basil

On skewers (if using wooden skewers, be sure they have been soaked in water for at least one hour), thread vegetables. Brush kabobs with oil mixture, place on grill directly over medium heat for 8-10 minutes, turning often. Makes 6 servings.