

Cookbook

When zucchini overwhelms, try these

By CHARLOT M. DENMON
Staff writer

Summer days grow shorter and home gardens are abounding in fresh vegetables. Homemakers are taking advantage of their backyard harvest, preparing delicious dishes for the table, canning or freezing in preparation for the cold winter months ahead.

Many are overwhelmed, however, by the abundance of green and yellow squash.

Low in calories but high in Vitamin A, zucchini reproduces in such abundance that homemakers run out of ways to prepare this dependable and inexpensive source of nutrients.

Knowing what it is like to have more of this fast-growing vegetable on hand than we how to prepare, during this past winter we collected numerous zucchini recipes. We share some of these recipes with this week's Dallas Post Cookbook readers.

ZUCCHINI SALAD
one third c. salad oil
2 T. lemon juice
2 T. white vinegar
1 t. sugar
¼ t. finely gr. pepper
Crisp salad greens
1 lb. zucchini, unpeeled

2 red Delicious apples
1 c. sliced red onion
1 green pepper, slice
1 c. sliced diagonally celery

Combine first six ingredients in a jar, shake well to mix. Line salad bowl with greens. Cut zucchini into ½-inch slices; quarter peeled apples and cut into ½-inch slices. Add zucchini, apples and remaining vegetables into bowl. Pour dressing from jar over and toss lightly. Serves 8-10.

ZUCCHINI WITH WALNUTS

1 c. walnuts, halved
6 med. zucchini, cut in ½-in. slices
2 T. butter or oleo
2 T. salad oil
1 t. salt (optional)
½ t. fresh gr. pepper

Chop ¾ cup of walnuts, saute zucchini in butter and oil until it is tender but not crisp, shaking pan and tossing zucchini with wooden spoon until it cooks evenly. Pour off butter and oil, add chopped walnuts and seasonings to the drained zucchini. When walnuts are well-blended and heated, garnish with remaining walnuts and serve.

HERBED ZUCCHINI

4 lg. zucchini
6 T. butter or margarine
4 med. onions, coarsely chopped
1 t. salt (optional)

1 t. dried thyme
1 t. dried basil
1 c. whipping cream, optional
chopped parsley

Slice zucchini in ¼ inch slices, saute in heated butter for three minutes, turning once. Remove from skillet and set aside. In same pan, saute onions until soft, not brown. Combine zucchini and onions, add salt and herbs. Heat over low heat, add cream if used. Heat but do not boil. Arrange on serving dish, garnish with parsley. Delicious with pork chops. Serves 8.

ZUCCHINI & TOMATO SAUTE

1 med. onion, finely chopped
2 T. salad oil
1 garlic clove, minced
3 med. tomatoes, peeled, chopped
½ t. each salt & dried basil
¼ t. each sugar and dried oregano dash pepper
4-6 med. zucchini, unpeeled, sliced in ¼ inch pieces
¼ c. white wine or chicken broth

Cook onion in frypan until soft, not brown. Mix in garlic, tomatoes, salt, basil, sugar, oregano and wine (or broth). Bring to boil, cover and reduce heat. Let simmer 20 minutes, uncover and stir in zucchini. Cook over moderately high heat, stirring frequently until tomato sauce is reduced and thick, and zucchini is tender crisp (about 10

minutes). Salt to taste, if desired. Use of salt in recipe is optional.

ZUCCHINI PAISANO

3 c. sliced zucchini
2 c. sliced mushrooms
3 T. salad oil
2 c. or 1-16 oz. can tomato bits
¾ t. sweet basil
¾ t. garlic powder
1 2.8 oz. French Fried onions
½ c. ricotta cheese
one third c. grated Parmesan cheese
¼ c. milk
1 egg, slightly beaten
Saute zucchini and mushrooms in frypan until tender-crisp, about 5 minutes, remove from heat. Stir in tomatoes, spices and half can French Fried onions. Place in greased casserole, combine cheeses, milk and egg; blend until smooth and spread over casserole. Bake in pre-heated 350 degree oven uncovered for 30 minutes. Top with remaining onions and bake for five minutes longer. Serves 4-6.

ZUCCHINI PROVENCEALE

2 lbs. small zucchini
¼ c. shallots (or onions)
3 oz. butter or margarine
6 sm. tomatoes, peeled, seeded and quartered
2 T. salad oil
salt & pepper to taste
2 t. chopped garlic
1 pepper, finely chopped
½ c. Parmesan cheese
2 T. chopped parsley
Wash zucchini and cut into half inch slices, place in cold water, bring to boil and drain. Slowly saute the shallots or onions in a little butter or margarine in bottom of casserole until golden brown.



Always bountiful

Jason and Jeffrey Nutsche help their mother by picking zucchini in their grandfather's garden. (Charlot Denmon Photo)

Arrange tomatoes on top and pour over the salad oil. Sprinkle with salt (optional) and pepper, garlic, and green pepper. Cover casserole and cook over low flame about 15 minutes. Remove cover and place zucchini on top, melt remaining butter

and pour half over zucchini. Cover and cook over low flame until zucchini is just tender. Sprinkle top with Parmesan cheese and chopped parsley; pour over the rest of the unmelted butter and serve in the casserole. Serves 4.

School lunch menus

GATE OF HEAVEN SCHOOL

Sept. 3 - 9
WEDNESDAY--Hot dogs, baked beans, pears, scooter pie, milk.
THURSDAY--Chicken croquettes w-gravy, mashed potatoes, corn, pudding pop, milk.
FRIDAY--Pizza, salad, fruit cocktail, cookies, milk.
MONDAY--Tacos, BBQ chips, pineapple rings, cookies, milk.
TUESDAY--Flying saucer sandwich, potato rounds, peaches, milk.

WEST SIDE TECH

Sept. 3 - 9
Breakfast
WEDNESDAY--Juice, cereal, donut, milk.
THURSDAY--Cereal, banana, cup cake, milk.
FRIDAY--Juice, cereal, cookies, milk.
MONDAY--Orange juice, cereal, pastry, milk.
TUESDAY--Fruit, cereal, banana bread-butter, milk.

Sept. 2 - 9

TUESDAY--Hot dog on bun, potato puffs, baked beans, cheese squares, fruit cocktail, milk.
WEDNESDAY--Steak hoagie on bun, breaded onion rings, green beans, chocolate pudding, milk.
THURSDAY--Hamburg on bun w-sliced American cheese-tomato-lettuce, macaroni salad, ice cream, milk.
FRIDAY--French bread pizza, tossed green salad, potato chips, melon wedge, milk.
MONDAY--Ham patti on bun, candied sweet potatoes, peas, cherry pie, milk.
TUESDAY--Hoagie, pickles, apple juice, jello salad, corn chips, pears, milk.

DALLAS SCHOOLS

Sept. 3 - 9
WEDNESDAY--Hot dog (plain or w-meat sauce) or cheeseburger, tater tots, applesauce, milk or juice.
THURSDAY--Italian sub w-cold meat, lettuce-cheese or Sloppy Joe on roll, carrot-celery stix, strawberry gelatin w-fruit. Milk or juice. Bonus: potato chips.
FRIDAY--Spicy Mexican Tacos or grilled cheese sandwich, buttered corn, peaches, milk or juice. Bonus: Jumbo sugar cookie.
MONDAY--Pork barbeque sandwich w-special relish or hot dog on bun, dill pickles, baked beans, milk or juice. Bonus: Ice cream bar.
TUESDAY--Barbeque chicken or cheeseburger on roll, whipped potatoes-gravy, green beans, milk or juice. Bonus: Chocolate cake w-icing.

Lunch

WEDNESDAY--Hot dog on bun, relish-chopped onions, baked beans, chips, pudding-whipped cream, milk.
THURSDAY--Wimpie on bun, apple sauce, corn, peanut butter squares, milk.
FRIDAY--French bread pizza, garden salad-dressing, raisin bars, milk.
MONDAY--Hamburg on bun, condiments, hash browns, fruit, peanut butter cookies, milk.
TUESDAY--Hoagie-lettuce-tomato, Italian dressing, fruit juice, brownies, milk.

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