

Across The Fence **Zucchini Recipes – August 2007**

Heather Fischer's Recipes

Grilled Zucchini Bean Dip

1 medium zucchini, thinly sliced lengthwise	2 garlic cloves, minced
2 cups white kidney beans, drained and rinsed	½ tsp. salt
2 Tbsp. fresh parsley, minced	¼ tsp. pepper
2 Tbsp. fresh lemon juice	

Preheat grill to medium. Grill zucchini 5 minutes, turning once, until slightly charred and fork-tender. In a blender, combine zucchini, beans, parsley, lemon juice, oil, salt, and pepper; puree until smooth. Transfer to serving bowl; cover and refrigerate if not serving right away.

Zucchini Casserole

2 medium zucchini, sliced into rounds	1 stick butter
1 tomato, diced	⅔ cup Parmesan cheese
1 onion, sliced into rings	20 Ritz® style crackers, rolled out into crumbs
1 small green pepper, diced	

Preheat oven to 350°F. In an 8x8-inch baking dish layer the bottom of the dish with half of the zucchini rounds. Top with the tomatoes, onion slices, green pepper and then the rest of the zucchini rounds. Melt butter and toss with the parmesan cheese and Ritz® cracker crumbs. Spread on top of the vegetable mixture. Bake covered, for one hour. Uncover the casserole and continue to bake for an additional 30 minutes.

Zucchini Brownies

½ cup vegetable oil	1½ tsp. baking soda
1½ cups white sugar	1 tsp. salt
2 tsp. vanilla	2 cups shredded zucchini
2 cups all-purpose flour	1 cup chocolate chips
½ cup unsweetened cocoa powder	½ cup chopped walnuts

Preheat oven to 350°F. Grease and flour a 9x13-inch baking pan. In a large bowl, mix together the oil, sugar, and 2 teaspoons vanilla until well blended. Combine the flour, ½ cup cocoa, baking soda, and salt; stir into the sugar mixture. Fold in the zucchini, walnuts, and chocolate chips. Spread evenly into the prepared pan. Bake for 25 to 30 minutes or until brownies spring back when gently touched.

Carolyn Peake's Recipes
Carrot Zucchini Bread

1 cup unsweetened applesauce	1 tsp. ground cinnamon
¾ cup shredded carrots	½ tsp. ground nutmeg
¾ cup shredded peeled zucchini	3 cups all-purpose flour
½ cup sugar	1 Tbsp. baking powder
2 eggs	½ tsp. baking soda
1½ tsp. pumpkin pie spice	¾ cup orange juice

In a bowl, combine the first eight ingredients. Combine flour, baking powder, and soda, and then add alternately with orange juice to carrot mixture. Pour into two greased and floured 8x4x2-inch loaf pans. Bake at 350°F for 45 minutes or until bread tests done. Cool for 10 minutes then remove from pans to wire rack to cool completely. Yield: 2 loaves.

Zucchini Beef Soup

1 lb. beef stew meat, cut into 1-inch cubes	¾ tsp. dried oregano
1 Tbsp. vegetable oil	¼ tsp. pepper
6 cups water	2 cups thinly sliced zucchini
1 can (8 oz.) tomato sauce	1 cup uncooked broken spaghetti
1 medium onion, chopped	

In large pan, brown beef in oil and drain. Add the water, tomato sauce, onion, and spices. Bring to a boil. Reduce heat, cover and simmer for 2 hours. Add zucchini and spaghetti, return to a boil. Cover and cook for 15 to 18 minutes or until zucchini and spaghetti are tender. Yields: 2 quarts.

Zucchini Fudge Cake

1 cup butter, softened	2 tsp. baking powder
2½ cups sugar	1 tsp. baking soda
4 eggs	1 cup buttermilk
2 tsp. vanilla extract	3 cups shredded zucchini
3 cups all-purpose flour	chocolate frosting
½ cup baking cocoa	

In mixing bowl, cream butter, and sugar. Add the eggs, one at a time, beating well after each addition. Beat in vanilla. Combine flour, cocoa, baking powder, and soda; add alternately with buttermilk to the creamed mixture. Stir in zucchini. Pour into three 9-inch round baking pans (or a 15x9x2-inch pan) that have been greased and floured. Bake at 350°F for 25 to 30 minutes or until cakes test done. Cool for 10 minutes remove from pans to wire racks to cool completely. Frost between layers and on sides and top of cake.

Zucchini Orange Salad

2 medium zucchini, thinly sliced	1 can (15 oz.) mandarin oranges, drained
1 medium onion, thinly sliced	1 can (8 oz.) sliced water chestnuts, drained
1 cup chopped celery	½ cups sugar
1 can (16 oz.) green beans, drained	1 cup vinegar
1 can (16 oz.) wax beans, drained	1 Tbsp. water

In large bowl, toss zucchini, onion, and celery. Cover with boiling water and let stand for 1 hour. Drain. Add beans, oranges, and water chestnuts. Combine remaining ingredients in saucepan and bring to a boil. Boil for 1 minute. Pour over salad, cover and refrigerate for 24 hours before serving. Yield: 16 to 20 servings.

Lyn Jarvis' Recipes

Oriental Squash Beef Stir Fry

¼ cup soy sauce	1 lb. round or flank steak, cut into thin strips
3 Tbsp. water	1 lb. fresh mushrooms, sliced
2 Tbsp. sugar	3 Tbsp. cooking oil
1 tsp. vinegar	2 cups raw squash, sliced
½ tsp. ground ginger	¾ tsp. dried marjoram
1 large onion, chopped	salt and pepper to taste
½ tsp. garlic, minced	

(Partially frozen meat will be much easier to slice). Combine first seven ingredients. Add beef strips to this marinade. Cover. Refrigerate for 2 hours. In a wok or large skillet heat oil. Add mushrooms and sauté for 2 minutes. Add squash and marjoram. Sauté 5 to 6 minutes. Add beef and marinade. Stir-fry 5 minutes. Serve with rice or noodles.

Lemon Zucchini Muffins

2 cups flour	½ cup chopped nuts
½ cup sugar	½ cup golden raisins
1 Tbsp. baking powder	2 eggs
1 tsp. salt	½ cup milk
1 Tbsp. grated lemon peel	⅓ cup oil
½ tsp. nutmeg	1 cup packed shredded zucchini (not drained)

In large bowl mix flour, sugar, baking powder, salt, lemon peel, and nutmeg. Stir in nuts and raisins. In small bowl beat eggs with fork; beat in milk and oil. Add to flour mixture, and then sprinkle zucchini on top. Stir until just blended. Fill greased pans ⅔ full. Bake in preheated 400°F oven for 15 to 25 minutes for muffins (30 to 35 minutes for 9-inch square coffee cake). Makes 36 miniature or 12 regular size muffins.

Viewer Recipes

Banana Zucchini Bread - Connie Santor, Plattsburgh, N.Y.

4 eggs	1½ tsp. baking powder
2 cups sugar	1½ tsp. baking soda
1 cup vegetable oil	1½ tsp. cinnamon
2 med. bananas, mashed (1 cup)	1½ cups unpeeled shredded zucchini
3 cups flour	1 cup nuts, chopped

In a large bowl beat eggs. Beat in sugar and oil. Add bananas and mix well. Combine flour, baking powder, baking soda, and cinnamon, stir into mixture. Stir in zucchini and nuts. Pour into 2 greased and floured 9x5x3-inch loaf pans. Bake at 350°F for 40 to 50 minutes or until pick inserted in center comes out clean.

Zucchini Quiche - Ruth Clough, Dorset, Vt.

1 cup tomato, chopped	1½ cups milk
2 cups zucchini, chopped	¾ cup Bisquick®
½ cup onion, chopped	3 eggs
½ cup green pepper, chopped	1 tsp. salt
4 oz. shredded cheddar cheese	¼ tsp. pepper

Lightly grease large pie plate 10x1½-inch deep. Mix tomato, zucchini, onion, pepper, and cheese in pie plate. Beat remaining ingredients until smooth on high speed of mixer or 15 seconds in blender. Pour over vegetables in pie plate. Bake at 400°F for 35 to 40 minutes until golden brown and knife inserted in center comes out clean. Let stand 5 minutes before serving. (I fry 3 or 4 slices of bacon and crumble into vegetable mixture.)

Zucchini Cobbler - Karin Rae, Stowe, Vt.

3 cups zucchini, cut into small pieces	2 Tbsp. orange peel, grated and dried
1 tsp. cinnamon	½ cup honey
1 Tbsp. flour	1 tsp. lemon juice

Mix ingredients above together and place in 8x8x2-inch baking dish.

Topping:

1 cup unsifted flour	1 egg
2 tsp. baking powder	1 Tbsp. milk
½ tsp. salt	2 Tbsp. honey
¼ cup butter	

Mix together, cutting in the butter. Spread over zucchini mixture and bake at 350°F for 25 minutes. Serve with cream or whipped cream. This taste like apple or pear and no one will know unless you tell.

Zucchini Bars with Caramel Frosting - Glennia Cirone, Charleston, N.H.

Sift together:

3 cups flour	1 tsp. salt
1½ tsp. baking soda	⅛ tsp. nutmeg
1 tsp. baking powder	⅛ tsp. cloves

Cream together:

¾ cup butter	1 tsp. vanilla
1 cup brown sugar	2 eggs
½ cup sugar	

Combine both mixtures and gradually add:

2 cups peeled grated zucchini	½ cup butterscotch chips (or raisins)
½ cup chopped walnuts	

Pour into greased and floured 10x15x2-inch pan. Bake at 375°F for 20 to 25 minutes. Frost with caramel frosting:

½ cup butter	¼ cup milk
1 cup brown sugar	1 to 1½ cups confectioner's sugar

Melt butter. Add brown sugar and bring to a boil, about 2 minutes. Add milk and bring to second boil. Remove from heat. Add enough confectioners' sugar to spread.

Zucchini Pineapple Bread - Linda Janawicz, E. Montpelier, Vt.

3 eggs	1 cup vegetable oil
2 cups sugar	2 tsp. vanilla

Combine above ingredients in large bowl. In a separate bowl, sift together:

3 cups flour	½ tsp. baking powder
2 tsp. baking soda	1½ tsp. cinnamon
1 tsp. salt	1 tsp. nutmeg

When blended combine with egg mixture and stir in:

1½ cups zucchini, grated	1 cup pecans, chopped (optional)
1 can (8 oz.) crushed pineapple, drained	1 pkg. (3 oz.) instant vanilla pudding mix
½ cup raisins (optional)	

Pour into two 9x5x3-inch greased loaf pans and bake at 350°F for one hour or until pick inserted in center comes out clean.

