

Across the Fence

Zucchini / Harvest Recipes – September 2015

Heather Fischer's Recipes

Chicken Enchilada Zucchini Boats

2 cups chicken, cooked and shredded
4 medium zucchini (2½ lbs.) sliced in
half through length*
1½ Tbsp. olive oil
½ cup yellow onion, chopped fine
2 cloves garlic
1 can (15 oz.) tomato sauce
1 Tbsp. ancho chili powder
1 Tbsp. chili powder
1 tsp. ground cumin
½ tsp. paprika

⅔ cup water
1½ tsp. cornstarch
⅔ cup frozen corn
¼ cups shredded Mexican blend cheese

For serving:

diced Roma tomatoes
chopped cilantro
chopped yellow onion (optional)
light sour cream (optional)

Preheat oven to 400°F. Using a spoon, scoop centers from zucchini while leaving a ¼-inch rim to create boats. Brush tops and bottoms with 1 tablespoon of the olive oil and place in two baking dishes (13x9x2-inches and a 9x9x2-inches). Bake in preheated oven until zucchini is nearly tender, about 20 to 25 minutes. Meanwhile, heat remaining ½ tablespoon olive oil in a medium saucepan over medium-high heat. Once hot add onion and sauté 3 to 4 minutes until soft. Add garlic and sauté 10 seconds longer. Remove from heat, pour in tomato sauce, ancho chili powder, chili powder, cumin and paprika. In a liquid measuring cup whisk together the water and cornstarch until well blended then pour into tomato sauce mixture and season with salt and pepper to taste. Bring to a light boil, stirring frequently. Allow to gently boil 1 minute, stirring constantly. Reduce heat to low and simmer 5 minutes, stirring occasionally. Stir in shredded chicken. Remove zucchini from oven and spoon chicken mixture into zucchini. Sprinkle tops with corn and then cheese blend. Return to oven and bake 5 to 10 minutes longer until cheese has melted and zucchini is tender. Serve warm topped with diced tomatoes and cilantro, and optional onion and sour cream.

Fresh Tomato Pie

5 tomatoes, peeled and sliced (Roma
work best)
10 fresh basil leaves, chopped
½ cup chopped green or red onion
1 pre-baked deep dish pie shell (9-inch)
1 cup grated mozzarella cheese

1 cup grated cheddar cheese
¾ cup mayonnaise (or half mayo, half
Greek yogurt)
2 Tbsp. fresh grated Parmesan cheese
salt and pepper to taste

Preheat oven to 350°F. Place the tomatoes in a colander in the sink in 1 layer. Sprinkle with salt and allow to drain for 10 minutes. Use a paper towel to pat-dry the tomatoes and make sure most of the excess juice is out. Layer the tomato slices, basil, and onion in pie shell. Season with salt and pepper. Combine the grated cheeses and mayonnaise together. Spread mixture on top of the tomatoes and sprinkle parmesan cheese on top. Bake for 30 minutes or until lightly browned. To serve, cut into slices and serve warm. **Yield:** 8 servings.

Zucchini Brownies with One Minute Frosting

¼ cup vegetable oil	2½ cups grated zucchini, undrained
1½ cups sugar	
2 tsp. vanilla	1 Minute Frosting:
1 egg	⅓ cup milk
2 cups all-purpose flour	⅓ cup butter
½ cup unsweetened cocoa powder	1½ cups white sugar
2 tsp. baking soda	1 cup chocolate chips

Preheat oven to 350°F. Grease and flour a 9x13x2-inch pan. Combine oil, sugar, egg and vanilla. In a separate bowl, combine flour, cocoa powder and baking soda. Add the flour mixture to the sugar mixture and stir well. It will appear quite dry, **trust** the recipe. Gently stir in the zucchini and spread the mixture into your prepared pan. Bake for 25 to 30 minutes. **Frosting:** While cake is cooling, combine butter, milk and sugar in a small pan. Bring to a boil over medium heat. Allow to boil vigorously for 30 seconds. Remove from heat, let cool and stir before frosting.

Lyn Jarvis' Recipes

Zucchini Cheddar Biscuits

1 large onion, chopped	½ tsp. dried thyme
¼ cup butter, cubed	3 eggs, beaten
2½ cups biscuit/baking mix	¼ cup milk
1 Tbsp. minced fresh parsley	1½ cups shredded zucchini
½ tsp. dried basil	1 cup (4 oz.) shredded cheddar cheese

In a large skillet, sauté onion in butter until tender. In a large bowl, combine the biscuit mix, parsley, basil, thyme and onion mixture. Stir in eggs and milk just until combined. Stir in zucchini and cheese. Drop by ¼ cupful's 2-inches apart onto greased baking sheets. Bake at 400°F for 10 to 14 minutes or until golden brown. Serve warm. Refrigerate leftovers. **Yield:** 16 biscuits. **Note:** If batter is not firm, add more biscuit mix.

Portuguese Kale Soup

1 Tbsp. olive oil	1 can (10¾ oz.) bean with bacon soup
2 garlic cloves	plus 1 can water*
2 medium sized onions, chopped	2 large potatoes, peeled, cubed
1 lb. sausage, sliced and slices halved	Kosher or sea salt
4 cups chicken broth	pepper
1 lb. fresh kale, washed, stems discarded	

Shred kale into small pieces. In a large soup pot over medium high heat, add oil and cook garlic, onions, and sausage slices until onions are soft. Add 4 cups chicken broth and kale. Cover and let kale cook down, stirring occasionally. Add bean soup and water (or substitute beans and broth); simmer about 5 minutes. Add more water if the mixture isn't diluted enough. Add cubed potatoes. Simmer, covered, 20 to 30 minutes longer, until potatoes are soft. Season to taste with salt and pepper. ***Note:** The can of bean and bacon soup can be substituted with 1 can white beans plus 2 cups chicken broth.

Tips on cooking with kale:

- For optimum nutrition, buy kale in season. A light frost sweetens kale, so depending on where you live, fall or winter is the perfect time to enjoy it.
- Whenever you shop for kale, buy lots of it because it cooks down dramatically.
- Keep blanched or precooked leftovers on hand to add to the week's breakfasts, lunches and dinners.
- Avoid washing kale until just before use, since it will hasten spoilage
- Opt for crisp, tender leaves that are richly colored and stems that are moist and fresh-looking. Avoid wilted or yellow leaves.

Turtle Pumpkin Pie

¼ cup plus 2 Tbsp. caramel ice cream topping, divided	1 cup cold milk
1 graham cracker crust	1 can (15 oz.) pumpkin pie filling
½ cup plus 2 Tbsp. chopped pecans, divided	1 tsp. ground cinnamon
2 pkgs. (3.4 oz. each) vanilla instant pudding	½ tsp. ground nutmeg
	1 tub (8 oz.) whipped topping, thawed

Pour ¼ cup caramel topping onto bottom of pie crust; sprinkle with ½ cup nuts. Beat next 5 ingredients in large bowl with whisk until blended. Stir in 1½ cups whipped topping, spoon into crust. Refrigerate for 1 hour. Top with remaining whipped topping, caramel topping and nuts just before serving.

Slow-Cooker Beef Stew

1½ lbs. small white or red potatoes, peeled and halved	2 Tbsp. brown sugar
1 lb. carrots, peeled and cut crosswise into ¼-inch slices	2 Tbsp. Worcestershire sauce
2½ lbs. lean beef stew meat, well-trimmed	2 Tbsp. cider vinegar
1 medium onion, chopped (about 1 cup)	½ tsp. salt or celery salt
1 can (6 oz.) tomato paste	¼ tsp. black pepper
	2 Tbsp. cornstarch

Place the potatoes and carrots in a 5 to 7-quart slow cooker. Top with the beef and onions. In a small bowl, whisk together the tomato paste, 2 cups water, brown sugar, Worcestershire sauce, vinegar, salt and pepper, and pour over the meat and vegetables. Cover and cook on LOW for 8 to 9 hours or on HIGH for 4 to 5 hours or until the meat is fork tender. In a small bowl, whisk the cornstarch together with 1 tablespoon of water. Using a slotted spoon, move the meat and vegetables to one side of the cooker, and stir the cornstarch mixture into the liquid in the cooker. Cover and cook on HIGH for 10 minutes or until sauce is slightly thickened. **Note:** I added 2 tablespoons of barbeque sauce.

Deb Plumley's Recipes

Apple Pear Golden Brownies

1 cup packed light brown sugar	½ tsp. vanilla extract
½ cup melted butter	1 cup flour
1 large egg	¼ tsp. salt
2 medium sized firm apples	½ tsp. baking powder
1 pear	½ tsp. baking soda
½ cup chopped walnuts	½ tsp. cinnamon

Preheat oven to 350°F. Grease a 9x9-inch baking pan. In a large bowl, mix sugar, melted butter and egg until fluffy. Peel and core apples and pear, then cut into small cubes. Fold into the egg mixture, along with walnuts and vanilla. In a separate bowl, sift together flour, salt, baking powder, baking soda, and cinnamon. Stir the dry mixture into the wet mixture until just blended. Spread the batter evenly in the pan. Bake for 35 minutes or until a toothpick inserted in the center comes out clean. Remove from the oven and let stand for 5 minutes before cutting into squares. Serve with ice cream. **Yield:** 9 servings.

Tomato Corn Chowder

1 can (32 oz.) stewed tomatoes	1 medium onion, diced
2 cups corn kernels, fresh or frozen	1 sweet pepper, diced
2 cups cubed, cooked potatoes	1 Tbsp. flour
2 cups vegetable broth	1½ tsp. Italian seasoning
3 Tbsp. butter	1 bay leaf

In a stockpot, sauté onion and pepper until soft. Whisk in flour, then add broth. Stir until smooth. Add potatoes, corn, tomatoes, seasoning and bay leaf. Simmer approximately 30 to 40 minutes. Remove bay leaf before serving.

Green Tomato Bread

3 cups flour	1 Tbsp. cinnamon
¼ tsp. baking powder	2 large eggs, lightly beaten
1 tsp. baking soda	1 cup vegetable oil
1 tsp. salt	1 tsp. vanilla
2 cups sugar	2 cups finely chopped green tomatoes

Combine the first 6 ingredients in a large bowl. Make a well in the center of the mixture. Combine the eggs, oil and vanilla; stir well. Add to dry ingredients and stir just until moistened. Fold in the tomatoes. Spoon the batter into 2 greased and floured loaf pans. Bake at 350°F for 1 hour or until toothpick inserted comes out clean. Cool in pans on wire rack for 10 minutes, then remove and cool completely on wire rack.

Viewer's Recipes

Pineapple-Zucchini Bread

Nancy Lee Harrison, White River Jct. - Phyllis Bettis, Hartford, Vt.

3 eggs	2 tsp. baking soda
2 cups sugar	1 tsp. salt
1 cup vegetable oil	½ tsp. baking powder
2 tsp. vanilla	1½ tsp. cinnamon
2 cups coarsely shredded unpeeled zucchini	¾ tsp. nutmeg
1 can (8¼ oz.) crushed pineapple, drained	1 cup finely chopped walnuts
3 cups flour	

Preheat oven to 350°F. Lightly grease two 9-inch loaf pans; set aside. In large bowl, beat eggs until frothy. Beat in sugar, oil, and vanilla. Continue beating until mixture is thick and foamy. Stir in zucchini and pineapple. In second bowl, stir together flour, baking soda, salt, baking powder, cinnamon, nutmeg, and nuts. Add to zucchini mixture and stir just until all flour is moistened. Spoon batter into prepared pans. Bake for 50 to 60 minutes.

Yield: 2 loaves. Enjoy!

Buttermilk Cake

Bernadette Nichols, Churubusco, N.Y.

2 cups sugar	1½ tsp. baking powder
1 cup shortening or butter, melted	1 tsp. salt
2 large eggs	2 tsp. cinnamon
2 cups buttermilk*	2 tsp. nutmeg
2½ cups flour	1½ cups raisins
1½ tsp. baking soda	chopped walnuts (for topping)

Mix in order of ingredients. I have even used a large whisk to mix the batter as it is not very stiff. Pour the mixture into a 9x13x2-inch greased pan. Bake at 350°F for 30 minutes or until a toothpick inserted in center of cake comes out clean. Sprinkle nuts on top of cake at last 10 minutes of baking. ***Note:** To make your own buttermilk, add 2 Tbsp. vinegar to 2 cups milk. Let stand for 5 to 10 minutes. Use mixture (and curdles) in your recipe.

Fruit Relish

Sharon Roy, South Hero, Vt.

3 pears	¾ Tbsp. pickling spice	4 or 5 stocks celery
6 red tomatoes, peeled	½ lemon, juice and rind	1½ tsp. salt
3 apples	4 peaches, peeled	1¼ cups vinegar
1 red pepper	3 onions	
3 cups sugar	6 green peppers	

Grind or chop vegetables and fruits together. Add sugar and remaining ingredients. Cook for two hours stirring occasionally. Ladle into hot sterile jars. Seal and enjoy. Great on hamburgers. **Yield:** 6 pints. Recipe can be doubled.

Zucchini Scramble

Roberta Maltese, Rutland, Vt.

½ cup finely chopped onion	½ tsp. dried basil
½ cup finely chopped sweet pepper	salt and pepper to taste
1 cup finely chopped zucchini	4 eggs, beaten
3 Tbsp. butter	

Sauté vegetables in butter until tender with the dried basil. Push to the side of the skillet and add the beaten eggs; move as you would for scrambled eggs. Stir vegetables into the eggs and cook until set. Nice side dish or main meal when you add a salad.

Grilled Meat in One
Phyllis Dimick, Rutland, Vt.

1 hamburger patty
½ potato, thinly sliced
½ carrot, thinly sliced

½ onion, thinly sliced
1 to 2 pats of butter

Take a big piece of foil and place hamburger patty on foil. Add potato, carrots and onion. Add 1 to 2 pats of butter. Wrap them up and grill for 15 minutes on one side. Flip and cook other side until done. Remove from grill. **Note:** Can be cooked in oven at 350°F. Carrots can substituted for 1 ear of corn cut off the cob.

Zucchini Christmas Pickles
Joyce Humphrey, East Burke, Vt.

2 medium red bell peppers
1 large zucchini (3 average sized ones)
20 green cherry tomatoes
4 head fresh dill
4 cloves garlic

1 whole clove
3 cups water
1 cup vinegar
2 Tbsp. sea salt

Seed peppers and cut into rings. Cut zucchini into sticks. Pack in hot jars. Divide dill, garlic and cloves among jars. Boil water, vinegar and salt. Pour over vegetables in jars. Seal and process in boiling water bath for 20 minutes.

Grapple Juice Punch
Apple A Day Cookbook

3 cups apple cider
4 cups grape juice
1 can (12 oz.) ginger ale

Mix and serve over ice.

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