

Pumpkin, Zucchini, Squash .

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Zucchini, Squash (or pumpkin) baked.



Ingredients:

1 zucchini or squash, (green, yellow, any shape, or pumpkin)

1 cup sour cream.

1 cup cheese, grated.

1/2 cup greenery (parsley, dill, green onion), finely chopped.

Method:

1. Slice zucchini to about 1 cm (1/2 inch) thin.
2. Place all slices on baking sheet.
3. Sprinkle over zucchini slices with sour cream and scatter grated cheese.
4. Bake in the oven for 15 minutes.
5. Season with greenery. Serve hot.

Zucchini cinnamon cake, (or Squash).



Ingredients:

- 1 cup sugar
- 1 cup finely grated unpeeled zucchini (or squash)
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 tsp baking powder
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 ginger, ground
- 2 - 3 tbsp oil
- 1 egg
- 2 tsp ground orange or lemon peel

Method:

In mixing bowl combine sugar, grated zucchini, cooking oil, egg and lemonpeel, mix well. Add flour, cinnamon, baking soda, baking powder, ginger and nutmeg. Stir until just combined. Pour batter into a greased 8x4x2-inch loaf pan. Bake in a 350° oven for 55 to 60 min or till a toothpick inserted near the center comes out clean.

Zucchini or squash cutlets, patties.

Description:

It gives great health, Zucchini cutlets could be cooked with pumpkin, carrot to taste, egg, flour.



Ingredients:

5 - 7 cup peeled, grated, drained zucchini or squash,
or mixed zucchini (green, yellow,
any shape, or pumpkin)
1/2 cup flour
1/2 cup bread crumbs or flour
1/2 Tsp salt
1 beaten egg
5 - 7 tbsp. olive or salad oil

Method:

1. Grate zucchini very finely and pour off the juice.
2. In a bowl, combine together flour, grated, drained zucchini, salt, beaten egg.
3. Make patties from this mixture. Roll them in the bread crumbs or flour coating them completely.
4. Add oil to skillet; Heat oil in skillet over medium heat, rotate skillet to coat with oil. Add (patties) cutlets. Place over a medium- high heat and when hot fry the cutlets for approx. 5-6 minutes per side or until done to suit your taste, or until zucchini begins to brown and is tender-crisp. When all cutlets will be fried, return zucchini patties to skillet, heat through.
5. Serve with Tomato sauce, or Soy sauce. Very good with sour cream on each patty.

Squash - potatoes cutlets, patties.



Ingredients for cutlets:

1/2 kg (500 g = 1,1 lb) squash, or mixed with zucchini, peeled, grated.

1/2 kg (500 g = 1,1 lb) potatoes, cooked, drained, peeled, mashed.

2 eggs, beaten.

2 tsp greenery (dill, parsley), finely chopped.

1 cup flour

pepper, salt to taste

To coat:

1,5 cup bread crumbs

1 egg, beaten.

5 - 7 tbsp. oil, to fry

Method:

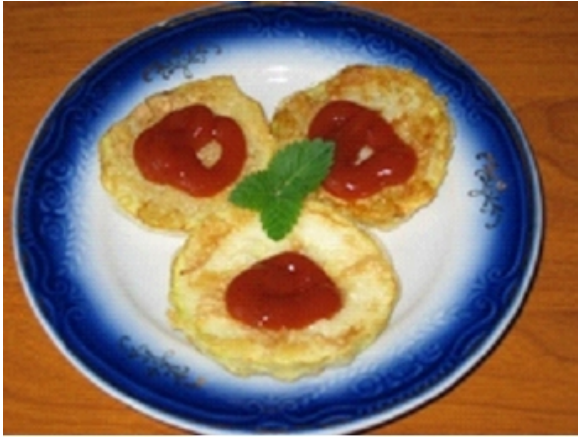
1. Combine together all Ingredients for cutlets. Mix well.
2. Add more flour if necessary.
3. Make cutlets (patties) from this mixture. Roll them in the bread crumbs, coating them completely.
4. Dip into beaten egg and fry on preheated skillet with oil.
5. Place over a medium- high heat. Fry the cutlets for approx. 5-6 minutes per side or until done to suit your taste. When all cutlets will be fried, return them in to skillet, heat through.

Serve hot. Squash - potatoes cutlets is very good with vegetables salad.

Fried Zucchini or Squash.

Description: Delicious taste and attractive look guarantees.

A wonderful and easy dish for anyone to try.



Ingredients:

1 lea peeled zucchini or Squash
1 egg
flour
0,5 tsp dried ground greenery or to taste

Method:

1. Cut zucchini into rounds and than in half. Cut into 1/4-inchslices.
2. Beat egg with dried ground greenery. Dip zucchini in beaten egg, coat in flour, then fry until golden.
3. Serve with ketchup and finely chopped garlic cloves on top every piece.
oil

Fried Zucchini

Ingredients:

Zucchini, washed, sliced

1-egg

1/4-cup milk

bread crumbs

3-4 garlic cloves, minced or pressed.

chili powder, to taste

pinch freshly ground black pepper

Oil enough to cover the zucchini

Method:

1. Mix egg and milk together.
2. Dip zucchini in egg mixture then into bread crumbs mixed with chili powder and black pepper.
3. Fry zucchini for about 8 minutes on each side or until brown. Serve hot, sprinkle with garlic cloves.

Fried Zucchini



Ingredients:

1 Zucchini

3 tbsp margarine or oil

pinch ground cayenne pepper, pinch salt

1 onion

Method:

Put frying pan on medium heat. Add margarine or oil. Slice the zucchini crosswise. Chop onions. When margarine has melted, add zucchini. Add spices to taste. Fry until zucchini is browned. Do not cover, it will make zucchini soggy.

Fried Zucchini flowers, fritters.

Ingredients:

12 zucchini (or squash) flower heads, washed, dried.
vegetable oil for frying.

For batter:

150 g (5,3 oz) wheat flour
pinch ground ginger
300 ml (1,5 cups) water
1 separated egg, yolk
1 egg white

Method:

1. Carefully prepare the flowers, remove the stems and long pistils within the petals.
2. Sieve the flour, make a well in the centre, add all the remained ingredients, except the egg white and only half of the water. Beat really well to make a smooth, but thick batter, add more water if necessary.
3. Whisk the egg white until stiff and gently fold into the mixture.
4. Pour the oil in to frying pan, the depth of 5 - 7 cm. Heat.
5. Dip each flower into the batter until well coated. Fry gently in the preheated pan until golden brown on the underside, about 1-2 minutes. Turn over and cook on the other side. Drain fritters well on absorbent paper. Serve delicious zucchini flowers immediately with ketchup or home made tomato sauce.

It could be served with finely chopped garlic cloves on top every piece.

Tomato sauce

6 - 7 medium tomatoes, chopped

2 tbsp of olive oil

1 onion, finely chopped

1 clove of garlic finely chopped

1 tsp of fresh basil, shredded

1 tsp of fresh dill, shredded

1 tsp of fresh parsley, shredded

pinch of cinnamon

Put tomatoes into a food processor bowl, blend. Add the other ingredients and blend well again. Very gently fry the mixture until the onion is cooked through, keep stirring. Serve with the flower fritters.



Pumpkin - melon salad.

Description:

Pumpkin is perfect food for dietary cooking.

Ingredients:

50 g (1,8 oz) pumpkin, peeled, deseeded, grated.

50 g (1,8 oz) apples, cored, cubed.

50 g (1,8 oz) melon, peeled, deseeded, cubed.

1/2 lemon, half-sliced.

20 g (0,7 oz) honey.

Method:

1. Mix grated pumpkin with honey.
2. Add cubed apples and melon.
3. Decorate with lemon.

Pumpkin salad with walnuts.

Ingredients:

300 g (10,6 oz) pumpkin, peeled, deseeded, grated.

300 g (10,6 oz) apples, cored, grated.

1 cup walnuts, finely chopped

1 lemon, to make juice.

3 tbsp honey.

Method:

1. Mix grated pumpkin and apples with honey.
2. Season with lemon juice, add walnuts. Stir and serve.

Pumpkin salad with pot cheese.

Ingredients:

500 g (1,1 lb) pumpkin, peeled, deseeded, grated.

250 g (8,8 oz) apples, cored, grated.

100 g (3,5 oz) sour cream.

100 g (3,5 oz) pot cheese.

sugar to taste.

Method:

1. Blend pot cheese with sour cream and sugar.
2. Add remained ingredients. Mix well.

Serve.

Pumpkin - apples salad, with spices.

Description:

Pumpkin is perfect food for dietary cooking.

Ingredients:

500 g (1,1 lb) pumpkin, peeled, deseeded, grated.

300 g (10,6 oz) apples, cored, grated.

1 tsp ground caraway seeds.

1 tsp ground dill seeds.

2 tbsp oil.

Method:

1. Mix grated pumpkin with apples.
2. Add remained ingredients. Stir well.
3. Decorate and serve.

Squash salad with Soya meat.

Ingredients:

400 g (14 oz) Soya meat, cooked, drained, fried.

2 medium squash, deseeded, cubed.

3 sweet paprika, chopped.

2 onion, chopped.

salt, ground pepper to taste.

1 tsp sugar, or to taste.

Method:

1. Cube squashes and leave for 0,5 hour. Strain and drain.

2. Add remained ingredients in to squashes. Flavour. Mix well.

Serve.

Stuffed pumpkin with rice and raisins.

Ingredients:

1 pumpkin (1 kg - 1,5 kg / 2,2 lb - 3,3 lb), washed, deseeded.

For stuffing:

1 cup pumpkin, grated.

200 g (7 oz) rice, cooked.

200 g (7 oz) sour cream.

100 g (3,5 oz) butter.

200 g (7 oz) raisins.

50 g (1,8 oz) sugar.

5 eggs, separated.

salt, ground cinnamon to taste.

Method:

1. Cut top of pumpkin. Take away all seeds.
2. Cook rice with grated pumpkin together. Add remained ingredients, at last stir in eggs yolks and gradually add beaten eggs whites into the mixture. Flavour.
3. Stuff pumpkin with the rice mixture.
4. Bake stuffed pumpkin in the oven until done.
5. Serve hot.

Stuffed squash with tofu and baked.

Ingredients:

4 squash, (green, yellow), medium, deseeded.

For stuffing:

250 g (8,8 oz) tofu.

1 cup sour cream.

1 cup cheese, grated.

1/2 cup greenery (parsley and dill), finely chopped.

ground red pepper, salt to taste.

3 tbsp oil.

2 tbsp walnuts, finely chopped.

Method:

1. Wash the squashes. Cut a small slice from both stem and blossom ends and cut the squash into halves horizontally. Scoop out the seeds and discard them.

2. Combine all ingredients for stuffing. Fill the squash halves with the mixture.

3. Place the filled squashed on greased baking sheet. Bake in the oven until tender.

Season with greenery. Serve hot.

Stuffed Zucchini or Squash with meat and rice.

Ingredients:

2 (6 to 8 inch) squash or zucchini

For stuffing:

2 cups ground meat (pork + beef)

1/2 teaspoon salt

1 Cup of cooked rice

1 Med. onion diced fine

1 paprika

2 tablespoons chopped green pepper

ground pepper, dill, greenery - to taste

2 tablespoons mayonnaise

1/4 cup tomato sauce

Preparation Instructions:

1. Cut squash in half lengthwise. Scoop out seeds, leaving 1/2 inch shell.

2. Place squash or zucchini in a saucepan, and add boiling, salted water to cover. Cook 2minutes. Drain.

3. Fill squash or zucchini with above mixture.

4. Sprinkle mayonnaise and tomato sauce on top, and place in 350 degree oven until lightly glazed and squash or zucchini is done.

Serve hot. Serves 4.

Stuffed Zucchini or Squash with rice and vegetables.

Preparation of this dish is easy and fast because the rice cook on the stovetop while the squash steams in the oven.

Ingredients:

1/2 cup olive oil
1 big onion, finely chopped
1 medium carrot, grated
2 garlic cloves, crushed with garlic press
1 cup rice
1 paprika, chopped
3 tbsp chopped fresh dill
3 tbsp green onions
1 tbsp chopped fresh Celery
3 tbsp chopped fresh parsley
2 small squashes or zucchini (about 11 - 12 ounces each)
1 medium tomato, chopped
ground black pepper, red pepper, bay leaf, salt to taste

Preparation Instructions:

1. In the pot heat oil over medium-high heat until hot. Add onion, carrot, paprika and garlic.
2. Cook 15 minutes or until vegetables are tender and golden, stirring occasionally. Add rice, salt, pepper, and boiling water to cover over rice. Heat to boiling.
3. Five to ten minutes before the rice is cooked, add: chopped green Celery, dill, parsley, green onions, bay leaf, pepper. Cover pot and keep warm.
2. Meanwhile, cut each squash lengthwise in half and remove seeds and strings. Place squash halves in oven-safe baking dish, add 1-2 tbsp of water. Cook in oven 6 to 8 minutes or until squash is fork-tender.
3. Place squash halves on platter. Fill each half with one-fourth of rice with vegetables mixture.
4. Sprinkle with mayonnaise, chopped greenery and with diced tomato on top, place in oven until squash or zucchini is hot. Serve hot.

Stuffed zucchini flowers.

Ingredients:

12 zucchini flowers, washed, dried and with pistils removed.
1 cup of cooked rice.
1 large onion, finely chopped
1 tbsp mint, finely chopped
1 tbsp parsley, finely chopped
1 tbsp dill, finely chopped
1 tbsp green onion, finely chopped
salt, black and red pepper,
1/2 cup vegetable oil.

Preparation Instructions:

1. Fry the onion in the oil until golden brown. Add remained ingredients and cook over a very low heat for 3-4 minutes. Cool mixture slightly.
2. Very carefully fill each flower head with the mixture, taking care not to tear the petals. Gently seal the top edge of the flower. Place them in an ovenproof dish. Add half a cup of water and half a cup of oil. Cover the dish with tin foil and bake in the oven very gently. Serve hot.

Baked Pumpkin.

Description:

This dish is very rich with vitamins and carotene. Pumpkin is perfect food for children and dietary cooking.

Preparing the Pumpkin

Spread newspaper over your work surface. Start by removing the stem with a sharp knife. You could to roast the pumpkin seeds, so smash the pumpkin against a hard surface to break it open. Remove the stem and scoop out the seeds and scrape away all of the stringy mass. A messy job, but it will pay off.

Ingredients:

600 g (1 lb 4 oz) pumpkin.

1 tbsp butter.

1/2 cup cream.

50 g (2 oz) dried and finely ground bread-crumbs.

2 eggs hard boiled.

1 tbsp sugar.

1 tbsp almonds ground.

Method:

1. Boil pumpkin in salted water, drain, cut it in strips. Put them in a stew-pan, sprinkle with dried and finely ground bread-crumbs.
2. Chop eggs finely. Cover the top with chopped eggs and pour over cream.
3. Bake in the oven for a half an hour.
Before serving sprinkle with sugar and ground almonds.

Pumpkin Pancakes.

Ingredients:

900 g (1 3/4 - 2 lb) pumpkin or squash, finely, drain a little.

1/2 cup wheat flour.

2 eggs.

1 tsp sugar.

1/4 tsp salt.

vegetable oil, for frying.

Method:

In a bowl mix flour, eggs, sugar, salt, and pepper to a very thick batter. Add to the grated pumpkin and mix very well. The batter must be dense but liquid, if it is not, add more flour.

Heat 4 tablespoons oil in a heavy skillet over medium heat. Fry pumpkin mixture by tablespoonfuls, flattening each after adding it, about 2 minutes or until golden brown on each side. Turn carefully, using 2-pancake turners. Transfer to paper towels to drain. Repeat with the remaining batter, adding more oil to skillet if necessary.

Serve hot.

Millet Porridge With Pumpkin.

Description:

Porridge is the healthiest and useful food, but it is usually hard to make it delicious. Taste our new version of simple porridge.

Ingredients:

200 g (8 oz) millet.

750 g (1 lb, 10 oz) milk.

500 g (1lb) pumpkin.

1 tsp sugar.

1/2 tsp salt.

Method:

1. Put sliced pumpkin in boiling milk and cook for 15 minutes.
2. Add washed millet, salt, sugar and, stirring regularly, cook for 15 minutes until it is dense. Put cooked porridge in double boiler or in the oven for 15-20minutes.

Baked Pumpkin in eggs -cream mixture.

Description:

Pumpkin is perfect food for dietary cooking.

Ingredients:

500 g (1,1 lb) pumpkin, peeled, deseeded.

200 g (7 oz) butter.

2 cup cream.

50 g (1,8 oz) dried and finely ground bread crumbs.

2 eggs, beaten.

Method:

1. Slice pumpkin to about 1 cm (1/2 inch) thin.
2. Place the slices into stew-pot.
3. Scatter with bread crumbs. Sprinkle over pumpkin slices with eggs – cream mixture. Add butter into the pot.
4. Bake in the oven until done.
5. Serve hot.

Pumpkin and apples baked.

Ingredients:

500 g (1,1 lb) pumpkin, peeled, deseeded.

500 g (1,1 lb) apples, cored, sliced.

50 g (1,8 oz) dried and finely ground bread crumbs.

1 cup sour cream.

1 cup cheese, grated.

Method:

1. Slice pumpkin and apples to about 1 cm (1/2 inch) thin.
2. Place all slices on baking sheet.
3. Sprinkle over slices with sour cream, bread crumbs and scatter grated cheese.
4. Bake in the oven for 15 minutes, or until pumpkin tender.
5. Serve hot.

Pumpkin casserole.

Description:

Pumpkin is perfect food for dietary cooking.

Ingredients:

150 g (5,3 oz) pumpkin, peeled, deseeded, cubed.

15 g (0,5 oz) butter.

75 g (2,6 oz) dried apricots, washed, drained, cubed.

1/2 tsp sugar.

1 tbsp dried and finely ground bread crumbs.

For milk sauce:

50 g (1,8 oz) milk

1 tbsp flour

Method:

1. Mix cubed pumpkin with dried apricots. Put the mixture into greased pan.
2. Pour over the mixture milk sauce.
3. Scatter with bread crumbs and sugar. Add butter and bake in the oven until done.

Serve hot.

To make Milk sauce:

Add flour to dollop of milk and stir thoroughly. Remained milk bring to boil.

Gradually add flour - milk mixture into boiled milk, stirring, to create a smooth sauce. Mix very carefully.

Pumpkin - Apples casserole.

Description:

Pumpkin is perfect food for dietary cooking.

Ingredients:

100 g (3,5 oz) pumpkin, peeled, deseeded, grated.

100 g (3,5 oz) apples, peeled, cored, grated.

50 g (1,8 oz) milk.

15 g (0,5 oz) farina.

10 g (0,4 oz) sugar.

1/3 egg, separated.

20 g (0,7 oz) butter.

Method:

1. Bring to boil milk with grated pumpkin. Stew.
2. Add grated apples and simmer, until pumpkin is tender. Gradually add farina, stirring constantly. Cook for 5 minutes on low heat. Chill.
3. Add remained ingredients. At last add carefully egg yolk and stir in beaten to white foam egg - white.
4. Put the mixture into preheated greased pan with butter. Bake in the oven until done.

Serve hot.

Pumpkin Rhubarb jam.

Description:

Pumpkin is perfect food for dietary cooking.

Ingredients:

150 g (5,3 oz) pumpkin, peeled, deseeded, baked.

100 g (3,5 oz) Rhubarb, stalks, washed, finely chopped.

sugar to taste.

Method:

1. Baked pumpkin mash and combine with finely chopped rhubarb. Stew.

2. Add sugar. Cook until dense on low heat, stirring constantly.

Serve hot or cold. Pumpkin - Rhubarb jam could be well with beaten cream.

Pumpkin Rolls.

Preparation of the dough!

Ingredients:

2 lb flour
1/4 pint water
1 - 2 - eggs
1/4 tsp salt.

Make the filling!

Ingredients:

2 lb peeled, grated pumpkin
5 - 7 tbsp of sugar
grated nuts to taste
1/2 cup - 3/4 cup Oil

Method:

1. Making Pumpkin Rolls begins with the preparation of the pastry. Sift 2 lb of flour into a mound, make a well in the centre and add 1/4 tsp salt, one or two eggs, a glass of warm water (1/4 pint) and knead the dough. Cover it with a tea towel and leave to stand for 15 - 20 minutes.
2. Meanwhile, make the filling. Take 2 lb peeled, grated pumpkin and 5 - 7 tbsp of sugar and 1 cup of grated nuts. Combine filling ingredients. Mix carefully.
3. When the filling is ready, return to the pastry.
Divide dough into 4 parts; roll out 1 part to -inch thick rectangle. Sprinkle rectangle with oil. Spread 1/4 filling over the crust, leaving 1 inches plain on 1 of the long edges. Roll up dough, rolling toward the plain edge.
4. Place roll with seam down, about 2 inches apart on a greased baking sheet. Repeat with remaining crusts. Brush with oil top every roll.
5. Bake 12 to 15 minutes until golden. Remove from oven. Remove from cookie sheets with spatula. Serve warm or at room temperature.

Squash with cabbage.



Ingredients:

- 4 slices bacon
- 1 cup onions, chopped
- 1 can (14 oz) stewed tomatoes
- 1 pepper, chopped
- 1 teaspoon salt, divided
- 300 g (10 oz) fresh cabbage, shredded
- 1 squash, yellow summer, cut into 1- inch chunks.
- 2 tsp dried ground greenery or chopped fresh greenery to taste
- oil

Method:

1. In large skillet cook bacon until crisp. Add onions to drippings in skillet. Saute until tender.
2. Add tomatoes and liquid, pepper and salt. Simmer 15 minutes.
3. Crumble bacon and add to tomatoes with cabbage, and squash. Flavour with greenery and salt. Cover and cook 20 to 30 minutes more or until squash is tender.

**** Zucchini Bread**

1,5 cups all-purpose flour
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 teaspoon baking powder
1/4 teaspoon ground nutmeg
1 cup sugar
1 cup finely shredded unpeeled zucchini
1/4 cup cooking oil
1 egg
1/4 teaspoon finely shredded lemon peel
1/2 cup chopped walnuts

In a mixing bowl combine flour, cinnamon, baking soda, salt, baking powder, and nutmeg. In another mixing bowl combine sugar, shredded zucchini, cooking oil, egg and lemon peel; mix well. Add flour mixture; stir until just combined. Stir in chopped walnuts.

Pour batter into a greased 8x4x2-inch loaf pan. Bake in a 350° oven for 55 to 60 min or till a toothpick inserted near the center comes out clean. Cool for 10 minutes on a wire rack.

Remove bread from the pan; cool thoroughly on a wire rack. Wrap and store overnight before slicing.

**** TNT Zucchini Bread Recipe.**

It's even better after it's been frozen! Maybe that gives the flavors a chance to blend!

Mix in bowl:

3 c. shredded zucchini

1 2/3 c. sugar

2/3 c. veg oil

2 t. vanilla

4 eggs

Add:

3 c. flour

2 t. baking soda

1 t. cinnamon

1/2 t. baking powder

Grease bottoms of 2 loaf pans (9x5x3). Pour batter into pans, bake at 350, 50-60 min. until knife inserted in center comes out clean. Cool 10 min., loosen sides of loaves and remove from pans.

Freezes well.

Zucchini Cookies

Ingredients:

1 c. Shortening
2 c. Sugar
2 c. Grated Zucchini
2/3 tsp. Salt
2 tsp. Vanilla
2 Eggs
4 c. Flour
2 tsp. Cinnamon
2 tsp. Soda
2 tsp. Baking Powder
1 c. Chopped Nuts (optional)
1 c. Raisins (optional)

Directions:

Cream shortening and sugar. Then mix zucchini, salt, vanilla and eggs in.
Add dry ingredients. Mix well.

Add nuts & raisins if desired. (I like to chop the nuts finely and add the raisins)

Bake at 375 for 8-10 minutes.

Zucchini Bread with Citrus

2 cup flour

2 cup sugar

1/2 tsp baking Soda

4 eggs

3 cup grated zucchini

1 c wheat flour

1 tsp Baking Powder

1/4 tsp salt

1 cup vegetable oil

Orange peel, washed, minced

Directions:

Preheat oven to 375 degrees. Mix dry ingredients in large bowl. Beat the eggs, blend in oil. Add dry ingredients to egg mixture slowly, then fold in zucchini and the orange peel.

Pour into 2 bread pans that have been buttered & floured. Bake for 50 minutes.

Pineapple Zucchini Loaf

Ingredients:

3 eggs
1 cup vegetable oil
2 cups white sugar
2 teaspoons vanilla extract
2 cups grated zucchini
1 cup crushed pineapple
3 cups all-purpose flour
2 teaspoons baking soda
1 teaspoon salt
1/4 teaspoon baking powder
1 1/2 teaspoons ground cinnamon
3/4 teaspoon ground nutmeg
1 cup raisins

Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Beat eggs, oil, sugar, and vanilla together until thick.
3. Stir zucchini, pineapple, flour, soda, salt, baking powder, spices, raisins, and nuts into the egg mixture; blend well.
4. Pour batter into two 9x5 inch greased loaf pans. Bake in preheated oven for 1 hour, or until a toothpick inserted into the center of the cake comes out clean. Cool in the pan for 10 minutes then turn out onto a wire rack.

Pumpkin Bread

2/3 cup shortening
2 2/3 cup sugar
4 eggs
1 one-pound can pumpkin
2/3 cup water
3 1/3 cup flour
1/2 teaspoon baking powder
2 teaspoons baking soda
1 1/2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon ground cloves
2/3 cup chopped nuts
2/3 cup raisins or dates, chopped fine
1 orange, ground up (peel and all)

Directions:

Cream shortening, sugar and add eggs, pumpkin and water.
Sift dry ingredients and spices and add. Stir in nuts and dates or raisins.
Add orange.

Pour into two large 2 loaf pans. Bake at 350° for one hour. May also be baked in three one-pound coffee cans.

Beef & Zucchini Casserole.

3 medium zucchini, sliced
1 C sliced mushrooms
1 green bell pepper, diced
1 lb. ground beef
2 tablespoons olive oil
1 small onion 2 cans (8 oz. each) tomato sauce
1 tablespoon all-purpose flour
1/2 teaspoon oregano
1/2 teaspoon dried basil
1/2 teaspoon salt
2 C shredded mozzarella cheese
Serves 6

Directions:

Heat oil in a large skillet. Saute zucchini and mushrooms and green pepper until crisp-tender, about 5 minutes. Remove from skillet. Cook onion and ground beef until beef in skillet until beef is browned, stirring to crumble as you cook. Drain off excess fat then pour in tomato sauce, stir in flour and seasonings. Reduce heat and simmer for about 5 minutes, stirring occasionally.

Grease a 12x8 baking pan. Layer half the zucchini mixture in bottom of prepared pan, followed by half the meat mixture, half the cheese, then the remaining zucchini, remaining meat -- do not put remaining cheese on top yet. Bake for 30 minutes, then sprinkle on remaining cheese, bake for about 5 more minutes or until the cheese melts and browns.

Zucchini casserole:

1 cup sliced carrots
5 cups thinly-sliced zucchini (unpeeled)
1 (6 ounce) package chicken-flavored stuffing mix
1 can cream of mushroom soup
1 cup sour cream
1/2 cup butter or margarine
1/4 cup chopped onion

Directions:

Preheat oven to 350 degrees. Place carrots in large pan and boil for 5 minutes. Add zucchini, cover and boil 5 minutes longer. In medium bowl, melt butter in microwave. Add contents of seasoning packet and stuffing crumbs and stir until moistened. Spoon 2/3 stuffing mixture in bottom of a 9x9, 10x10 or 9x12 pan. Drain cooked vegetables. Mix with soup, sour cream and onions. Pour over stuffing mix. Sprinkle with reserved stuffing crumbs. Bake for 40 minutes

Squash CASSEROLE

5 pounds medium-size yellow squash
2 eggs, beaten
1 cup breadcrumbs plus additional bread crumbs for topping
1 stick butter or margarine
1/4 cup sugar
Salt to taste
2 tablespoons chopped onion
Dash of pepper

Directions:

Cut tips off squash and cut each squash into 3 or 4 pieces. Drop squash into a large saucepan with enough boiling water to cover. Return to a boil, reduce heat and cook until tender. Drain in colander and mash. Combine with beaten eggs, 1 cup bread crumbs, butter, sugar, salt, onion and pepper.

Turn into a 3-quart casserole that has been lightly greased or sprayed with non-stick spray. Cover with a light layer of bread crumbs.

Bake at 350: F. for 20 to 25 minutes or until lightly browned. Serves 10.

Zucchini Casserole (Low Carb)

1 lb. small zucchini squash
1 large onion, finely chopped
6 tbsp. butter
2 cups shredded sharp cheddar cheese
1 clove minced garlic
1 tsp. salt
Dash pepper
2 eggs, slightly beaten

Directions:

Cook zucchini whole in a small amount of water until crisp tender. Cool. Saute onion and garlic in 4 Tbsp butter. Cut cooled squash in cubes (or just circles, its easier) and add to onion. Stir in salt, pepper, and 1 1/2 cups cheese (reserve 1/2 cup for topping). Cool. Mix vegetable mixture with beaten eggs.

Place mixture in buttered casserole dish. Top with reserved 1/2 cup cheese. Bake at 350 degrees for 30 - 45 minutes.

Zucchini Hash Browns (Low Carb)

1 cup grated zucchini

1 Tbsp. grated onion

2 eggs, beaten slightly

Salt, pepper, onion powder, (garlic powder for those who use it)

Directions:

I heat oil in my big cast iron skillet. Mix all ingredients together in medium sized bowl and drop by heaping tablespoons in hot oil. When brown on one side, turn and cook the other side. Stack on a plate and keep in warm oven 'till whole batch is done. You can top these with sour cream, or butter, or smother in gravy. Very low in carbs. I store in the fridge and heat and serve whenever I'm in the mood. This absolutely satisfied my craving for potatoes.

Zucchini Casserole

350 degrees ... 45 min. ... 9x13 glass casserole dish

1 package Stove Top Stuffing Mix

2/3 Cup water

1 T butter

Mix together, reserve 1 Cup for topping,
pour remainder into greased dish for bottom layer.

Layer on top of stuffing mix:

1 lb. Ground beef, browned and drained

(note: add 1/2 lb ground sausage if doubling recipe)

4 Cups cubed raw zucchini

2 Cups grated carrots

Directions:

Mix together:

1 small chopped onion

(option: use green onions to equivalent)

1 Can Cream of Chicken soup

(note: add 1 Can Cream Mushroom soup if doubling recipe)

1/2 cup milk

1 Cup low fat (or regular) sour cream

1 Can sliced mushrooms

salt and pepper to taste

Pour over casserole.

Top with remaining stuffing mix,

sprinkle shredded cheese to taste.

Cover loosely with foil or else cheese gets too brown.

Bake as directed above.

Zucchini Bread

Ingredients

3 tablespoons oil
1 cup sugar
1/2 cup peeled, grated apple
4 egg whites, beaten
1 cup grated zucchini
1-1/2 cups all-purpose flour
1-1/2 teaspoons cinnamon
3/4 teaspoon baking soda
1/4 teaspoon baking powder
1/2 to 1 cup chopped walnuts (optional)

Directions

Blend first 3 ingredients. Beat eggs into mixture. Place zucchini in separate bowl; fold beaten egg mixture into zucchini. Stir dry ingredients; add to zucchini mixture. Mix well. Pour batter into greased 8x4 inch loaf pan. Bake at 325°F for approximately 1 hour or until tester comes out clean.

Zucchini Bread

2 3/4 cups all-purpose flour

1/2 cup wheat germ

1 tablespoon baking powder

1/2 teaspoon baking soda

1 teaspoon salt

2 teaspoons ground cinnamon

1/2 teaspoon each ground nutmeg, mace and cloves

1/2 cup skim milk

1/4 cup vegetable oil

6 packets granulated sugar substitute

1/2 cup sugar 4 egg whites (or scant 1/2 cup liquid egg substitute)

3 cups shredded unpeeled zucchini

Directions:

1. Preheat oven to 350°F. Spray one 9- x 5-inch loaf pan with nonstick cooking spray. In a medium bowl combine all ingredients up to the milk. In a large bowl combine milk, oil, Sweet 'N Low, sugar and egg whites. Stir in dry ingredients and zucchini; blend well.
2. Pour batter into prepared pan. Bake 1 hour 10 minutes to 1 hour 20 minutes, or until a wooden pick inserted in center comes out clean. Cool on wire rack 5 minutes. Remove from pan and cool completely on rack. Makes one large loaf.

Squash Casserole

Serves 4

1,5 to 2 pounds yellow gooseneck squash, scraped, rinsed, sliced or chopped thin
1 Vidalia or sweet type onion, peeled, chopped small
1/2 to 1 small sweet bell pepper, seeded, chopped (optional - I prefer to omit)
2 Tablespoons melted butter or bacon drippings or vegetable oil
1 teaspoon table salt
1/4 teaspoon black pepper
2 Tablespoons granulated sugar
1 small can chopped mushrooms, drained (optional)
1 1/2 pounds sharp cheddar cheese
1 cup plain bread crumbs or crushed saltine crackers (omit salt if using saltine crackers)

Preheat oven to 350 degrees F.

Directions:

Saute squash, onion, and pepper in a sauce (frying) pan with melted butter or bacon drippings until squash is soft and water that is IN it naturally cooks out. Do NOT add water. Add salt, sugar and black pepper. Put into a casserole dish. Stir in the drained mushrooms (optional). Mix cheese and 1/2 cup bread crumbs or crushed saltine crackers into the casserole dish with the vegetables. Sprinkle remaining 1/2 cup of bread crumbs on top of casserole.

Bake until golden brown.

ALABACITAS (SQUASH CASSEROLE)

2 Tbs. oil
2 zucchini, cut in 1" cubes
1 med. onion, chopped
2 cups fresh or frozen corn
1 clove garlic, minced
1 can cream of chicken soup
1 cup chopped green chile
2 cups grated cheese
2 yellow crookneck squash, cut into cubes
10 corn or blue corn tortillas

Directions:

In large skillet, sauté onion, garlic, and squash in oil. Stir in green chile and corn.

In 9x13x2 inch casserole dish, layer vegetables, tortillas and cheese. Pour chicken soup over all, and sprinkle grated cheese on top.

Bake in preheated 325 degree oven for 30 minutes. Serve with a side dish of fresh sliced tomatoes and sliced red onion.

Squash Casserole

4 cups cooked squash
2 medium carrots, grated
1 medium onion, chopped
1 can cream of mushroom or chicken soup
1 cup sour cream
cornbread dressing

Directions:

Mash squash and mix with carrots, onions, soup, and sour cream. Spread layer of cornbread dressing in 13 x 9 inch casserole. Alternate layers with squash mixture, ending up with a thick layer of dressing on top. Bake at 350 degrees for 30 minutes. You can use any kind of squash, including zucchini, for this dish. If you are watching calories or pennies, you can replace the sour cream with any white sauce.

Pumpkin Loaf

2 eggs, beaten
1/2 cup vegetable oil
1 cup pumpkin puree
1 1/2 cups flour
1 tsp baking powder
1 tsp baking soda
1/4 tsp salt
1 tsp cinnamon
1/4 tsp allspice
1/2 tsp nutmeg
1/2 cup raisins
1/2 cup walnuts, chopped

Heat oven to 350 F.

Directions:

In a large bowl beat together eggs, oil, and pumpkin until well mixed.

In a medium bowl mix together remaining ingredients.

Fold into pumpkin mixture.

Mix just until dry ingredients are moistened.

Pour into a greased and floured loaf tin.

Bake for 30 to 40 minutes or until top springs back when touched lightly and tester comes out clean.

PUMPKIN CAKE

Mix together:

1/2 cup shortening
1 1/4 cup sugar
2 eggs

Blend together:

2 1/4 cups flour
3 teaspoon baking powder
1/2 teaspoon each of soda, ginger, cinnamon, nutmeg
and salt.

Mix together:

3/4 cup milk
1 cup pumpkin
1 teaspoon vanilla

Directions:

Mix first 3 ingredients, then add dry ingredients and pumpkin mixture alternately. Mix well. Bake in 350 degree F oven for 45 to 50 minutes.

Greek Vegetable Casserole

1 Eggplant

2 lb Zucchini

4 md Potatoes

2 Green peppers

1 Red pepper

2 md Onions

1 c Olive oil

4 md Tomatoes

2 Garlic cloves

1 ts Sugar

Salt & pepper; to taste

Directions:

Prepare the vegetables: Cut the eggplant, zucchini and potatoes in bite sized chunks (do not peel the zucchini or the eggplant). Remove the stems and seeds from the peppers and slice them into strips. Peel and slice the onions. Dice the tomatoes.

Saute' the vegetables except the tomatoes in the olive oil in small batches. Saut' each batch for 2 or 3 minutes, then remove from the pan, trying to drain some of the oil so that enough oil is left for the next batch. When done, most of the oil should be gone from the pan.

Place the saute'ed vegetables in a baking dish and toss them briefly so that you won't get only one kind of vegetable in one place. Add the tomatoes into the pan and saut' for a couple of minutes. Crush the garlic and add to the tomatoes. Add the sugar, salt and pepper to taste and simmer for another minute.

Pour the tomato sauce on top of the vegetables and bake at 350 F until the vegetables are tender.

Pumpkin Pancakes

2 eggs
1 1/4 cups buttermilk
4 tablespoons butter, melted
3 tablespoons canned pumpkin
1/4 cup granulated sugar
1/4 teaspoon salt
1 1/4 cups all-purpose flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon cinnamon
1/4 teaspoon allspice

Directions:

1. Preheat a skillet over medium heat. Coat pan with oil cooking spray.
2. Combine eggs, buttermilk, butter, pumpkin, sugar, and salt in a large bowl. Use an electric mixer to blend ingredients.
3. Combine remaining ingredients in a small bowl. Add dry ingredients to wet ingredients and blend with mixer until smooth.
4. Pour the batter in 1/4 cup portions into the hot pan. Should form 5-inch circles.
4. When the batter stops bubbling and edges begin to harden, flip the pancakes. They should be dark brown. This will take from 1 to 2 minutes.
5. Flip the pancakes and cook other side for the same amount of time, until dark brown.

Pumpkin Custard

1 can (12 oz.) evaporated skim milk

2 eggs

1 can (1 lb.) pumpkin

3/4 cups sugar

1 teaspoon cinnamon

1/4 teaspoon cloves

1/2 teaspoon ginger

1/2 teaspoon salt

Directions:

Blend all ingredients well. Pour into pie shell. Bake in a 375 F pre-heated oven for about 1 hour.

Pie is done when knife inserted in the center comes out clean. For custard, omit the pie crust and bake in 8 individual custard dishes for 40 minutes at 375 degrees F.

Stir-fried Zucchini

Yield: 4 servings

3 Zucchini, medium
1 tbsp Salad oil
1/4 c Water
1,5 tsp salt
0,5 tsp sugar

Preparation: 10 min Cooking 8 min

1. Cut zucchini into 1/4-inch pieces.
2. In 5-quart Dutch oven over high heat, in very hot salad oil, cook zucchini, stirring quickly and frequently (stir-frying) until well coated.
3. Add water, salt and sugar. Reduce heat to medium-high; continue sit-frying 7 to 8 minutes until tender-crisp.

VARIATION: 1/4 SALAD OIL, 1 LARGE CLOVE GARLIC,SLICED 6 CUPS SLICED CABBAGE, 1 t SUGAR. COOK GARLIC UNTIL BROWNEED DISCARD AND CONTINUE WITH PREVIOUS INSTRUCTIONS.

Squash Casserole

Yield: 4 servings

- 1,5 lb Fresh squash
- 1 Small jar piminto
- 2 Small chopped onions
- 1,5 pk Peppridge farm stuffing mix
- 1 c Sour cream
- 1 c Cream chicken soup
- 4 Small grated carrots
- 1 Stick of butter

Directions:

Cook squash in salted water and drain. Mash. Mix all other ingredients with squash except 1/2 stuffing mix.

Note: Half the stuffing to begin with. Mix half the stuffing mix with the butter. Line casserole dish with part of butter mix. Fill with filling and top with rest of butter mix. Cook 350 degree for 40 minutes.

Armenian Style Zucchini

Yield: 6 servings

2 lb Zucchini, washed and trimmed
1 c Ground lamb shoulder*
1/2 c Raw rice
1 Small onion, chopped fine
1 tbsp Chopped parsley
1/2 c Stewed tomatoes
Salt, black pepper – to taste

Directions:

*Note: May use lamb patties. Peel the zucchini and cut into 3 inch lengths. Scoop out the centers. Soak the vegetable in cold salted water about one half hour. mix the lamb with the rice, onion, parsley, tomatoes, salt and pepper. Drain the zucchini and fill the hollows with the lamb mixture. Arrange in a saucepan and add water to the depth of one inch. The water should not reach more than halfway up the sides of the zucchini. Cover the pan tightly and simmer over low heat until the rice is>>> tender, about one hour. Check from time to time to see that the water has not evaporated.

Apple Filled Acorn Squash

Yield: 6 servings

3 x Acorn Squash

COMBINE:

2 apples, chopped

1/2 c chopped walnuts

1 tbsp grated orange peel

1/2 c brown sugar

2 tbsp margarine, melted

Directions:

Preheat oven to 350 deg F.

Cut squash in half lengthwise and scrape out seeds.

Place cut side down in baking dish and bake for 25 minutes.

Mix the other ingredients. Turn squash cut side up, fill with apple mix and continue baking for 20 minutes, or until squash is tender.

African Squash And Yams (futari)

Yield: 6 servings

1 sm Onion; chopped	--pared & cut into 1" pieces
2 tbsp Oil	1 c Coconut Milk
1 lb Hubbard squash; pared	1/2 ts Salt
--and cut into 1-inch pieces	1/2 ts Ground cinnamon
2 md Yams or sweet potatoes	1/4 ts Ground cloves

Cook and stir onion in oil in 10-inch skillet over medium heat until tender. Stir in remaining ingredients. Heat to boiling. Reduce heat. Cover and simmer 10 minutes. Simmer, uncovered, stirring occasionally, until vegetables are tender, about 5 minutes longer.

Makes 6 to 8 servings

Acorn Squash With Wehani Rice & Pecan Stuffing

3 Acorn squash

2 c Wehani rice or rice blend

4 c Water

1 tb Tamari

1 tb Soy margarine or butter

1 c Carrot, diced

1 c Celery, diced

1 c Onion, diced

1/4 ts Dried thyme

1/2 ts Fresh ginger, minced

2 tb Pecan pieces

1 tb Orange zest, minced

Sea salt, Freshly ground black pepper – to taste

--GLAZE---

1 c Orange juice

1 tb Honey or barley malt

1/4 ts Cinnamon

Directions:

Halve squash lengthwise. Seed, then steam for 20 minutes (squash will not be fully cooked). Set aside. (May be prepared one day ahead. Refrigerate.)

Bring water and tamari to a boil in a 2-quart saucepan over medium-high heat. Add rice and return to a boil. Reduce heat and simmer, covered, until liquid is absorbed and rice is tender. (Rice may be cooked up to 2 days ahead; refrigerate until used.)

For Stuffing: In a large skillet, saute carrots, celery, onion, thyme and ginger in margarine or butter until onions are golden. Thoroughly toss in pecans, orange zest and rice. Season with salt and pepper to taste. Remove from heat and set aside. (Stuffing may be prepared 1 day ahead and refrigerated.)

Put glaze ingredients into a small jar and shake vigorously to combine.

Keep refrigerated until ready to use. (Glaze may be prepared a day ahead.)

One hour before serving, preheat oven to 375 F. Mound stuffing mixture into each squash half to about 2 inches over top of squash. Place stuffed squash halves in a baking pan filled with 1/2 cup of water. Drizzle some glaze over stuffing and brush onto squash. Cover with foil and bake 20 minutes.

Drizzle remaining glaze over squash, and continue baking, uncovered, for another 20 minutes until glazed and lightly browned. Serve immediately.

Calories per serving: 326 Grams of fat: 5 % fat calories: 14 Cholesterol: 0 mg. Grams of fiber: 5.8

African Vegetarian Stew

Yield: 8 servings

4 sm Kohlrabies, peeled and cut -into chunks	1/2 c Couscous -or- Bulgar Wheat
1 lg Onion, chopped	1/4 c Raisins, dark or golden
2 Sweet Potatoes, peeled and -cut into chunks	1 ts Ground Coriander
2 Zucchini, sliced thick	1/2 ts Ground Turmeric
5 Tomatoes, fresh -or-	1/2 ts Ground Cinnamon
16 oz Can Tomatoes	1/2 ts Ground Ginger
15 oz Can Garbanzo beans	1/4 ts Ground Cumin
	3 c Water

Directions:

Combine all the ingredients in a large saucepan. Bring to a boil, lower the heat, and simmer until the vegetables are tender, about 30 minutes.

Note: Serve the couscous separately, if desired. Parsnips may be substituted for the kohlrabi.

Serves 8

One Serving = Calories: 241 Carbohydrates: 42 Protein: 8 Fat: 2 Sodium: 22
Potassium: 658 Cholesterol: 0

Acorn Squash And Wild Rice

Yield: 4 servings

- 2 Acorn squash, ~1-1/2 lb ea
- 1/2 lb Small Brussels sprouts
- 2 t Olive oil
- 1 c Diced onion
- 1 t Fennel seeds
- 1 t Dried marjoram
- 1/4 c Minced fresh sage
- 1/4 c Fresh orange juice
- 2 t Fresh lemon juice
- 1/8 t Freshly grated pepper
- 2 c Cooked wild rice

Directions:

1. Preheat the oven to 350 degrees (F).
2. Cut each squash in half and remove the seeds and pulp. In a large baking dish, place the squash, cut side down, with about 1 inch of water. Bake until tender, about 45 minutes.
3. Pour about 2 inches of water into a large stockpot. Place a collapsible steamer in the pot, cover, and bring to a boil. Place the Brussels sprouts in the steamer, cover, and steam for 5 to 7 minutes, or until tender. Set aside.
4. Meanwhile, in a large skillet, heat the oil over low heat. Add the onion and saute for 10 minutes, stirring frequently. Stir in the fennel, marjoram, sage, orange juice, lemon juice, and pepper, and simmer for 3 minutes. Stir in the cooked wild rice and the Brussels sprouts and heat through.
5. Spoon the wild rice and Brussels sprout mixture into the squash cavities. Serve immediately.

I often microwave the acorn squash by placing in a shallow glass pan with about 1/2-inch of water, covering with saran wrap and nuking for about 10 minutes or until tender.

Zucchini Omelet

(1 serving)

FOR FILLING:

8 Zucchini, Squash (medium size) - sliced about 1/8 inch thick (do not peel)
1 small can corn kernels
1 finely chopped small white onion
1/2 cup fresh green chile
1 cup finely shredded sharp cheddar cheese
3 tbsp butter
1/4 tsp salt

FOR EACH OMELET:

3 eggs
1 Tbsp cold water
1/4 cup finely diced tomatoes
1 tbsp butter
dash of salt

Roast, peel and dice approximately 6-8 green chiles with 1 finely chopped clove of garlic. Frozen green chile (chopped and whole) can be found in most major supermarkets. Canned chile just does not cut it so please don't try.

In a large saucepan, melt butter over medium heat, saute chopped onions until they glisten. Add sliced zucchini. When zucchini are no longer firm, add green chili, corn and cheddar cheese. Add salt. Cover and cook over low heat for about 10 minutes. Makes a great vegetable side with steak. Serves 6.

Next day. Remove leftover calabacitas from the refrigerator about 0,5 hour before they are to be served. They should be room temperature when added to the egg.

Prepare a traditional three-egg omlet, whisk the eggs with water. In a medium skillet, melt butter, add whisked egg mixture. After one side is set, flip over and place calabacitas on one side. Fold over, slide on to serving plate. Sprinkle lightly with graded cheese, parley and/or diced tomatoes.

Fresh Pumpkin Muffins

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2 cups of sifted flour
1/4 cup of sugar
3 teaspoons of baking powder
1/2 teaspoon of salt
1/2 teaspoon of cinnamon
1 egg
1/2 cup of milk
1 cup of masked fresh pumpkin
1/4 cup of vegetable oil

Directions:

Sift flour, sugar, baking powder, salt and cinnamon into a bowl. Beat egg; mix in milk, pumpkin and salad oil. Make a well in center of flour mixture; pour in pumpkin mixture all at once. Stir quickly until flour is just moistened. Fill greased muffin cups 2/3 full. Bake at 425 degrees for 25 minutes, or until done. Run spatula around each muffin to loosen; serve immediately. Makes about 15 (2 1/2 inch) muffins

Fresh Pumpkin Pie

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Pastry for 1 9-inch pie crust or 1 frozen crust

2 eggs

2 cups of cooked, mashed fresh pumpkin

3/4 cup of sugar

1/2 teaspoon of salt

1 teaspoon of cinnamon

1/2 teaspoon of ginger

1/4 teaspoon of cloves

1 2/3 cups of light cream

Directions:

Prepare pastry or use a store bought one. Beat eggs. Beat in remaining ingredients. Pour into pastry-lined pie pan. Bake at 400 degrees for 15 minutes. Reduce oven temperature to 350 degrees and bake 45 minutes longer or until knife inserted in center comes out clean. Cool before serving.

Pumpkin Roll

For The Cake:

3 eggs
1 cup of sugar
2/3 cup of pumpkin
1 teaspoon of vanilla
3/4 cup of flour
1 teaspoon of nutmeg
1/2 teaspoon of salt
2 teaspoons of cinnamon
1/4 teaspoon of ginger
1 cup of pecans, chopped (optional)

For The Filling:

1 cup of powdered sugar
2 - 3 oz. packages of cream cheese
4 tablespoons of butter
1 teaspoon of vanilla

Powdered sugar for dusting

Directions:

Beat eggs on High 5 minutes. Gradually add sugar. Add pumpkin and vanilla. Mix well. In a separate bowl, combine dry ingredients. Fold into pumpkin mixture. Pour into greased and floured jelly roll pan. Bake at 375 degrees for 15 minutes. Top with pecans before baking if desired. Sprinkle dish towel with powdered sugar, invert cake immediately onto towel. Roll up and cool. Beat filling ingredients until smooth. Unroll cake. Spread filling to 1/4 inch from edges. Roll filled cake. Wrap in wax paper and keep refrigerated. Sprinkle with powdered sugar when ready to serve.

Stuffed Pumpkin

1 small pie pumpkin
10 to 12 apples, sliced
1 tablespoon of pumpkin pie spice
1 cup of brown sugar
1 heaping cup of raisins
Walnuts
Molasses

Directions:

Cut the top of the pumpkin and remove the seeds. Rub molasses inside on the pumpkin walls. Mix sugar with spice and sprinkle on the molasses coating. Layer the pumpkin with apples, raisins, nuts, apples, raisins, and nuts, alternately with sugar and spice mix until the pumpkin is full. Replace the pumpkin top. Wrap in foil. Bake at 350 degrees for 2 hours or until the pumpkin is soft. Makes a great centerpiece.

Pumpkin Balls

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2 1/2 cups of plain flour
1 teaspoon of baking powder
1 teaspoon of baking soda
1 teaspoon of cinnamon
1 teaspoon of nutmeg
1 cup of chocolate chips
1 cup of raisins
1/2 cup of chopped nuts
1 stick margarine
3/4 cup of sugar
1/2 can of pumpkin
1 teaspoon of vanilla extract
1 egg

Directions:

Sift dry ingredients together and set aside. Cream margarine, sugar, egg, pumpkin and vanilla together in a large bowl. Add dry ingredients. Beat to a smooth batter. Stir in chocolate chips, raisins and nuts. Drop by spoonfuls into a mini-muffin pan that has been sprayed with cooking spray (you can also drop onto greased cookie sheet but shapes won't be as uniform). Bake at 350 degrees for 10 to 15 minutes. Remove from pan immediately and place on a rack to cool.

Pumpkin Pecan Bread

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3 1/2 cups of self-rising flour
1 1/2 teaspoons of cinnamon
1 teaspoon of nutmeg
3 cups of sugar
2 cups of canned pumpkin
1 cup of oil
4 eggs
2/3 cup of water
1 cup of chopped nuts

Directions:

Preheat oven to 350 degrees. Oil and flour three 8x4 inch loaf pans. Sift together flour, cinnamon and nutmeg. Add sugar and mix well. Add oil, eggs, water and pumpkin all at once. Mix well, then add nuts. Pour into pans, filling each half full. Bake for 30 minutes or until toothpick stuck in middle comes out clean.

Baked Pumpkin

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- 1 small pumpkin
- 2 tablespoons of apple cider
- 2 tablespoons of honey
- 2 tablespoons of melted butter

Directions:

Wash pumpkin well and place on a pie pan. Bake in 350 degree oven for 1 1/2 hours. Remove from oven and cut a hole in the top of the pumpkin 3 to 4 inches in diameter. Scoop out the pulp and seeds. Mix together the honey, cider and melted butter. Baste the mixture over the flesh of the pumpkin. Replace top, return to oven and bake 30 to 40 minutes more, basting occasionally. Cut into wedges and serve with leftover basting mixture.

Pumpkin Fritters

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1 egg
1/2 cup of sugar
1/2 teaspoon of salt
1 1/2 cup of pumpkin
1 cup of flour
1/4 teaspoon of baking soda
2 teaspoons of pumpkin pie spice
1/2 teaspoon of ginger
1 tablespoon of butter or margarine, melted
1 teaspoon of vanilla
1 teaspoon of baking powder
Confectioners sugar

Directions:

Beat eggs, sugar and salt until light and fluffy. Blend in pumpkin. Add flour, baking powder and soda. Add spices, margarine and vanilla. Mix well. Drop by tablespoonsful onto well-greased griddle, or fry in hot fat, a teaspoonful at a time. Watch carefully, they scorch easily. Sprinkle with confectioners sugar.

Creamy Squash Casserole

Ingredients:

- 1 1/2 pounds of tender yellow squash, sliced
- 1 - 10 3/4 ounce can of cream of chicken soup, undiluted
- 1 - 8 ounce container of sour cream
- 1 - 4 ounce jar of sliced pimentos, drained
- 1 - 8 1/2 ounce can of sliced water chestnuts, drained
- 2 medium onions, finely chopped
- 1 stick of butter or margarine
- 1 - 8 ounce package of herbed stuffing mix

Directions:

Cook the squash in salted water until tender, about 12 to 15 minutes and drain well. Add the first five ingredients to the squash. Melt 3/4 stick of the butter and add to the stuffing and mix well. Pack the stuffing mixture into a 2-quart baking dish reserving 1 cup of the stuffing mixture. Pour the squash mixture over the stuffing and sprinkle the top with the reserved cup of the stuffing. Dot the top of the casserole with a little butter and bake for 30 minutes at 350 degrees.

Southwestern Lamb Kebab

1/4 cup olive oil
2 cloves garlic, minced
1/4 cup lime juice
1/4 cup apple juice
1 teaspoon jalapeno peppers, seeded, divided and minced
1 teaspoon honey
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon chili powder
1 teaspoon red pepper sauce

1 1/2 lb lean leg of lamb, well trimmed and cut into 2-inch cubes
1 yellow bell pepper, seeded
1 red bell pepper, seeded
3 yellow squash
24 wooden skewers (10 inch size)

For marinade, combine the first 10 ingredients in a medium bowl and mix well. Place the lamb cubes in a pan just large enough to hold them and the marinade. Pour the marinade over and mix until meat is well coated. Cover and refrigerate 8 hours or overnight, mixing several times.

The next day, soak the wooden skewers in warm water. Cut the yellow and red peppers into about 48 cubes each. Cut the squash into 24 cubes. On 24 skewers, alternate 3 cubes of lamb, 2 cubes of red and yellow peppers and 1 cube of squash. Baste with remaining marinade.

Prepare a medium-hot barbecue fire and broil 4 inches from heat, 4 minutes per side, turning often. Serve with herbed rice.

Honey Pumpkin Salad with Sage Croutons

This unusual salad is a wonderful starter to the meal. Toasted bread slices are rubbed with sage and pumpkinseed oil, then topped with vinegary apples, honey-roasted pumpkin salad and finely chopped persimmons.

1 sugar pumpkin or butternut squash (1 1/2 pounds), peeled, seeded and cut into 1-inch dice

1/4 cup honey

2 Tbs unsalted butter, melted

Eight 1/2 inch-thick slices of country bread

Roasted pumpkin seed oil, for brushing

5 sage leaves

1/4 cup pumpkin seeds

1 Granny Smith apple, halved, cored and thinly sliced

2 Tbs apple cider vinegar

1 Fuyu persimmon, peeled and finely chopped (optional)

Directions:

1 Preheat the oven to 375 degrees F. In a bowl, toss the pumpkin with the honey and the melted butter. Spread the pumpkin on a rimmed baking sheet and roast for about 35 minutes, or just until tender; let cool.

2 Arrange the bread on a cookie sheet and bake in the oven with the pumpkin for about 5 minutes, or until lightly toasted. Brush the toasts generously with pumpkin seed oil and rub with the sage leaves. Spread the pumpkin seeds in a pie plate; toast in the oven for about 3 minutes, or until fragrant.

3 In a bowl, toss the apple with 1/2 tablespoon of the vinegar. In another bowl, toss the pumpkin with the remaining 1 1/2 tablespoons of vinegar. Season both with salt and pepper.

To Serve

1 Set a crouton on each plate and top with the apple slices. Spoon the pumpkin salad and chopped persimmon over the apple slices. Garnish with the toasted pumpkin seeds and serve.

Squash And Red Pepper Roll-Ups

Serving Size: 6

- * 3 Cups Yellow Squash -- Cubed
- * 1/4 Pound Silken Low-Fat Tofu
- * 1 Tablespoon Barley Malt Syrup
- * 1 Tablespoon Corn Oil
- * 1 Medium Yellow Onion -- Minced
- * 1 Medium Red Pepper -- Diced
- * 1 Teaspoon Sea Salt
- * 1/2 Cup Cilantro -- Coarsely Chopped
- * 6 Large Whole-Wheat Tortillas

Directions:

In a large sauce pan, steam the squash just until tender.

Combine with the tofu and barley malt syrup in a blender, and puree until smooth.

Heat the oil in a medium skillet. Saute onions, red peppers, and slat until the onions are translucent.

Add the onion mixture to the squash mixture.

Stir in the cilantro.

Cool the mixture well and spread evenly on the tortillas.

Roll up tightly and secure with toothpicks.

chill for several hours, then slice 1" | 2 1/5 cm thick before serving.

NOTE: These colorful little pinwheels make the perfect healthy party appetizer.

Or try serving them whole as a tasty alternative to the traditional lunchtime sandwich.

Pan Seared Cilantro Crusted Cod with Horseradish Mashed Potatoes with Caramelized Onions and Sauteed Squash

Yield: 4 servings

Mashed Potatoes:

- 4 tablespoons unsalted butter
- 3 large onions, finely sliced
- 3 tablespoons balsamic vinegar
- 1 teaspoon finely chopped fresh thyme
- Salt and freshly ground pepper
- 6 russet potatoes, peeled and cut into 1-inch dice
- 6 tablespoons unsalted butter
- 1 cup heavy cream
- 3 tablespoons prepared horseradish

Directions:

Heat butter in a large skillet over medium heat. Add the onions and cook slowly until deep golden color. Add vinegar and thyme and season with salt and pepper, cook for 2 minutes longer. Cook potatoes in a large pot of salted water until soft. Drain well, add butter, heavy cream and horseradish, mash until smooth. Season with salt and pepper. Place potatoes in a bowl and top with the onions.

Squash:

- 2 tablespoons olive oil
- 12 pattypan squash
- 2 tablespoons unsalted butter
- 3 tablespoons finely chopped fresh parsley
- Salt and pepper

Heat oil in a medium saute pan. Add squash and saute until just cooked through. Add butter and cook until melted. Add parsley and season with salt and pepper to taste.

Pan Seared Cod:

- 2 tablespoons olive oil
- 4 cod fillets, about 6 to 7 ounces each
- Salt and freshly ground pepper
- 1/2 cup finely chopped cilantro

Preheat oven to 375 degrees F. Heat oil in a large saute pan. Season cod on both sides with salt and pepper. Dredge skin-side in cilantro. Place cod, cilantro-side down in the oil and saute until lightly golden brown. Turn the fish over and place in the oven and continue cooking for 3 to 4 minutes until just cooked through.

BEEF STUFFED SQUASH

5 lg. yellow squash (summer)
1 med. onion, chopped
1 med. green pepper, chopped
1 (16 oz.) can whole tomatoes, drained and chopped
1/2 c. (2 oz.) shredded Cheddar cheese
1/2 lb. ground beef

Directions:

Wash squash, cook in boiling salted water to cover 8 to 10 minutes or until tender but still firm. Drain and cool slightly. Trim off stems. Cut squash in half lengthwise. Remove pulp, leaving a firm shell. Chop pulp. Cook ground beef, onion, and pepper in a skillet until beef is browned. Remove from heat, and drain off drippings. Stir in squash and tomato. Place in squash shells in 9x13x2 inch dish. Spoon beef mixture into shells and bake on 350 degrees for 25 minutes.

Spicy Butternut Squash Soup

Serves 4

Preparation time less than 30 mins

Cooking time 30 mins to 1 hour

1 tbsp olive oil
1 onion, chopped
1 red chilli, chopped (optional)
1 clove garlic, crushed
2 butternut squash, flesh cubed
1 tbsp medium curry paste
300ml/ 1/2 pint good vegetable stock
200ml/7fl oz coconut milk
2 tbsp fresh coriander, chopped

Directions:

1. Heat the oil in a non-stick pan. Add the onion, chilli and the garlic, and fry for 4-5 minutes until softened.
2. Add the squash and continue to fry for 5 minutes. Stir through the curry paste and fry for a further minute. Pour over the stock, bring to the boil, and cover and simmer for 15-20 minutes, until the squash is tender.
3. Transfer to a food processor or blender and blend until smooth. Return to the pan, add the coriander, and season well. Serve with plenty of crusty bread.

Summer Vegetable Saute

1 Zucchini
1 yellow summer squash
6 scallions
1 crushed Garlic Clove
3 tbsp Light vegetable Oil
2 tbsp Mrs. Dash

Directions:

Slice the Zucchini and squash thinly - it is my experience that thin slicing brings out more of the flavor

Chop the scallions, using all of the stem and bulb except the small portion at the end with the roots

Fry the crushed garlic clove until just starting to brown

Add the squash, zucchini and scallions

Sprinkle the Mrs. Dash over the mixture

Simmer this for no more than 10 minutes at medium heat - you don't want to overcook the squash and zucchini - you want them to still be a little crispy

This makes a nice side dish with BBQ chicken, or even Grilled Steak

Squash Casserole

2 Tablespoons butter
1 large Vidalia or sweet type onion, peeled, sliced
1 1/2 to 2 lbs. yellow summer squash, trimmed, scraped, sliced
1/2 cup sour cream
2 Tablespoons mayonnaise (optional)
2 Tablespoons granulated sugar
1/2 to 1 teaspoon table salt
1/8 to 1/4 teaspoon black pepper
1 egg, beaten lightly
1 cup grated sharp cheddar cheese

1 cup crushed saltine or Ritz crackers
4 Tablespoons butter, melted

Directions:

Preheat oven to 350 degrees F.

Prepare vegetables. Heat 2 Tablespoons butter or clarified butter in saucepan over low heat. Add onion and saute about 4 minutes until somewhat translucent and soft. Do NOT brown. Add squash and stir all to combine. Saute squash about 3 minutes. Cover tightly with lid and cook over medium heat until squash is very tender, reduced and lightly browned. Stir frequently. Squash MAY need a few tablespoons water to prevent browning/burning before done. However, squash naturally has a high water content and it is best to cook the water out of it.

When squash is done, remove from heat. Add rest of ingredients except crackers and 4 Tablespoons melted butter.

Spray or lightly butter a 2 quart casserole dish. Place mixture in dish.

Bake in preheated oven for about 35 minutes.

Top with crackers and drizzle melted butter over all.

Bake about 5 minutes longer.

Serve hot.

Grilled Veggie Sandwich

- 1 (1 pound) loaf focaccia bread
- 1/4 cup mayonnaise
- 3 cloves garlic, minced
- 1 tablespoon lemon juice
- 1 small yellow squash, cut horizontally into 3/8 inch thick
- 1 small zucchini, sliced
- 1 red onion, sliced
- 1 cup sliced red bell peppers
- 1/2 cup crumbled feta cheese
- 1/8 cup olive oil

In a small bowl, combine mayonnaise, minced garlic, and lemon juice. Set aoli sauce aside in the refrigerator.

Preheat the grill for high heat. Brush vegetables with olive oil on each side. Brush grate with oil. Place bell pepper and zucchini pieces closest to the middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The pepper may take a bit longer. Remove from grill, and set aside.

While the vegetables are cooking, cut focaccia into 4 slices. Spread aoli sauce evenly over top, and sprinkle with feta cheese. Place on the grill, and cover with lid for about 2 to 3 minutes. Watch carefully so the bottom doesn't burn. This will warm the bread, and slightly melt the cheese. Remove from grill, and layer two pieces with vegetables. Cover with remaining bread. Serve warm.

BUTTERNUT SQUASH SOUP

Serves 6

Ingredients

6 tablespoons chopped onion
4 tablespoons margarine
6 cups peeled and cubed butternut squash
3 cups water
4 cubes chicken bouillon
1/2 teaspoon dried marjoram
1/4 teaspoon ground black pepper
1/8 teaspoon ground cayenne pepper
2 (8 ounce) packages cream cheese

Directions

1. In a large saucepan, saute onions in margarine until tender. Add squash, water, bouillon, marjoram, black pepper and cayenne pepper. Bring to boil; cook 20 minutes, or until squash is tender.
2. Puree squash and cream cheese in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil.

Curried Pear and Butternut Squash Soup

6 Servings

1 Tbs. vegetable oil
1 cup chopped onion
1 clove garlic, minced
1 Tbs. curry powder
1 Tbs. brown sugar
1 tsp. ground cumin
6 cups vegetable broth
1 1/2 lbs. butternut squash, peeled and diced
4 ripe Bartlett pears, peeled, cored and diced
Chopped fresh cilantro for garnish

Directions:

In large pot, heat oil over medium heat.

Add onion and cook, stirring often, until soft, about 5 minutes. Add garlic, curry powder, brown sugar and cumin and cook, stirring, 30 seconds. Add broth, squash and pears. Bring to a boil. Reduce heat and simmer, covered, until squash and pears are tender, 25 to 30 minutes. Puree mixture with immersion blender or transfer to food processor and process in batches. Garnish with cilantro. Serve warm.

PER serving: 173 CAL; 4 G PROT; 4 G TOTAL FAT (0 SAT. FAT); 37 G CARB.; 0 MG CHOL; 506 MG SOD.; 3 G FIBER

TEX-MEX CALABACITA CON PUERCO

2 tsp shortening
3 lb. pork chops, boned and cubed
3 or 4 Serrano chiles, or more or less to taste
1 large onion
2 tsp. whole cumin seed
4 cloves garlic
1/3 C. flour
3 lb. squash (yellow or zucchini or Mexican squash), sliced, large slices quartered
1 can whole kernel corn, including liquid
2 cans Ro-Tel chopped tomatoes
2 tsp. salt
1 tsp. black pepper

Directions:

Heat shortening in Dutch oven; fry pork cubes in batches until browned. Return all pork to pan. Place chiles and onion in food processor container and process until chopped (or chop together by hand). Slice garlic and place with cumin seed and salt in a mortar and pestle and grind together. (The garlic and cumin seed and salt can be chopped in the food processor with the chilies and onion, but grinding it gives it more flavor).

Add chiles, onion, garlic, cumin and salt to pan with pork and cook over high heat until onion is transparent. Sprinkle flour over pork and vegetables and stir to combine. Cook a few minutes to remove the raw taste of the flour. Add all remaining ingredients plus about 1 tomato can of water - enough so that pork and vegetables are not quite covered with liquid. Bring to a boil, then reduce to a simmer and cover with a lid. Cook at a simmer for about 2 hours, stirring occasionally, checking periodically and adding more water if necessary. Makes a lot, but it freezes well.

BUTTERNUT SQUASH DELIGHT

2 c. butternut or acorn squash, cooked
1/4 c. margarine, softened
1/2 c. brown sugar, packed
2 eggs
1 tsp. vanilla
1 (6 oz.) can evaporated milk

Directions:

Cream butter and sugar; add eggs, milk and vanilla.
Mash squash and add to above ingredients. Place in an
8" x 8" glass baking dish. Bake at 350 degrees for 1 hour.

Test as for custard. Knife comes out clean. Cover with topping and reheat for 5 to 10
minutes until it bubbles.

TOPPING:

1 c. Rice Krispies
1/2 c. brown sugar
1/2 c. nuts, chopped (optional)
1/4 c. margarine, melted

Zucchini Casserole

6 zucchini, sliced
2 eggs, beaten
1 cup mayonnaise
1 small onion, diced
1 cup grated Romano cheese
1/4 teaspoon ground black pepper
24 buttery round crackers, crushed
2 tablespoons butter, diced

Directions:

Preheat oven to 350F. Spray a 9x13 baking pan with cooking spray. Place sliced zucchini in a large saucepan. Pour in enough water to cover, and bring to a boil over high heat. Boil until barely tender, about 2 minutes. Drain and set aside. In a large bowl, whisk together eggs and mayonnaise until smooth. Stir in onion, cheese, and pepper. Fold in squash, then pour mixture into prepared baking pan. Sprinkle with crushed crackers, then dot evenly with diced butter. Bake in preheated oven for 30 to 40 minutes, until middle of casserole is no longer moist, and springs back when gently pressed.

Pumpkin Cheesecake

Crust:

1,5 cups graham crumbs
5 tablespoons butter, melted
1 tablespoon sugar

Filling:

3 ? 8 oz. packages cream cheese, softened
1 cup sugar
1 teaspoon vanilla
1 cup canned pumpkin
3 eggs
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon allspice

Whipped Cream

Mix crust ingredients together, just till coated and crumbly. Press onto the bottom and 2/3 up the sides of an 8" springform pan. Bake for 5 mins. at 350F. Set aside. Combine cheese, sugar and vanilla in large bowl; mix until smooth with an electric mixer. Add pumpkin, eggs, and spices; beat until smooth and creamy. Pour into the crust. Bake for 60 - 70 min. or until the top turns a bit darker. Remove from oven and allow to come to room temperature, then refrigerate. After it has thoroughly chilled, remove the pan sides and cut with dental floss. Serve with whipped cream.

Italian Sausage Soup

1 pound Italian sausage
1 clove garlic, minced
2 (14 ounce) cans beef broth
1 (14.5 ounce) can Italian style stewed tomatoes
1 cup sliced carrots
1 (14.5 ounce) can great northern beans, undrained
2 small zucchini, cubed
2 cups spinach packed, rinsed and torn
1/4 teaspoon ground black pepper
1/4 teaspoon salt

Directions:

In a stockpot or Dutch oven, brown sausage with garlic. Stir in broth, tomatoes and carrots, and season with salt and pepper. Reduce heat, cover, and simmer 15 minutes. Stir in beans with liquid and zucchini. Cover, and simmer another 15 minutes, or until zucchini is tender. Remove from heat, and add spinach. Replace lid allowing the heat from the soup to cook the spinach leaves. Soup is ready to serve after 5 minutes.

Stuffed Yellow Squash

3 small yellow squash
3 tablespoons breadcrumbs (or more)
2 tablespoons shredded sharp Cheddar cheese
Salt
Pepper
Onion salt
2 tablespoons shredded sharp Cheddar cheese

Directions:

Simmer squash until tender; drain and cool slightly. Slice into 2 pieces lengthwise; scoop out centers and mash the portion that was scooped out. Stir in crumbs, 2 tablespoons cheese and seasonings. Place in squash shells and bake at 350 for about 8 minutes. Top with additional cheese and return to the oven just long enough to melt the cheese.

Note: Just cook the squash until barely tender and hot in the center--about 10-15 minutes. I like to use sauteed onion and also add a little garlic rather than using onion salt.

If making to freeze, do not bake or add the additional cheese. Flash freeze and then put into the oven frozen along with whatever you're baking for about 30-45 minutes (will depend on the size of the squash). Put the additional cheese on top and continue baking for no more than 10 minutes.

You can also add a little cooked breakfast sausage to this filling. It's a versatile recipe.

ROASTED SQUASH SOUP

1 butternut squash (2 ? pounds), peeled, seeded, cut into 2-inch chunks
1 celery root (celeriac), peeled, cut into 2-inch chunks
2 carrots, peeled, cut into chunks
2 leeks, white part only, chopped
2 whole cloves garlic, peeled
10 cups vegetable or chicken stock
1 bay leaf
1/2 teaspoon each dried thyme and rosemary
4 to 5 slices bacon, fried crisp, finely diced
salt and pepper to taste

Directions:

On large, lightly oiled baking sheet, place squash, celery root, carrots, leeks and garlic. Roast in preheated oven 400°F about 45 minutes, turning once. Place vegetables in stockpot or Dutch oven along with stock, bay leaf, thyme, rosemary. Bring to boil, reduce heat and simmer about 30 minutes. Remove bay leaf.

In food process or blender, puree soup in batches until smooth. Return to pot. Add bacon, salt and pepper. This soup may be served immediately but is even better the next day after flavors have blended.

Makes 8 to 10 servings.

Spaghetti Squash

Ingredients:

1 medium sized spaghetti squash

3 tablespoons brown sugar

2 tablespoons butter

pepper and salt to taste

Preparation:

Cut squash in half lengthwise.

In a kettle of boiling water, cook squash 30 minutes or until squash will separate into strands when probed with a fork. Remove when tender and discard seeds.

Place on a baking sheet and put butter and brown sugar in the cavity where the seeds were. Roast at 450 degrees F for 15 minutes.

With fork, scrape out pulp into a serving dish and sprinkle with salt and pepper. Drizzle the excess brown sugar and butter mixture over top.

SQUASH CASSEROLE

About 10 to 12 large, yellow summer squash (enough to fill a 1-1/2 qt casserole dish when precooked, drained, and mashed)

4 oz cream cheese with chives or 1 Tbsp finely chopped dried or fresh (fresh is better) chives mixed with 4 oz plain cream cheese softened

1 tbsp butter

1 tbsp grated Parmesan cheese

1/4 tsp salt or enough salt to suit your taste

1/8 tsp paprika

1 egg yolk, beaten

In a small saucepan mix cream cheese, butter, Parmesan cheese, salt, and paprika. Stir over low heat until melted.

Stir in the beaten egg yolk.

Add mixture to precooked, drained, and mashed squash.

Pour into a 1-1/2 qt casserole dish.

Top with buttered bread crumbs (Dry or fresh - your choice)

Sprinkle with more grated Parmesan cheese

Bake 15 minutes or until bubbly and beginning to brown in a 350 degree oven.

Chicken Tetrazzini

2 Spaghetti squash halved
2 c Chicken Stock (or stock cubes)
1 md Onion; finely chopped
1 c Mushrooms; sliced
White Pepper
3 tb Flour
1 c Half and Half
Bay leaf
2 tb Yogurt
2 tb Minced parsley
Lemon juice (squeezed from half)
2 c Chicken (cooked, baked, or roasted chopped)
2 tb Bread crumbs
Grated Parmesan cheese

Preheat oven to 350F.

Bake squash, pierced in several places, on an ungreased baking sheet, about an hour or until it can be easily pierced with a fork. Set aside to cool. Cook onion, mushrooms and pepper in a butter and/or olive oil until soft, about 5 minutes. Add flour and stir 1 minute. Add stock, cream and bay leaf and cook, stirring occasionally, about 20 minutes. Remove bay leaf and add yogurt, parsley and lemon juice. Remove from heat and set aside. Remove the seeds from the halves of the squash. Scrape "spaghetti" into an ungreased casserole dish. Cover with chicken and sauce. Sprinkle with bread crumbs and cheese; bake 30 minutes or until bubbly. (May also be made with pasta should you not have any squash available!)

Aphgani Sweet Pumpkin

g

2 lb Fresh pumpkin or squash

1/4 cup of Corn oil

Sweet Tomato Sauce:

1 tbsp Crushed garlic

1 cup of Water

1/2 tablespoon Salt

1/2 cup of Sugar

4 oz Tomato sauce

1/2 ts Ginger root, chopped fine

1 tablespoon Freshly ground coriander Seeds

1/4 ts Black pepper

Yogurt Sauce:

1/4 ts Crushed garlic, 1/4 tablespoon Salt, 3/4 cup Plain yogurt

Garnish: Dry mint leaves, crushed.

Peel the pumpkin and cut into 2-3" cubes and set aside. Heat oil in a large frying pan that has a lid. Fry the pumpkins on both sides for a couple of minutes until lightly browned. Mix together ingredients for Sweet Tomato Sauce in a bowl then add to pumpkin mixture in fry pan. Cover and cook 20-25 minutes over low heat until the pumpkin is cooked and most of the liquid has evaporated. Mix together the ingredients for the yogurt sauce.

To serve, spread half the yogurt sauce on a plate and lay the pumpkin on top. Top with remaining yogurt and any cooking juices left over. Sprinkle with dry mint.

Pumpkin Kibbeh

2 cups mashed pumpkin or squash

1 cup fine bulgur (soak in boiling water, drain before adding 2 teaspoons salt)

1/2 teaspoon pepper

1 teaspoon coriander

1 teaspoon allspice

3/4 teaspoon cumin

1/4 teaspoon cayenne

1 medium onion, chopped

4 cloves garlic

1/2 cup flour

Olive oil (for greasing)

Preheat the oven to 375 degrees F.

Place the pumpkin, bulgur, salt, pepper, coriander, allspice, cumin, cayenne, onion, garlic, and flour in a food processor until thoroughly blended.

(Alternatively, in a large bowl mix all these ingredients by hand.) Taste for seasoning and add more salt or spices as required. If the mixture seems to moist, add a little bit more flour and mix it in.

Grease an 8-inch square pan with olive oil. Pour the mixture into it, smooth the surface and pour a tablespoon of olive oil over the top. Bake for 20 to 25 minutes or until the surface looks dry. (The inside will be moist.) Alternatively you can form the mixture into 2-inch patties and fry them in olive oil.

NOTE: This makes a great main dish for those of us who do not eat meat. I also do not add olive oil to mine, so that it stays into the guidelines of eating fat free.

Golden Salad

6 oz./90g chickpeas (garbanzos, ceci), soaked overnight and cooked as directed below
6 oz./90g small macaroni shells, cooked al dente, drained and tossed with
1 T./15ml olive oil then set aside to cool
8 oz./250g yellow squash (marrows), diced and sauteed until crisp-tender
2 carrots, diced and sauteed until crisp-tender
Several sprigs summer savory, leaves stripped off to use
1 cup/250ml homemade mayonnaise
Salt and freshly ground black pepper to taste
8-10 marigold blossoms, washed and patted dry
20-25 nasturtium blossoms, washed and patted dry
Fresh arugula leaves
Large fresh Genoa basil leaves

Place soaked chickpeas in plenty of cool water. Do not add salt or they will never soften! Add 1-2 bay leaves and a sprig of rosemary; simmer about 2 hours or until tender enough to mash easily with the back of a spoon. Add water as needed during cooking time. Drain and cool.

Combine chickpeas, macaroni, squash (marrows), carrots, summer savory and mayonnaise. Season to taste. Pull the petals off the marigolds and gently mix them into the salad. Let the combination rest at room temperature, covered, for about 30 minutes, then stir again.

Mound the salad on a square platter and fill the corners with the arugula and basil leaves. Place nasturtiums all over the top of the salad.

Cheese Stuffed Zucchini Blossoms with Fresh Tomato Sauce

Makes 4 to 6 main dish servings

Ingredients:

16 to 18 zucchini blossoms

Filling:

1/2 cup grated jack cheese

1 cup ricotta cheese

1 jalapeno, seeded and chopped

1/2 cup chopped Prosciutto or ham

1 teaspoon ground cumin

1 teaspoon chopped fresh oregano

2 tablespoons chopped parsley

1 medium tomato, peeled, seeded, diced and drained

salt and pepper to taste

2 tablespoons olive oil

Tomato Sauce:

2 tablespoons olive oil

1 onion, chopped

4 large tomatoes, seeded and chopped

1 cup dry white wine

1 tablespoon tomato paste

salt and pepper to taste

Preparation:

Preheat oven to 325 degrees F.

Mix filling ingredients, adding tomato last. Add salt and pepper to taste. Stuff zucchini blossoms carefully with about 1 tablespoon of filling each; do not overfill. Drizzle olive oil over blossoms. Place in a well-oiled shallow casserole. Cover dish with foil and bake 15 minutes. Uncover and bake 15 minutes longer. While squash blossoms are baking, prepare sauce.

To make the tomato sauce, heat olive oil in a skillet. Add onion and saute until softened. Add tomatoes, wine and tomato paste. Let mixture cook uncovered until reduced and slightly thickened, about 5 to 8 minutes, stirring occasionally. Add salt and pepper to taste.

Spoon the sauce over squash blossoms and serve immediately or serve at room temperature.

Zucchini - Tomato Bake

3 cups sliced zucchini

1/2 cup chopped onion

1/2 cup chopped tomatoes

1/2 cup grated cheese

Seasoning to taste

Lay zucchini on a plate. Sprinkle onions & tomatoes on top.

Salt & pepper lightly (or use Italian herb mix). Sprinkle

grated cheese on top.

Microwave for 1 minute or until cheese is melted and vegetables

tender.

Healthy, Moist Oatmeal Zucchini Cookies

1/2 cup shortening

3/4 cup honey

1 egg

1 cup whole wheat flour

1 cup all-purpose flour

1 teaspoon baking soda

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/4 teaspoon salt

1 cup grated zucchini

1 cup oatmeal

1 cup raisins

Preheat the oven to 375 degrees F. Cream together the shortening and honey. Then add the egg and beat well. Stir together baking soda, cinnamon, nutmeg, and salt. Add this mixture alternately with the zucchini to the egg mixture. Stir in the oatmeal and raisins. Drop by teaspoons onto greased cookie sheets. Bake for 10 to 12 minutes.

Yield: 5 dozen

Zucchini Pancakes

3 c. zucchini, grated
2 eggs
3 tbsp. flour
1/4 c. Parmesan cheese
1/2 teaspoon salt
Pepper
Butter

In a medium-sized bowl, mix together zucchini and salt. Let stand about 45 minutes. Squeeze excess moisture from zucchini. In another bowl, beat eggs well. Add zucchini, flour, cheese, and pepper; mix well. In a large skillet, melt some butter. Fry 1/2 cups of the zucchini mixture until lightly browned, turning once. Makes about 12 pancakes.

Zucchini Pizza

4 c. zucchini, grated and drained
2 c. rice, cooked
1 1/2 c. mozzarella cheese, grated
1 1/2 c. Parmesan cheese, grated
2 eggs
1 pound hamburger
1 medium onion, chopped
2 cloves garlic, chopped
1 (15 1/2-oz.) jar spaghetti sauce

Preheat oven to 400 degrees. In a large bowl, combine zucchini, rice, 1/2 of the cheeses, and the eggs.

Press the zucchini mixture into the bottom of a greased 13x9x2-inch baking dish. Bake until mixture is lightly browned (about 15 minutes). In a large skillet, brown hamburger. Add onion and garlic and cook until tender. Drain fat and stir in spaghetti sauce.

Spread hamburger mixture over zucchini mixture and sprinkle remaining cheese on top. Bake until cheese melts (about 15 minutes).

Zucchini with Rice Casserole

3 tbsp. olive oil
5 or 6 fresh basil leaves, chopped
2 cloves garlic, minced
1 medium onion, chopped
2 c. brown rice, cooked
2 medium zucchini, sliced
1/4 c. bread crumbs
4 oz. monterey jack cheese, grated
Salt and pepper

Preheat oven to 375 degrees. In a medium-sized bowl, combine olive oil, salt, pepper, basil, and garlic.

Spread the rice in the bottom of a 13x9x2-inch baking dish. Arrange half of the zucchini on top of the rice. Sprinkle with bread crumbs and cheese. Spoon some of the sauce on next.

Sprinkle with the chopped onion. Add a layer of the remaining zucchini slices. Top with remaining sauce. Bake, uncovered, until vegetables are tender (about 1 1/2 hours).

Zucchini and Potatoes

5 medium zucchini, peeled and cubed
2 medium potatoes, peeled and cubed
1 clove garlic, minced
1/2 c. chopped green onions
1/2 teaspoon basil
2 tbsp. olive oil
2 medium tomatoes, chopped
Salt

In a large skillet, heat oil. Saute onions, garlic, and basil. Add zucchini, potatoes, and tomatoes. Stir and cook until vegetables are tender. Sprinkle with salt.

Potatoes Zucchini Casserole

For potato layer:

1 kg potatoes, peeled and sliced
1 cup onion, chopped
1/4 cup oil
black pepper, ground

For zucchini layer:

1 kg zucchini, peeled and sliced
garlic gloves to taste, minced
1 cup cheese, grated
1/2 cup oil
black pepper, ground
salt

1. Boil potatoes in water, drain and mash.
2. Saute chopped onion in the oil.
3. Saute sliced zucchini in the oil
4. Put into baking dish layer of mashed potatoes.
5. Sprinkle with the onion.
6. Add a layer of the zucchini slices.
7. Sprinkle with grated cheese.
8. Add a layer of the remaining mashed potatoes. Flavour.

Bake in the oven 190- 200° for 20-30 min.

Zucchini Compote.

Description:

Zucchini Compote is healthy and tasty, contains a lot vitamins. We call it "Pineapple" compote.

Ingredients:

1 ea fresh Zucchini

4 pint Water

600 g (1,3 lb) sugar

3 - 4 cloves

1/2 tsp vinegar (80 %) or lemon juice (from 1 ea - lemon)

Method:

1. Cube zucchini. Put into saucepan, pour water.
2. Bring mixture to a boil. Add sugar then mix until sugar dissolves.
3. Cook, and when cubed zucchini became yellow, even transparent, add cloves. Take away from the heat.
4. Add vinegar or flavour with lemon juice.
5. Distribute into jars. Close with lid very tightly. Jars to sterilize!

Zucchini Jam.

Description:

Zucchini Jam healthy and taste like pineapple. We call this jam "Pineapple" jam.

Ingredients:

2 lb fresh Zucchini
1 pint Water
1 lb 12 oz Sugar
1 fresh Lemon

Method:

1. Slice zucchini.
2. Bring water to a boil. Add 8 oz sugar then mix until sugar dissolves, add cubed zucchini and cook 5 - 10 minutes.
3. Allow to sit for 6 - 8 hours.
4. Add 1 lb 4 oz sugar and grated lemon rind. Squeeze all juice from the lemon and add to the mixture. Flavor with lemon juice for great taste.
5. Bring mixture to boil. Cook 3 - 5 minutes.
6. Allow to sit for 10 - 12 hours.
7. Distribute into beautiful jars. Close with lid tightly. Store in the refrigerator.

Zucchini pickles. (Canned).

Ingredients:

Zucchini, wash, cut of both ends of each, slice

4 tbsp sugar

2 tbsp canning salt

1 1/4 pint water

2 tsp vinegar (85 - 90 %)

Pickling spices per big jar: 6 pint:

Green or dry dill (1 -2 head per jar)

1 - 2 bay leaf (per big jar: 6 pint)

2 - 3 clove garlic (per jar)

3 - 4 black pepper (per jar)

3 - 4 leaves a cherry

3 - 4 leaves black currant

1/2 leaf a horseradish

3 - 4 green celery

Method

1. Combine sugar, salt and water and bring brine to boil.
2. Pack Zucchini into sterilized jars with pickling spices on the bottom and top of the jar.
3. Pour hot brine over Zucchini. Adjust caps. Process for 15 minutes in boiling water bath.
4. Add vinegar into each jar, and seal.

Yield: about 6 pints

Zucchini or Squash Salad - caviar with vegetables. (Canned)

(We make this Salad in August - September for winter time)



Ingredients:

- 3 lb zucchini (or joint, squash)
- 2 lb onion
- 2 lb carrot
- 3 lb tomatoes
- 2 lb paprika
- 1 pint olive oil (or Soya oil)
- 1/4 pint Apple vinegar
- 3 tbsp salt
- 5 - 6 tbsp sugar

Method:

1. Zucchini peel.
2. Combine minced: zucchini, carrot, tomatoes, paprika and onion.
3. Add oil, salt, sugar and mix.
4. Simmer 1,5 - 2 hours.
5. Add Apple vinegar.
6. Ladle hot vegetables into hot sterilized jars, pack the mixture. Seal.