

Zucchini from A to Z

ABOUT ZUCCHINI

Squash, pumpkins and gourds are all fruits belonging to the botanical family Cucurbitaceae. While related, these three fruits have many differences in appearance, uses and nutrients. Unlike the hard exteriors of pumpkins and gourds, summer squash (*Cucurbita pepo*) such as zucchini have soft, edible skins. Zucchini squash is most often seen as a cylindrical, green fruit with smooth skin; however, the fruit may vary from yellow to blackish-green and may be speckled or striped.

History

Summer squash has been cultivated and used for over 5000 years by the indigenous people of Central and South America. The word “squash” probably comes from the Narragansett word “askutasquash,” meaning “a green thing eaten raw.” After European colonization of the Americas, summer squash varieties were introduced to Europe; the summer squash variety we call zucchini was probably developed in Italy.

Growing and Harvesting

Though originally a tropical or subtropical plant, summer squash grows easily in Alaska. Zucchini is a favorite of many home gardeners, often producing a surplus and sending gardeners looking for interesting ways to use and preserve the abundant squash. Zucchini grows on non-vining bushy plants with broad leaves and hollow stalks. It grows well in sunny, warm conditions in drained soil, but it needs frequent watering. Zucchini is a monoecious plant with large yellow male and female flowers on the same plant. The male flowers have longer, slender stems and supply the pollen that fertilizes female flowers.

The female flowers are larger and the immature zucchini “fruit” can be seen at the base.

Zucchini are best when harvested very young, 6–8 inches long and no larger than 1½ to 3

inches in diameter. Larger zucchini will have tougher skins and seeds, more like their winter squash or pumpkin cousins. Removing the young zucchini will keep the plants producing throughout the season. Careful removal, using a knife instead of pulling on the zucchini, protects the plant stems and roots.

Squash blossoms are edible flowers and may be eaten raw or cooked. Harvest the unopened buds or fully opened young flowers early in the morning, place

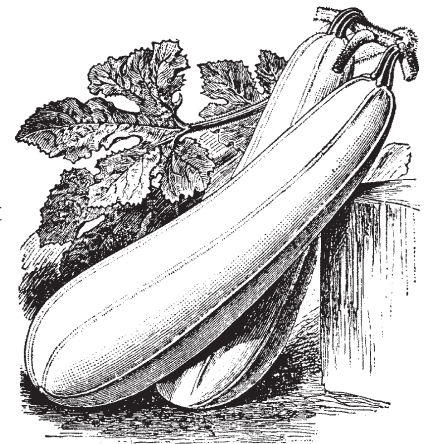


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their bases in water, and store in the refrigerator until you're ready to use them. Harvesting only the male blossoms will assure that you still get zucchini fruit. You must be sure to leave some male blossoms to fertilize the female flowers.

Nutrition

Zucchini is low in calories and good source of several important nutrients. An 18-calorie serving (½ cup of boiled zucchini) provides 317 milligrams of potassium — as much as a small banana. It also provides approximately 20 percent of the adult daily requirement for vitamin C and 10 percent of the adult daily requirement for folate. While not as high in vitamin A as winter squash, zucchini does contain the carotenoids lutein and zeaxanthin, which may be protective against cataracts and macular degeneration.

PRESERVING ZUCCHINI

Storing Fresh

Fresh zucchini should be refrigerated at 32°F to 40°F, ideally with high humidity. Place in a refrigerator crisper in a loose plastic bag — do not wash prior to storage as moisture drops will promote rotting. It cannot be stored as long as winter squash. Plan to use fresh zucchini within a week.

Freezing

Select medium-sized squash. Cut into ½-inch slices. Blanch for three minutes. Cool promptly in cold water and drain. Pack into containers leaving ½ inch head space or wrap in moisture-vapor resistant material. Seal and freeze.

Squash also may be cooked until tender, mashed, drained thoroughly and packed into containers for freezing.

Drying

Dried zucchini takes up less storage space than frozen or canned zucchini. However, its quality is not as high as frozen or canned zucchini.

Wash and trim. Do not peel. Cut into ¼-inch slices and blanch (steam blanch 2½ to 3 minutes, or blanch

in boiling water 1½ minutes.) If a dehydrator is used, it takes 10 to 12 hours; if dried in an oven at 140°F, it will take longer. Oven drying could take up to twice as long, depending on air circulation. Because zucchini is a low acid food, dry zucchini until it is brittle. At this stage there should be only about 10 percent moisture and dangerous microorganisms will not grow.

Canning

The United States Department of Agriculture no longer recommends home canning *plain* zucchini. During processing, the soft zucchini may become packed at the bottoms of the jars making it difficult to determine a safe processing time.

Adding acid in the process allows for safe home canning. The acid helps to retain firmness in the zucchini, resulting in a less mushy, as well as a safer product. Note that *Tomatoes with Zucchini* requires processing in a pressure canner, whereas the *Zucchini-Pineapple* may be canned in a boiling water canner.

CANNING ACIDIFIED ZUCCHINI

Tomatoes with Zucchini

Quantity: An average of 12 pounds of tomatoes and 4 pounds of zucchini yields approximately 7 quart jars. An average of 7 pounds of tomatoes and 2½ pounds of zucchini yields approximately 9 pint jars.

Wash tomatoes and zucchini. Dip tomatoes in boiling water for 30 to 60 seconds or until skins split. Dip tomatoes in cold water, slip off skins, quarter and remove cores. Slice or cube zucchini. Bring tomatoes to a boil and simmer 10 minutes. Add zucchini and boil gently 5 more minutes. Add ½ teaspoon of salt to each pint jar; 1 teaspoon to each quart jar, if desired. Fill hot jars with hot mixture, leaving 1 inch head space. Remove air bubbles. Wipe jar rims. Adjust lids and process.

Variation: You may also add 4 or 5 pearl onions or 2¼-inch-thick onion slices to each jar.

Process in a dial gauge pressure canner at 11 pounds pressure or in weighted gauge pressure canner at 10 pounds pressure:

Pints	30 minutes
Quarts	35 minutes

So Easy to Preserve, Georgia Extension Service, 1999.

Zucchini-Pineapple

4 quarts	cubed or shredded zucchini
46 ounces	canned unsweetened pineapple juice
1½ cups	bottled lemon juice
3 cups	sugar

Hot Pack: Peel zucchini and either cut into ½-inch cubes or shred. Mix zucchini with other ingredients in a large saucepan and bring to a boil. Simmer 20 minutes. Fill hot jars with hot mixture and cooking liquid, leaving ½ inch head space. Remove air bubbles. Wipe jar rims. Adjust lids. Process in a **boiling water bath**.

Half pints or pints	15 minutes
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So Easy to Preserve, Georgia Extension Service, 1999.

Note: You may wonder why the recipe calls for bottled lemon juice. The acidity of bottled lemon juice is standardized, while the acid in fresh lemons varies. Acid is critical to the safety of this canned product. So, for a safe product, use bottled lemon juice.



MAIN DISHES AND SIDE DISHES

Zucchini Casserole

Ruth Van Veldhuizen

3	medium zucchini, diced
¼ cup	canned milk
1 tablespoon	butter or margarine, melted
½ teaspoon	salt (if desired)
dash	paprika
1 tablespoon	chopped chives or green onion tops
2	egg yolks, beaten
	bread crumbs
	grated cheese
	melted butter

Preheat oven to 375° and butter a 2-quart baking dish. Mix first seven ingredients together and pour mixture into baking dish. Top with grated cheese and buttered bread crumbs. Bake in 375°F oven for 45 minutes. Makes 4 to 6 servings.

Per serving: calories 99, protein 4 g, carbohydrate 6 g, fat 7 g, cholesterol 121 mg, sodium 636 mg.

Use canned skim milk to reduce fat. Reduce or eliminate salt to lower sodium. Use egg to substitute for two eggs to reduce cholesterol.

Zucchini Tuna Casserole

Belva Spencer

6½ ounces	tuna
8	slices cheese
2 cups	cooked zucchini, drained and cooled
15 ounces	canned tomato sauce
1 tablespoon	green pepper flakes
2	eggs, beaten
	crackers
	salt and pepper to taste

Combine cooked zucchini, beaten eggs, tomato sauce, salt and pepper. In a medium-sized casserole, layer the zucchini mixture, crackers, vegetable flakes, drained tuna and cheese. Start with zucchini mixture and end with cheese. Bake in a moderate oven, 350°F, until cheese is bubbly, approximately 30 minutes. Makes 6 servings.

Use water-packed tuna to reduce fat. Use two egg whites to replace one whole egg to reduce cholesterol. Choose re-

duced fat cheese or mozzarella cheese to reduce fat. Use “no salt added” tomato sauce to reduce sodium. Also consider reduced sodium crackers.

Per serving: calories 256, protein 20 g, carbohydrate 10 g, fat 15 g, cholesterol 123 mg, sodium 855 mg.

Summer Vegetable Casserole

Blanche Brunk

2 cups	sliced zucchini
1½ cups	sliced celery
1	medium onion, chopped
½ cup	green pepper, diced
1 tablespoon	cooking oil
1	tomato, cut in eighths
¾ cup	grated cheddar or longhorn cheese

Toss zucchini, celery, green pepper and onion in a 2-quart casserole. Add salt and pepper to taste. Sprinkle with oil. Arrange tomato on top and sprinkle with cheese. Bake (covered) in 350°F oven until vegetables are tender. (Canned tomatoes and zucchini can be substituted.) Makes 4 to 6 servings.

Per serving: calories 154, protein 7 g, carbohydrate 9 g, fat 11 g, cholesterol 22 mg, sodium 178 mg.

Use cooking spray to reduce fat, use mozzarella or reduced-fat cheese to also reduce fat. If using canned tomatoes, use “no salt added” varieties to limit sodium.

Baked Zucchini Parmesan Casserole

Margaret Wolf

4 cups	thinly-sliced zucchini
1	onion
3 tablespoons	butter or margarine
1 tablespoon	water
3 tablespoons	Parmesan cheese
1 teaspoon	salt (if desired)
dash	pepper
2 teaspoons	garlic powder
	bread crumbs
	paprika

Sauté zucchini and onion in butter or margarine for 5 minutes. Then add garlic powder and 2 tablespoons Parmesan cheese. Toss. Place in greased casserole. Top with more cheese and bread crumbs and sprinkle with paprika. Bake in 350°F oven for 20 minutes. This recipe may also be used for eggplant and other squash. Makes 6 servings.

Per serving: calories 120, protein 4 g, carbohydrate 11 g, fat 7 g, cholesterol 17.5 mg, sodium 577 mg.

Reduce sodium by reducing or eliminating salt. Substitute cooking spray for butter or margarine to reduce fat. Substitute grated mozzarella for Parmesan cheese to reduce fat.

Sausage Zucchini Boats

Oregon Extension Service

2 pounds	medium zucchini (4)
¼ pound	bulk pork sausage
¼ cup	chopped onion
½ cup	grated Parmesan cheese
½ cup	fine cracker crumbs
1	slightly beaten egg
¼ teaspoon	salt (if desired)
¼ teaspoon	thyme
dash	garlic salt
dash	pepper

Cook whole zucchini in boiling salted water until barely tender, 7 to 10 minutes. Cut in half lengthwise; scoop squash from shell and mash. Cook sausage and onion; drain off excess fat. Stir in mashed zucchini. Reserve 2 tablespoons Parmesan cheese; mix in remaining ingredients.

Spoon into zucchini shells; place in shallow baking dish. Sprinkle with reserved Parmesan cheese; dash with paprika. Bake in moderate oven, 350°F, for 25 to 30 minutes or until heated through. Serves 4.

Per serving: calories 298, protein 19 g, carbohydrate 28 g, fat 12.6 g, cholesterol 85 mg, sodium 953 mg.

To reduce sodium, reduce or omit salt. Use reduced fat sausage or lean ground beef to reduce fat and cholesterol and sodium. Substitute shredded mozzarella cheese to reduce fat. You can also use reduced fat crackers for crumbs.

Zucchini Frittata

Mary Ann Borchert

½ pound	grated zucchini
1	egg
1	slice dry bread, cubed
¼ cup	onion, chopped
½ teaspoon	salt (if desired)
	pepper to taste

Drain grated zucchini well. Combine with rest of ingredients and mix. Fry in hot olive oil as pancakes, until browned. Serve hot as a vegetable with meat, or

serve cold with lettuce and oil and vinegar dressing in a sandwich. Serves one person but multiplies easily.

Per serving: calories 207, protein 12 g, carbohydrate 26 g, fat 7 g, cholesterol 213 mg, sodium 1372 mg.

To lower cholesterol, substitute two egg whites for the whole egg. To reduce sodium, reduce or eliminate salt.

Zucchini Parmesan

Blanche Brunk

1	large onion, sliced
2 tablespoons	cooking oil
4 cups	zucchini, sliced
16 ounces	canned whole tomatoes, chopped, with juice
1 cup	Parmesan cheese (or to taste)
2	cloves garlic, minced
1½ teaspoons	salt (if desired)
1 teaspoon	sugar
1 tablespoon	oregano

Sauté onion in cooking oil in large skillet till transparent. Add zucchini and cook until barely tender. Add rest of ingredients, saving cheese until last. Bring to boil and then simmer over low heat for 2 to 3 minutes (partially covered). Adjust seasonings. Makes 4 to 6 servings.

Per serving: calories 237, protein 13 g, carbohydrate 15 g, fat 15 g, cholesterol 20 mg, sodium 1510 mg.

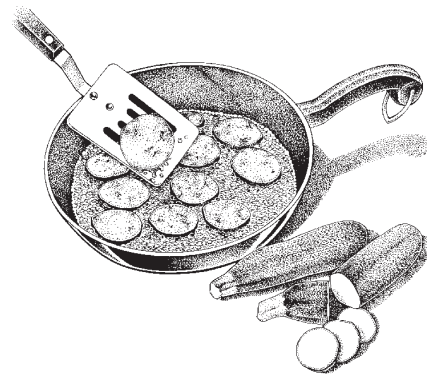
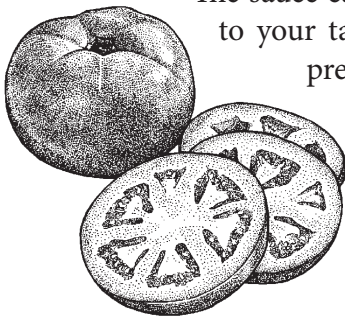
Use cooking spray to replace oil and reduce fat. Use mozzarella or reduced-fat cheese to lower fat. Reduce or eliminate salt to reduce sodium. In addition, use "no salt added" canned tomatoes to further reduce sodium.

Zucchini in Tomato Sauce

Wynola Possenti

Dip slices of zucchini in batter (use recipe for Parmesan Fried Zucchini Fingers), fry and drain. Arrange in baking dish; spoon tomato sauce over each slice.

The sauce can be seasoned according to your taste. I use sauce that I've prepared for spaghetti — with no meat. Sprinkle grated Romano cheese on top. Keep warm in the oven until ready to serve.



Zucchini and Bacon

Alice Knox

In 2½ quart saucepan, fry ½ pound bacon. Fill saucepan full of zucchini cut in ¼-inch slices. Saute until tender. When ready to serve, add a few tablespoons of shredded sharp cheese.

Parmesan Fried Zucchini Fingers

Barbara Fay

2 cups	flour
1 tablespoon	baking powder
½ cup	Parmesan cheese
½ cup	finely chopped parsley
2	eggs, slightly beaten
1¼ cups	milk
	salt (if desired) and pepper to taste
1	clove garlic, minced or mashed
2 pounds	zucchini
	salad oil for deep frying

Sift flour, measure and sift into mixing bowl with baking powder, salt and pepper. Stir in Parmesan cheese and parsley. Combine beaten eggs, milk and garlic and pour into flour mixture. Mix until smooth. Cut zucchini in half crosswise, then slice lengthwise into strips about ¼ inch thick. Heat oil in fryer or deep pan to 375°F. Dip zucchini into prepared batter and fry until golden brown. Drain on absorbent paper. Makes 4 to 6 servings.

Per serving: calories 400, protein 20 g, carbohydrate 59 g, fat 10 g, cholesterol 127 mg, sodium 1476 mg.

You can reduce sodium by eliminating or reducing salt. You can lower cholesterol by substituting two egg whites for one of the whole eggs or by using an egg substitute. Use canola oil for a heart healthy oil. Use mozzarella cheese to substitute for Parmesan cheese to further reduce fat. Skim milk can also be used.

Fried Squash Flowers

Wynola Possenti

Pick only flowers that do not have squash on the stem. Vary the amount of batter according to the number of flowers you have. For just a few flowers, use the following:

1	egg
½ cup	flour
¼ teaspoon	baking powder
	salt (if desired) and pepper to taste
	enough milk to make batter (Not thick and not too thin)

Mix batter. Dip individual flowers in batter and fry in hot oil; drain on paper towels. If you have extra batter, use tops of green onions; mix all together with batter and fry in very small amount of hot oil.

Zucchini in Sour Cream

Pat Jacobs

6	small zucchini
¾ cup	dairy sour cream or plain yogurt
1 tablespoon	butter or margarine
¼ cup	grated sharp cheddar cheese
½ teaspoon	seasoned salt
3 tablespoons	dark bread crumbs
2 tablespoons	grated sharp cheddar cheese

Wash squash. Cut into ½-inch slices. Simmer in small amount of water for 10 minutes. Drain and place into an 8-inch pie plate. In a saucepan, combine sour cream or yogurt, butter or margarine, sharp cheddar cheese and seasoned salt. Heat over low heat until well blended, stirring constantly. Pour over zucchini. Top with bread crumbs and 2 tablespoons cheddar cheese. Bake at 375°F for 10 minutes. Let stand for 5 minutes before serving. Serves 6.

Per serving: calories 125, protein 4 g, carbohydrate 7 g, fat 9 g, cholesterol 22 mg, sodium 129 mg.

Reduce fat and cholesterol by substituting plain yogurt or low fat or non fat sour cream. Reduce fat by substituting grated mozzarella cheese for the cheddar cheese. Use salt-free herb seasoning instead of seasoned salt to reduce sodium.

Skillet Vegetable Medley

Sharon Bell

2 tablespoons	oil
1 tablespoon	cider vinegar
1 tablespoon	Worcestershire sauce
1½ teaspoons	sugar
¼ teaspoon	salt (if desired)
½ teaspoon	oregano leaves, crumbled
¼ teaspoon	powdered mustard
½ pound	green beans
¼ cup	vegetable or chicken broth or water
½ pound	mushrooms, halved
2	medium zucchini, sliced
2	medium tomatoes, cut in wedges

In a large skillet, combine oil, vinegar, Worcestershire sauce, sugar, salt, oregano and mustard. Bring to a boiling point and add beans and ¼ cup vegetable or chicken broth or water. Return to boiling point; reduce heat. Cover and simmer for 5 minutes. Add mushrooms and zucchini. Cover and simmer for 3 minutes. Add tomatoes. Cover and simmer for 1 minute. Serve hot. To serve chilled, do not cook tomatoes; cover and refrigerate, adding tomatoes just before serving. Serves 2.

Per serving: calories 264, protein 9 g, carbohydrate 30 g, fat 15 g, cholesterol 0 mg, sodium 1595 mg.

Use canola or olive oil for heart-healthy oil. Reduce sodium by reducing or eliminating salt.

Zucchini and Tomatoes

Jackie Curtis

1 pound	zucchini
1	clove garlic, sliced
1 tablespoon	olive oil
1	large tomato, peeled and quartered
1½ teaspoons	salt (if desired)
½ teaspoon	oregano
	pepper to taste

Scrub the zucchini with a soft brush and slice cross-wise into thin slices. Sauté the garlic in the oil for one minute in a 1½-quart pan. Stir in zucchini and remaining ingredients. Cover and cook over low heat for fifteen minutes. Makes 4 servings.

Per serving: calories 57, protein 2 g, carbohydrate 6 g, fat 4 g, cholesterol 0 mg, sodium 880 mg.

You can reduce sodium by eliminating or reducing salt.

Zucchini and Hamburger Casserole

Pat Jacobs

2 pounds	zucchini
1 pound	hamburger
1	onion, chopped
1	clove garlic, smashed
¼ pound	Velveeta cheese, cubed
1	10½-ounce can cream of mushroom soup
	cracker crumbs

Slice or cube zucchini and cook in a sauce pan with a small amount of water until tender. Brown the hamburger, onion and garlic in a larger sauce pan or large skillet. Add cheese, soup and squash. Mix well. Put in a medium size casserole dish and cover with cracker crumbs. Bake at 325°F or 1 hour or until hot and bubbly. Serves 6 to 8.

Per serving: calories 380, protein 20 g, carbohydrate 11g, fat 29 g, cholesterol 77 mg, sodium 517 mg.

To reduce fat and sodium, use low-fat/low-sodium soup. Substitute mozzarella cheese or reduced fat cheese. Use lean hamburger.

Stuffed Zucchini

Gail Flodin

1	large section of zucchini, 10 to 12 inches long and 4 to 6 inches in diameter
2 tablespoons	melted butter or margarine
1 pound	ground beef
1	egg
1 cup	minced onion
¾ cup	uncooked quick-cooking rice
1 teaspoon	salt (if desired)
½ teaspoon	pepper
1 pound	canned, diced tomatoes, drained (save juice)

Split the zucchini section in half lengthwise, scrape out seeds. Parboil for 10 minutes. Put into an electric fry pan with a lid, or you may bake this in the oven in a baking dish. Mix together rest of ingredients and stuff cavities of zucchini. Top with cheese of your choice; Cheddar cheese soup or Parmesan cheese is good. Pour 1 to 2 cups reserved tomato juice over the top. Bake at 350°F for about 1 hour or until ten-

der and the rice is cooked. While baking, add more tomato juice if necessary. Serves 4.

Per serving: calories 490, protein 22 g, carbohydrate 20 g, fat 36 g, cholesterol 154 mg, sodium 902 mg.

You can reduce sodium by reducing or eliminating salt and by using "no salt added" tomatoes. You can reduce fat by using extra lean ground beef and replacing butter with reduced fat margarine. May use egg substitute to replace whole egg to lower cholesterol.

Country Garden Omelet, Italian Style

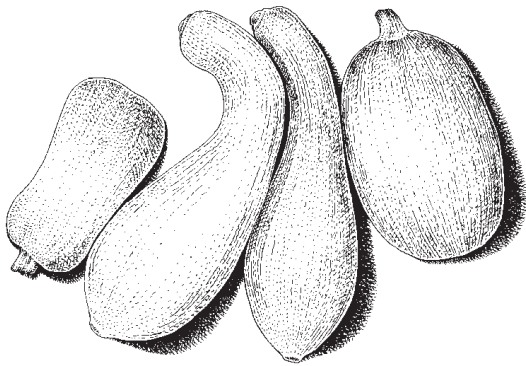
Majorie Martinez

6	eggs
1	medium-sized zucchini
½	medium-sized, firm eggplant
1	green pepper
1	bunch green onions with tops
1	fresh clove garlic, minced
1	bunch fresh spinach or 1 package frozen spinach (thaw and squeeze excess water)
1 cup	fresh or drained canned mushrooms
1 cup	diced ham
	or
8	bacon slices, cut up
	olive oil (or corn oil)
	Parmesan cheese
	parsley, oregano

Chop or dice vegetables; slice mushrooms; coat bottom of heavy pan with olive oil. Stir-fry vegetables, ham or bacon and minced garlic until soft. (You will have enough ingredients to fill a 10-inch skillet twice.) Beat eggs until frothy and pour half of the beaten eggs over vegetables and continue to cook over medium heat. Season lightly with salt and pepper while cooking. Stir occasionally until egg is done (for safety's sake, cook until eggs are firm). Repeat with other half of eggs and vegetables. Garnish with parsley flakes and/or pinch of oregano. Serve hot with grated Parmesan. Toasted garlic bread and tossed green salad complement this dish. Serves 4.

Per serving with ham: calories 572, protein 52 g, carbohydrate 55 g, fat 23 g, cholesterol 360 mg, sodium 1362 mg.

You can reduce the cholesterol by reducing the ham by half and substituting eight egg whites for four of the eggs or by using an egg substitute. You can reduce the fat by using half the ham of a lean variety and by using mozzarella



cheese instead of Parmesan. Choosing ham instead of bacon reduces the fat.

Creamy Zucchini and Broccoli

Ann Kreshak

2 cups	chopped, unpeeled zucchini
2 cups	chopped fresh broccoli
½ cup	chopped onion
1	clove garlic, minced
2 tablespoon	butter or margarine
3 tablespoon	flour
2 tablespoon	parsley
½ teaspoon	salt (if desired)
½ teaspoon	dried oregano, crushed
¾ cup	milk
1½ cup	ricotta cheese or cream-style cottage cheese
8 ounce	spinach noodles, cooked, drained and buttered
	grated Parmesan cheese

In a medium saucepan, cook zucchini and broccoli together, covered, in a small amount of boiling water until tender, about 8 to 10 minutes; drain well. In a large saucepan, cook onion and garlic in butter or margarine until onion is tender but not brown. Blend in flour, parsley, salt and oregano. Add milk all at once. Stir until thickened and bubbly. Add ricotta cheese. Cook and stir until cheese is nearly melted. Stir in cooked zucchini and broccoli. Heat through. Serve over hot cooked noodles. Top with Parmesan cheese. Makes 4 to 6 servings.

Per serving: calories 362, protein 19 g, carbohydrate 31 g, fat 19 g, cholesterol 78 mg, sodium 541 mg.

To reduce fat, use one-percent or skim milk, low or non-fat cottage or ricotta cheese. Substitute mozzarella cheese instead of Parmesan cheese for lower fat as well as serving noodles without butter. Reduce or eliminate salt to reduce sodium.

SOUPS

Zucchini Soup

Joyce Upham

4	slices bacon, coarsely chopped
1	medium onion, finely chopped
1	clove garlic, chopped
2 pound	medium zucchini, cut into ½-inch slices, (about 6 to 8 medium zucchini)
1	10½-ounce can beef consommé or beef broth
2½ cups	water
1 teaspoon	salt (if desired)
¼ cup	fresh parsley, chopped
2 teaspoons	fresh basil
dash	black pepper
	Parmesan cheese

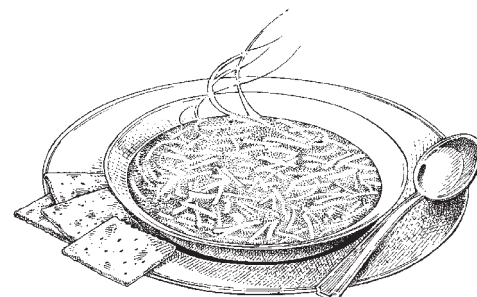
Substitute the following if using frozen zucchini and dried herbs:

3 quarts	frozen zucchini
2 cups	water
2 teaspoons	parsley
½ teaspoon	dried basil

In a large Dutch oven, cook bacon until light brown. Drain off excess fat. Add onion and garlic to bacon and cook until onion and garlic are tender. Stir in remaining ingredients, except cheese. Heat to boiling, and simmer, uncovered, for 15 minutes, or until zucchini is tender. Soup can be served this way, or for a creamy consistency, let soup cool, blend in blender 2 cups at a time at high speed. Sprinkle Parmesan cheese over soup before serving. Makes 2 quarts. This soup also freezes well. Serves 8.

Per serving: calories 45, protein 3 g, carbohydrate 5 g, fat 2 g, cholesterol 2.5 mg, sodium 584 mg.

You can lower the sodium by reducing or eliminating the salt.



Quick Zucchini Soup

Joyce Upham

- 1 10½-ounce can mushroom soup
- 1 soup can of water
- 1 quart frozen zucchini

Put zucchini in pan and allow to thaw. Add mushroom soup and water. Heat to boiling. If you like your soup chunky, you can serve it at this point. If you like a creamy texture, allow soup to cool slightly. Put into a blender and blend for only a few seconds. Then reheat to desired temperature. This soup is good served with cheese-flavored bread sticks or crackers. Serves 2.

Per serving: calories 230, protein 8 g, carbohydrate 27 g, fat 12 g, cholesterol 1.5 mg, sodium 1043 mg.

You can reduce the fat and sodium by using a reduced fat/sodium mushroom soup.



BREADS

Zucchini Pancakes

Ida Lane Clausen

- 3 medium zucchini, grated and drained, (about 6 inches long)
- 2 eggs, unbeaten
- 3 tablespoons flour
- 2 tablespoons Parmesan cheese (grated)
- 1 teaspoon chopped chives
- ¼ teaspoons chopped parsley
- pinch garlic powder
- salt (if desired) and pepper to taste

Stir ingredients into drained zucchini. If the mixture looks too thin, add 1 more tablespoon flour. Drop batter on oiled griddle or skillet as for small pancakes and cook until they are browned. Turn and brown the other side. Serve hot or cold for a side dish. Makes 8 to 9 pancakes.

Per serving: calories 46, protein 3 g, carbohydrate 5 g, fat 2 g, cholesterol 54 mg, sodium 61 mg.

You can reduce cholesterol by substituting two egg whites for one whole egg or by using an egg substitute. You can reduce sodium by omitting salt.

Zucchini Bread

Lucille Young

- 1 cup melted butter or margarine
- 2 cups white sugar
- 2 cups peeled, grated zucchini
- 1 tablespoon vanilla
- 3 eggs, beaten until frothy
- 3 cups unsifted flour
- ½ teaspoon baking powder
- 1 teaspoon soda
- 1 tablespoon cinnamon
- ¾ cup chopped walnuts

Mix together wet ingredients. In a separate bowl, combine flour, baking soda and cinnamon, blending well. Add to dry ingredients and mix until ingredients are combined and no floury streaks show. Fold in walnuts. Bake in 325°F oven for 1 hour. 12 slices.

Per slice: calories 453, protein 7 g, carbohydrate 59 g, fat 22 g, cholesterol 95 mg, sodium 299 mg.

Reduce cholesterol and fat by using four egg whites for two

whole eggs. Substitute oil for butter to reduce cholesterol. Substitute ½ cup applesauce for ½ cup butter or oil to reduce fat.

Zucchini Fritters

Majorie Martinez

3½ cups	zucchini, shredded (do not peel)
⅓ cup	onion, grated
2	eggs, beaten
1 cup	flour
¼ teaspoon	baking powder
¼ cup	olive oil
½ teaspoon	pepper

In large bowl mix together zucchini, onion, eggs and oil. Sift in flour and baking powder. Stir until mixed, adding a little more flour if consistency is too thin. Season. Melt about an inch of shortening in electric skillet. Drop batter by tablespoonful and fry until brown on both sides. Drain. Approximately 12 fritters. Serve with chilled applesauce. Serves 6.

Per serving: calories 194, protein 5 g, carbohydrate 19 g, fat 11 g, cholesterol 71 mg, sodium 44 mg.

You can reduce cholesterol by substituting two egg whites for one whole egg or by using an egg substitute.

Blue Ribbon Zucchini Bread

Denise Fuller

3	eggs, well beaten
1 cup	vegetable oil
2 cups	sugar
2 cups	peeled, grated zucchini
1 tablespoon	vanilla
3 cups	flour
1 teaspoon	salt (if desired)
1 teaspoon	soda
¾ teaspoon	nutmeg
1 tablespoon	cinnamon

Mix first five ingredients. Sift together and add the rest. Bake in two greased, floured loaf pans in 350°F oven for 1 hour. 12 slices.

Per slice: calories 437, protein 5 g, carbohydrate 59 g, fat 21 g, cholesterol 53 mg, sodium 316 mg.

You can reduce cholesterol by using four egg whites and one whole egg. To reduce fat, substitute half the oil with ½ cup applesauce. Use canola oil for a heart healthy oil. Reduce or eliminate the salt to reduce sodium.

Zucchini Bread

Carol Bruce

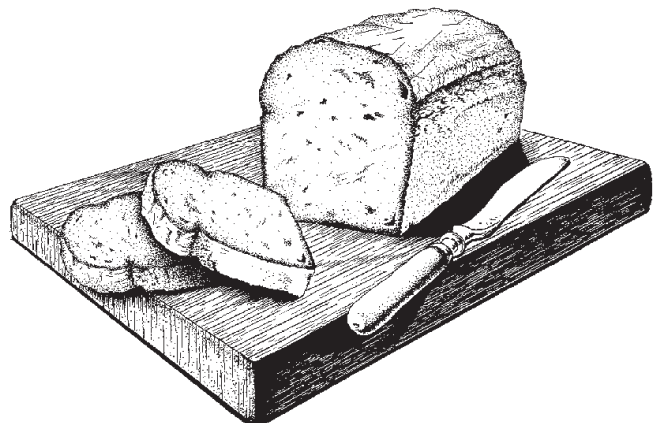
2 cups	sugar
1 cup	oil
3	eggs
2 cups	shredded zucchini
1 teaspoon	vanilla
3 cups	flour
¼ teaspoon	baking powder
1 teaspoon	soda
½ teaspoon	salt (if desired)
1 teaspoon	ginger
1 teaspoon	cinnamon
1 teaspoon	cloves
1 cup	walnuts, chopped

In a large bowl, cream the sugar, oil, eggs and vanilla. Add the shredded zucchini and mix well. In another bowl, sift together dry ingredients.

Fold chopped nuts into batter. (I peel the zucchini with potato peeler and use fine grater to shred it. I don't shred the seeds, but throw them out.) Bake in 325°F oven for 1 hour. Serves 12.

Per slice: calories 434, protein 5 g, carbohydrate 58 g, fat 21 g, cholesterol 53 mg, sodium 229 mg.

You can reduce cholesterol and fat by substituting four egg whites for two of the eggs or by using an egg substitute. You can replace half of the oil with applesauce to reduce the fat. Use heart healthy oil such as canola.



SALADS

Vegetable Salad with Zucchini

½	head lettuce
1½ cups	thinly sliced raw zucchini
½ cup	sliced celery
1 cup	thinly sliced raw carrots
2	green onions and tops, chopped
5	radishes, sliced
1 tablespoon	chopped parsley
¼ teaspoon	salt (if desired)
½ cup	mayonnaise
⅓ cup	tarragon or wine vinegar

Shred lettuce and toss with the zucchini, celery, carrots, green onions and tops, radishes and parsley. Mix together mayonnaise and vinegar and toss thoroughly until vegetables are coated with dressing. Serves 4.

Per serving: calories 153, protein 2 g, carbohydrate 16 g, fat 10 g, cholesterol 7.6 mg, sodium 390 mg.

Using a smaller amount of mayonnaise will lower the cholesterol. Reducing or eliminating the salt will decrease the sodium.

Zucchini Salad

Marlene Bach

1 pound	zucchini
1 cup	yogurt (plain, low fat)
	juice of one lemon
dash	finely chopped dill
dash	oregano
1	garlic clove, crushed
¼ teaspoon	sugar
dash	pepper
1 tablespoon	oil

Peel squash and slice in thin slices. Toss with enough salt to cover zucchini. Let stand 15 minutes. Drain. Then marinate squash slices with the rest of the ingredients. Serves 4.

Per serving: calories 88, protein 4.6 g, carbohydrate 8 g, fat 4.6 g, cholesterol 3.7 mg, sodium 47 mg.

Consider using canola or olive oil for heart health.

Kidney Bean Zucchini Salad

3 tablespoons	salad oil
3	medium zucchini, thinly sliced
	medium onions, sliced
1	large green pepper, cut in 1-inch pieces
1	vegetable bouillon cube
1	15¼-ounce can red kidney beans, drained
3 tablespoons	white vinegar
2 teaspoons	sugar
2 teaspoons	salt (if desired)
¼ teaspoon	pepper

Early in the day or the day before serving: heat salad oil in a 12-inch skillet over medium high heat. Add the zucchini, onions, green pepper and bouillon cube. Stir-fry until vegetables are tender-crisp and bouillon cube is dissolved, about 5 minutes. Remove from heat; stir in kidney beans, vinegar, sugar, salt and pepper. Spoon mixture into large bowl. Cover and refrigerate until well chilled. Makes 8 servings.

Per serving: calories 124, protein 4 g, carbohydrate 16 g, fat 5 g, cholesterol 0, sodium 1167 mg.

You can reduce sodium by reducing or eliminating the salt and choosing reduced sodium beef bouillon or broth.

Zucchini Salad

Kathleen Davies

1 pound	zucchini
2 cup	water
½ teaspoon	salt (if desired)
1	clove garlic
½ cup	chopped onion
½ cup	chopped green pepper
½ cup	chopped celery
½ cup	French dressing

Cut zucchini into bite sized pieces. Cook in boiling water for 3 minutes. Remove from heat. Let stand 2 minutes. Drain and chill. Rub cut garlic clove over inside of salad bowl. Place all ingredients in bowl, toss with dressing. Makes 6 servings.

Per serving: calories 111, protein 1 g, carbohydrate 8 g, fat 9 g, cholesterol 0 mg, sodium 493 mg.

You can reduce sodium and fat by using a low sodium/reduced fat French dressing. You can also reduce the sodium by reducing or eliminating the salt.

PICKLES

Some tips on making pickles

1. It is recommended that you use recipes that have been tested to determine the amount of acid to use and the length of time to process when making pickles that will be canned and stored at room temperature.
2. Acid is very important to the safety of canned pickles. If the pickles do not contain enough acid, the bacteria, *Clostridium botulinum* spores may grow during storage of the pickles and produce a deadly toxin. Use vinegar with 5 percent acidity. Usually, the strength of the vinegar will be shown on the bottle label. If a product seems too sour, add sugar; don't decrease the vinegar.
3. Process pickles in a boiling water bath for the time recommended in tested recipes. Processing is necessary to destroy microorganisms that cause spoilage and to inactivate enzymes that may affect flavor, color and texture of the pickles. If processing time is not long enough to kill spoilage organisms, some of these microorganisms may grow during storage of the pickles and produce compounds that lower the acidity of the pickles. *Clostridium botulinum* then may grow in these lower acid pickles.

Start counting processing time after the jars are put in the water bath and the water reaches a full rolling boil.



4. Use pure granulated salt, such as “pickling” or “canning” salt. Other salts, such as table salt, contain anti-caking ingredients that may make the liquid cloudy.
5. Use fresh, whole spices for best quality and flavor. Spices deteriorate and lose their flavors quickly; powdered spices may cause the product to darken and become cloudy.
6. Zucchini no larger than 2 inches (5 cm) in diameter are best for pickles.

If the correct procedures are followed, you should have good pickled products. If the pickles show any of the following signs — bulging lid, mold, unusually soft or mushy texture, leakage, suspicious odor, or slippery feel— DO NOT TASTE! *Dispose of the product so children or animals do not get it!*

Bread-and-Butter Pickle Slices

(about 8 pint jars)

6 pounds	slender zucchini, 1 to 1½ inches
8 cups	thinly sliced onions (about 3 pounds)
½ cup	salt
	crushed or cubed ice
4 cups	vinegar
4½ cups	sugar
2 tablespoons	mustard seed
1½ tablespoons	celery seed
1 tablespoon	ground turmeric
1 cup	pickling lime (optional)

Preparation: Wash zucchini. Cut into $\frac{3}{16}$ -inch rings. Combine zucchini and onions in a large bowl. Add salt. Cover with 2 inches crushed or cubed ice. Refrigerate 3 to 4 hours, adding more ice as needed.

Preparation Variation for Firmer Pickles:

Wash zucchini. Cut into $\frac{3}{16}$ -inch slices. Mix 1 cup pickling lime, $\frac{1}{2}$ cup salt and 1 gallon water in a 2- to 3-gallon crock, glass or enamelware container. CAUTION: Avoid inhaling lime dust while mixing the lime-water solution.

Soak zucchini slices in lime water for 12 to 24 hours, stirring occasionally. Remove from lime solution, rinse and re-soak one hour in fresh cold water. Repeat the rinsing and soaking steps two more times. Handle carefully, as slices will be brittle. Drain well.

To Make Pickles: Add sugar and remaining ingredients to vinegar in a large pot. Boil 10 minutes. Add zucchini and onions and slowly reheat to boiling. Fill pint or quart jars with slices, leaving ½ inch head space. Fill to ½ inch from top with hot cooking liquid. Remove air bubbles. Wipe jar rims. Adjust lids. Process pints or quarts for 10 minutes in a boiling water bath.

After processing and cooling, jars should be stored four to five weeks to develop ideal flavor.

So Easy to Preserve, Georgia Extension Service, 1999.

Pickled Bread-and-Butter Zucchini

(about 8 or 9 pint jars)

16 cups	fresh zucchini, sliced
4 cups	onions, thinly sliced
½ cup	salt
4 cups	white vinegar
2 cups	sugar
4 tablespoons	mustard seed
2 tablespoons	celery seed
2 teaspoons	ground tumeric

Use small zucchini, 1–1½ inches in diameter, and slice into ¾-inch slices. Cover zucchini and onion slices with 1 inch of water and salt. Let stand 2 hours and drain thoroughly. Combine vinegar, sugar and spices. Bring to a boil. Add zucchini and onions. Simmer 5 minutes. Fill jars with mixture, leaving ½ inch head space. Fill to ½ inch from top with hot pickling solution. Remove air bubbles. Wipe jar rims. Adjust lids. Process pints or quarts for 10 minutes in a boiling water bath.

So Easy to Preserve, Georgia Extension Service, 1999.



Squash Pickles I (Sweet & Spicy)

(2 pint jars)

2 pounds	fresh firm zucchini or yellow summer squash
2	small onions
¼ cup	salt
2 cups	white sugar
1 teaspoon	celery salt
1 teaspoon	ground tumeric
2 teaspoons	mustard seed
3 cups	cider vinegar

Wash squash and cut in thin slices. Peel and slice onions thinly. Place vegetables in a large bowl and sprinkle with salt. Cover with cold water and stir to blend in salt. Let stand 2 hours. Drain thoroughly. Bring remaining ingredients to a boil. Pour over squash and onions. Let stand 2 hours. Bring all ingredients to a boil and heat 5 minutes. Pack vegetables into hot jars, leaving ½ inch head space. Fill to ½ inch from top with boiling liquid. Remove air bubbles. Wipe jar rims. Adjust lids. Process 15 minutes in a boiling water bath.

So Easy to Preserve, Georgia Extension Service, 1999.

Squash Pickles II (Garlic Dill)

(about 5 pint jars)

4 pounds	summer squash
¼ cup	salt
1 quart	vinegar
1 cup	water
	dill seed (1 teaspoon per pint)
	garlic, if desired (1 clove per pint)

Wash and slice squash. Pack garlic, dill seed, and squash into hot jars, leaving ½ inch head space. Bring vinegar, water and salt to a boil; simmer 5 minutes. Fill jars to ½ inch from top with boiling hot liquid. Remove air bubbles. Wipe jar rims. Adjust lids. Process 15 minutes in a boiling water bath.

So Easy to Preserve, Georgia Extension Service, 1999.

DESSERTS

Chocolate Zucchini Cake

Wilma Schwab

½ cup	butter
½ cup	cooking oil
1¾ cups	sugar
2	eggs, beaten
2 teaspoons	vanilla
½ cup	buttermilk
4 tablespoons	cocoa
2½ cups	sifted flour
½ teaspoon	baking powder
2 teaspoons	soda
½ teaspoon	cloves
2 cups	zucchini, grated
¼ cup	chocolate chips

Cream together the butter, oil and sugar. Add beaten eggs and vanilla and buttermilk. Sift together dry ingredients and add to egg mixture. Add grated zucchini and chocolate chips. Bake in a greased 9x13-inch pan in a 350°F oven for 45 to 50 minutes. Serves 12.

Per serving: calories 420, protein 5 g, carbohydrate 58 g, fat 19 g, cholesterol 57.2 mg, sodium 351 mg.

You can lower the cholesterol by replacing one egg with two egg whites. You can reduce the fat by replacing half the oil with ¼ cup applesauce.

Zucchini Granola Jumbles

Pearl Mock

¾ cup	butter or margarine
1½ cups	brown sugar
1	egg
1 teaspoon	vanilla
1 teaspoon	grated orange peel
1 cup	flour, unsifted
1 teaspoon	salt (if desired)
1 teaspoon	soda
1 tablespoon	pumpkin pie spice
½ cup	dried apricots
½ cup	raisins
1 cup	chopped nuts
3 cups	granola type cereal
2 cups	unpared zucchini, coarsely shredded

Beat together the margarine and brown sugar. Add the egg, vanilla, orange peel, and beat until well

blended. In a small bowl blend together the flour, salt, soda, pumpkin pie spice and add this to the creamy mixture. Beat until well blended. Gradually stir in apricots, raisins, nuts, cereal and zucchini. Drop rounded teaspoonfuls on greased cookie sheet. Bake at 375°F for 12 to 15 minutes. Yields approximately 6 dozen cookies.

Per serving (1 cookie): calories 75, protein 1.2 g, carbohydrate 10 g, fat 4 g, cholesterol 3 mg, sodium 68 mg.

You can reduce the cholesterol by using two egg whites for one whole egg or by using an egg substitute product. You can reduce sodium by using only ½ teaspoon salt or eliminating it altogether.

Zucchini Drop Cookies

1 cup	zucchini, grated
1 teaspoon	soda
1 cup	sugar
½ cup	margarine
1	egg, beaten
2 cups	flour
1 teaspoon	cinnamon
½ teaspoon	cloves
½ teaspoon	salt (if desired)
1 cup	chopped nuts
1 cup	raisins

Thoroughly combine zucchini, sugar and margarine. Add egg. Combine dry ingredients. Mix with nuts and raisins. Add to zucchini mixture. Drop by spoonfuls onto greased baking sheet. Bake at 375°F for 12 to 15 minutes. Makes about 3 dozen cookies.

Per serving (1 cookie): calories 108, protein 1.6 g, carbohydrate 15 g, fat 5 g, cholesterol 6 mg, sodium 100 mg.

You can reduce the fat by substituting ¼ cup margarine with ¼ cup applesauce. You can reduce the cholesterol by using an egg substitute. You can reduce sodium by reducing or eliminating the salt.



Zucchini Pineapple Loaf

Ruth Van Veldhuizen

3	eggs
1 cup	cooking oil
2 cup	sugar
2 teaspoons	vanilla
2 cups	zucchini, grated
1 cup	crushed pineapple, drained
3 cups	flour
2 teaspoons	soda
½ teaspoon	baking powder
1 teaspoon	salt (if desired)
1½ teaspoons	cinnamon
¼ teaspoon	cloves
1 cup	nuts

Beat together the eggs, oil and sugar and vanilla. Sift together the flour, soda, baking powder, salt, cinnamon and cloves. Add the zucchini, pineapple and flour mixture to the egg-sugar mixture, blend well. Pour batter into a greased, floured loaf pan and bake for 1 hour at 325°F or 350°F. 12 slices.

Per slice: calories 509, protein 7 g, carbohydrate 62 g, fat 27 g, cholesterol 53 mg, sodium 441 mg.

You can reduce sodium by reducing or eliminating the salt. You can reduce the fat by replacing half the oil with ½ cup additional crushed pineapple. Use canola oil for a heart healthy oil. Replace two eggs with four egg whites to lower cholesterol.

Zucchini Bars

4	eggs
1½ cups	vegetable oil
2 cups	sugar
2 cups	flour, unsifted
2 teaspoons	baking soda
2 teaspoons	cinnamon
1 teaspoon	salt (if desired)
4 tablespoons	cocoa
1 teaspoon	vanilla
1 cup	chopped nuts
3 cups	zucchini, shredded

Beat eggs, oil and sugar for 2 minutes. Add dry ingredients all at once and mix well by hand until smooth. Stir in vanilla, zucchini, and nuts. Pour into greased 15x10x1-inch jelly roll pan. Bake at 350°F oven for 25 to 30 minutes. When cool, frost with cream cheese frosting. Store frosted bars in refrigerator. 24 bars.

Per serving: (1 bar) calories 280, protein 3 g, carbohydrate 27 g, fat 18.5 g, cholesterol 35 mg, sodium 213 mg.

You can reduce the cholesterol by substituting four egg whites for two whole eggs or using an egg substitute. You can reduce the fat by substituting half the oil with ¾ cup applesauce. You can lower the sodium by reducing or eliminating the salt.

Cream Cheese Frosting

Wilma Schwab

3 ounces	cream cheese, softened
½ cup	butter
2 cups	(or more) powdered sugar
2 tablespoons	cocoa (omit for white frosting)
1 teaspoon	vanilla
2–3 teaspoons	(or more) cream to make right consistency to spread

Frosts 24 bars.

Per serving (1 bar): calories 89, protein .4 g, carbohydrate 10.4 g, fat 5.3 g, cholesterol 15 mg, sodium 50 mg.

You can reduce the fat and cholesterol by using low fat cream cheese or Neufchatel cheese. You can further reduce the fat content by using either skim or low fat milk instead of cream.

Zucchini Pie

Wilma Schwab

2	eggs, beaten
1 cup	cooked zucchini, mashed or pureed
¼ cup	white sugar
½ cup	brown sugar
2 tablespoons	flour
½ teaspoon	nutmeg or mace
¼ teaspoon	ginger
¼ teaspoon	salt (if desired)
1¾ cups	scalded milk

Mix all and place in 9-inch unbaked pie shell. Sprinkle nutmeg on top. Bake in 400°F oven 35 minutes or until knife comes out clean. Serves 8.

Per serving: calories 138, protein 4 g, carbohydrate 26 g, fat 2.5 g, cholesterol 57.4 mg, sodium 126 mg.

You can reduce the calories and carbohydrates by reducing the brown sugar to ½ cup. You can reduce the cholesterol by using two egg whites for one whole egg or by using an egg substitute product.

Research on food preservation is an ongoing process. The United States Department of Agriculture and the Cooperative Extension Service continuously apply new research findings to their recommendations for food preservation techniques. The guidelines in this publication may be revised at any time additional knowledge is gained that may increase the margin of safety or improve the quality of home preserved products. Please consult your local Cooperative Extension Service annually for updated information.

www.uaf.edu/ces or 1-877-520-5211

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