



Notes on Zucchini

If you are looking for a summer vegetable that goes well with meats, seafood, fish and pasta, look no further, zucchini is your answer. Zucchini is a squash that is easy to prepare and its delicate flavor makes it easy to add it to any dish. It can be eaten raw, steamed, sautéed, boiled, fried, and any other way imaginable.

Simple Ideas for Zucchini

- Sauté slices of zucchini in butter or olive oil until soft.
- Grated zucchini makes a fine addition to any salad.
- Easy way to add a vegetable to your pasta and chicken dish is to toss in strips of zucchini.
- Add chunks of zucchini to chicken kabobs, stir-fry or soup.

Zucchini Bread

Recipe by: Bertha Kleinschmidt, Country Gardens

3 Eggs	1 tsp Baking Soda
1 ½ c Sugar	2 tsp Cinnamon
1 cup Oil	1 tsp Salt
1/3 cup Brown sugar	1/3 tsp Baking Powder
3 cups Flour	2 tsp. Vanilla

- Preheat oven to 350°. Mix egg and sugar together. Mix in oil, brown sugar, flour, baking soda, cinnamon, salt, baking powder, and vanilla. Then stir in 2 cups grated or ground with rind on zucchini. Add chocolate squares to make chocolate bread. Add raisins, walnuts, or candied fruit as desired. Bake for 1 hour. Makes 2 loaves.

Zucchini Fudge Cake

Recipe by: Bertha Kleinschmidt, Country Gardens

4 Eggs	2 tsp Baking Powder
2 ¼ cups Sugar	1 tsp Baking Soda
2 tsp Vanilla	¾ tsp salt
¾ cup Butter, softened	1 cup milk or buttermilk
3 cups All Purpose Flour	3 cups coarsely shredded, unpeeled zucchini
½ cup Unsweetened Cocoa	Optional, 1 cup chopped walnuts

- Preheat oven to 350°. In a large bowl, beat eggs until fluffy. Add sugar gradually, beating until mixture is thick and lemon colored. Beat in vanilla and butter. Combine flour, cocoa, baking powder, baking soda and salt; stir ½ of dry ingredients into egg mixture. Add milk and mix. Add remaining flour mixture; beat until smooth. Fold in zucchini and nuts. Bake for 50 to 60 minutes, until done in the middle. Cool and frost with your favorite icing.

My favorite icing is 1 ½ cups powdered sugar, 1 tbsp cocoa, 1 tbsp butter, ¼ tsp vanilla, with coffee as the liquid. Mix until smooth.