

Food

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com

ZUCCHINI

you have to love it!



By MARY ANN MENENDEZ

“My kitchen’s not big enough!” was my wifely lament to my husband whose gardening memory should be a bit longer.

Normally my kitchen has perfect dimensions - but the amount of zucchini produced by his green thumb is enough to overshadow any space. Growing this prolific green thing is a veritable vegetable EXPLOSION in anyone’s garden!

It’s a good thing we “LOVE” zucchini. It actually is quite a versatile squash that can be found in recipes for appetizers, main entrées, side dishes and breads plus desserts.

Those who dig for their life’s work have found evidence the zucchini was grown and enjoyed in Mexico in ancient times. Zucchini was one part of the big three in the dietary world of those olden days: maize, beans and squashes.

Because explorers to the New World were anxious to share their new-found and strange treasures with the folks back home, the zucchini traveled the high seas to Italy where it received its name - zucchini. When the French got a hold of it, they christened this dark green squash with the name courgette.

No matter how it’s sliced, the zucchini includes 100 grams of folate, 100 grams potassium and 100 grams of Vitamin A. The vegetable is a fantastic source of Vitamin C, beta carotene and a handful of minerals. When purchasing zucchini, look for the darker green skin which is a good indicator of more nutrients.

The best part about zucchini is its low caloric count. There is only 13 calories per half-cup.

Remember to wash your zucchini really well. Then STOP! Never peel off the skin because that where most of the nutrients are store.

Z Parmesano

- 2 large zucchini
- 1 onion, very thinly sliced
- 3-4 whole cloves garlic, peeled
- 2 eggs, beaten
- 1 1/2 cups flour
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon each basil and oregano
- 1/4 teaspoon salt
- 1/2 cup Italian seasoned bread crumbs
- 3/4 cup Parmesan cheese
- 1/4 cup extra virgin olive oil
- 3/4 cup mozzarella cheese
- 1 12-16-ounce can tomato sauce
- 2-3 tablespoons buttered bread crumbs (optional)

Wash zucchini, remove ends and cut evenly into one-third inch thick slices. Slice the onion very thinly. Peel garlic. In a shallow bowl, beat eggs until thick and lemon colored. In a separate shallow bowl, combine

flour, onion and garlic powders, paprika, basil, oregano, salt and bread crumbs, stirring to mix ingredients well. Dip sliced zucchini into beaten egg, then into flour mixture. Pour olive oil into a skillet and heat, adding whole garlic cloves. Note: As the garlic cloves become golden, crush them into the oil using the tines of a fork, but remove them before they brown). Place zucchini in hot olive oil (don’t overload the pan as they should cook separated in the oil). Sprinkle over them a few pieces of sliced onion; turn zucchini over as they become golden brown and cook the other side. Remove to a paper towel to drain. Sprinkle to taste with salt, pepper (and garlic and onion powder, if desired). Brush a casserole dish with olive oil and arrange zucchini on bottom. Sprinkle with a layer of Parmesan cheese and a layer of mozzarella, then with a layer of tomato sauce. Continue to make layers of zucchini, cheeses and sauce until all ingredients are used, ending with mozzarella. Place in oven at 350 degrees for 25 minutes or until bubbly. Allow to cool several minutes before slicing.

Z & Brown Rice

- 2 cups zucchini, thinly sliced
- 1/2 cup quick brown rice
- 1 clove garlic, minced
- 1 cup cheese, grated
- 1/4 cup parsley, minced
- 1/4 cup onion, minced
- 3 eggs, beaten
- 1/2 cup milk
- 1/2 teaspoon salt
- 3/4 cups water

Combine raw squash and rice with onion, salt, parsley, garlic and water and heat to boiling. Cover and cook slowly for 15 minutes. Combine eggs, milk and cheese and mix with zucchini. Put in buttered 8-inch square pan and bake at 350 degrees for 30 minutes.

Z Salad

- 2 cans cut green beans
- 4 large ripe tomatoes
- 1 can cut yellow wax beans
- 2 jars marinated artichoke hearts
- 2 cans button mushrooms
- 1 can black pitted olives
- 2 fresh zucchini, uncooked
- 1 16 ounce bottle favorite Italian dressing
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic salt

Drain beans, mushrooms, artichokes (separated). Place in large bowl. Drain olives and cut in half. Add olives to the bean blend. Slice zucchini and tomatoes. Add seasoning and dressing. Mix well and refrigerate 4 hours or overnight. Refrigerate leftovers.

Cheesy Z Bake

- 2 pounds zucchini, thinly sliced
- 2 eggs, separated
- 1 cup sour cream
- 2 tablespoons flour
- 1 1/4 cup grated Cheddar cheese
- 6 slices bacon, cooked and crumbled
- 1 tablespoon butter

1/4 cup fine bread crumbs

Cook zucchini until tender; drain. Combine egg yolks, sour cream and flour. Beat egg whites until stiff and fold into sour cream mixture. Place half the zucchini in an 11 x 7 inch baking dish. Top with half the sour cream mixture and half the cheese. Sprinkle crumbled bacon over cheese. Repeat layers. Melt butter; stir in bread crumbs and sprinkle over cheese. Bake at 350 degrees for 20-25 minutes.

Z Bars

- 2 cups sugar
 - 1 cup oil
 - 3 eggs
 - 2 cups flour
 - 1 teaspoon cinnamon
 - 1 teaspoon salt
 - 2 teaspoon baking soda
 - 1/4 teaspoon baking powder
 - 1 teaspoon vanilla
 - 2 cups shredded, unpeeled zucchini
 - 1 small carrot, shredded
 - 1 cup raisins
 - 3/4 cup rolled oats
 - 1 cup chopped walnuts
- Beat together sugar, oil and eggs in large bowl with electric mixer. Beat in flour, cinnamon, salt, baking soda, powder and vanilla. Beat 1 to 2 minutes until well mixed. Fold in zucchini, carrot, oats and nuts. Mix well. Pour into 15 x 10 x 1 inch pan. Bake at 350 degrees for 40 to 45 minutes. Make frosting by beating all ingredients together until smooth. Set aside. Cool bars; frost, cut into bars. Store in refrigerator.

Frosting:
 1/2 cup soft butter
 2 teaspoon vanilla
 2 and 1/2 cups powdered sugar
 1 pkg. (3 ounces) creamed cheese, softened

Z Quiche

- 1 pie crust
- 1 tablespoon vegetable oil
- 1 cup onions, chopped
- 1 cup shredded sharp cheddar cheese
- 1 1/2 cups frozen cauliflower, defrosted
- 1/2 cup thin zucchini slices
- 3/4 cup Half & Half
- 2 eggs
- Salt and pepper, to taste

Preheat oven to 400 degrees. Place a cookie sheet in the middle of the oven. Prick the pie crust all over with a fork. Place the pie pan on the cookie sheet and bake for 5 minutes in the preheated oven to set the crust. While the crust is baking, heat the oil in a small skillet over medium high heat. Add the onions and saute them until lightly browned, 2 to 3 minutes. Remove the crust from the oven. Sprinkle the shredded cheese over the bottom of the pie crust, and then add the onions. Place the broccoli florets with the stems facing the center around the outside of the crust. Next lay the zucchini slices in an over-lapping pattern toward the middle of the crust. Finally, add a couple of small florets in the center. In a medium size bowl, combine the Half and Half, eggs and salt. Mix until smooth, and then pour this into the quiche pan. Return the pan to the oven.

Bake for 10 minutes, then adjust the temperature down to 350 degrees and continue cooking until a knife inserted into the custard comes out clean, about 20 minutes. Remove and let quiche stand for a few minutes before cutting.

Z Pizza Casserole

- 5 medium zucchini, sliced
 - 1 large onion, thinly sliced
 - 1 green pepper, diced
 - 2 pounds Italian sausage, cooked
 - 1/2 pound mushrooms, sliced
 - 1 cup thick spaghetti sauce
 - 1/2 pound Mozzarella cheese, sliced
 - Parmesan cheese, grated
- Layer ingredients in 2 quart casserole ending with cheeses on top. Bake at 350 degrees, uncovered, one hour.

Z Puffs

- 1 small zucchini
 - 1/2 cup mayonnaise
 - 1 1/2 tablespoon grated onion
 - 1 long French rolls (about 8 inches)
 - 1 cup grated Swiss cheese
- Grate unpeeled zucchini into sieve and press out excess moisture. Stir into mayonnaise with grated onion. Cut each French roll into about 8 slices about 1/2-inch thick and spread with mayonnaise mixture. Sprinkle each with cheese and set on cookie sheet. Broil until puffed and golden, 3-5 minutes. Serve immediately.

Z Cookies

- 3/4 cup shortening
 - 1 cup brown sugar
 - 1 egg
 - 1/2 cup raw carrots, grated
 - 1/2 cup raw zucchini, grated
 - 1 teaspoon baking powder
 - 1/2 teaspoon baking soda
 - 3/4 teaspoon cinnamon
 - 1/4 teaspoon cloves
 - 2 1/4 cups flour
 - 1 cup favorite nuts
- Mix together thoroughly shortening, sugar and egg. Stir in carrots and zucchini. Sift together flour, baking powder, baking soda and spices and stir into shortening mixture. Mix in nuts. Drop by teaspoonfuls onto greased cookie sheets. Bake 10 to 12 minutes in a 375-degree oven. Makes 4 dozen.

Z Mocha Cake

- 4 eggs
 - 3/4 cup oil
 - 1 teaspoon vanilla
 - 2 cups grated zucchini
 - 1 (4.5 ounces) chocolate instant pudding
 - 1 chocolate cake mix
 - 1 1/2 teaspoons instant coffee
- Beat eggs slightly. Add oil and vanilla. Beat until smooth. Add zucchini and chocolate pudding, mix thoroughly using low speed. Add coffee and cake mix, blend until moistened. Continue mixing on medium speed for about 5 minutes. Bake in a Bundt pan at 350 degrees for about an hour or until toothpick comes out clean. Cool for 10 minutes before taking out of pan. Cool on rack.

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