



Fresh Ideas for Squash and Other Veggies

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Just Wash It!

We all know that eating a variety of fruits and vegetables every day is essential to maintaining health.

Did you also know it is **necessary to wash all fresh produce** to prevent the spread of food borne illness?



- Rinse raw fruits and vegetables with running water. The running water helps remove bacteria—this is better than soaking fresh produce.
- Scrub tough skinned produce with a vegetable brush—especially melons and root vegetables like potatoes and carrots.

Enjoy the taste of fresh fruits and vegetables, but remember to....

Just Wash It!

Farmers Market Shopping Tips

- Shopping at farmers market can be fun, but also good for you and your community!
- The freshest foods are available, and fresh means better health for you.
- You can meet the farmer who grew your food and they can tell you the best ways to prepare the produce you just bought.
- Shop early. You'll find the best selection at the beginning of the market.
- Plan on buying whatever looks best and plan your meals around your purchase.
- Try new foods. Buy something you've never had before.
- As you buy, put heavier, firmer items on the bottom of your bag or basket.
- If you drive to the market on a hot day, keep a cooler in your car to transport home the produce you buy.
- Store everything green in plastic bags in the refrigerator.
- Always keep tomatoes, garlic, potatoes and onions at room temperature.
- Learn more about individual fruits, vegetables and herbs from this website:
www.fruitsandveggiesmatter.gov
- Wash all fruits and vegetables with cool tap water immediately before eating.
- Sanitize cutting boards, dishes, utensils and counter tops with a solution of 1 teaspoon chlorine bleach mixed with 1 quart of water.

FARMERS' MARKET SKILLET SUPPER

2 lbs. ground beef
½ cup onion, chopped
1 cup grated or sliced potatoes, carrots, cabbage, squash, similar vegetables = 4 cups
Salt and pepper
2 cans (8 ozs. ea.) tomato sauce
½ cup grated Cheddar cheese

In electric skillet, brown meat and drain. Top meat with onion and other vegetables in layers; seasoning with salt and pepper to taste. Cover with tomato sauce and bake at 350 degrees for 30 minutes or until vegetables are tender. Top with grated cheese and heat until cheese melts.

NOTE: You can substitute 2 cans (10 ozs. ea.) cream of mushroom soup for tomato sauce and add chopped mushrooms between the meat and vegetables.

ZUCCHINI BEEF BAKE

4 small zucchini (1 ½ lbs.), other squash can be substituted for zucchini
1 lb. ground beef
4 slices bacon cut into pieces
Green chile, to taste, optional
1 onion, diced
2 ½ cups soft bread crumbs, divided
¾ teaspoon salt
¼ teaspoon crushed dried thyme
1/8 teaspoon pepper
4 tablespoons butter or margarine
¼ cup all-purpose flour
½ teaspoon salt
2 cups milk
¾ cup shredded cheese
1 tablespoon melted butter or margarine



Wash and remove ends from zucchini, cut into ½ inch thick slices. Cook in boiling salted water for 5 minutes or until tender, drain. In skillet cook ground beef, bacon pieces, chile, with onions until meat is browned. Drain well. Stir in ½ cup of the bread crumbs, the ¾ teaspoon salt, thyme and pepper. Remove from heat. In saucepan melt margarine or butter and blend in flour adding the remaining ½ teaspoon salt. Add milk all at once. Cook and stir until mixture thickens and bubbles. Add cheese, stirring until melted. Stir in meat mixture. Alternating layer meat and zucchini mixtures into casserole. Combine remaining bread crumbs with 1 tablespoon melted butter or margarine. Sprinkle remaining bread crumbs on top of casserole just before baking. Bake at 350 degrees for 35 minutes or until heated thoroughly.

CHICKEN ZUCCHINI DISH

8 to 10 chicken thighs or legs

1 small onion chopped

1 clove garlic, minced

Chile, to taste, optional

1 can (8 ozs.) tomato sauce

1 tomato, cubed

1 small can whole kernel corn, drained (or) 2 large ears of corn cut off cob

Salt & Pepper to taste

Season chicken parts with salt & pepper. Fry in oil. Remove from pan. Sauté onion and garlic. Add fryer parts and remaining ingredients with salt & pepper to taste. Add tomato sauce and cook until tender.

CHICKEN ENCHILADA ZUCCHINI BOATS

2 cups cooked, shredded chicken

4 medium zucchini, sliced in half lengthwise

1 ½ tablespoons olive oil, divided

½ cup finely chopped onion

2 cloves garlic

1 can (15 ozs.) tomato sauce

1 tablespoon chili powder

1 teaspoon ground cumin

½ teaspoon paprika

2/3 cup water

1 ½ teaspoon cornstarch

2/3 cup frozen corn

1 ¼ cups shredded Mexican blend cheese

For serving: diced Roma tomatoes, chopped cilantro, chopped onion, light sour cream



Preheat oven to 400 degrees. Using a spoon, scoop centers from zucchini while leaving a ¼-inch rim to create boats. Brush tops and bottoms with 1 tablespoon olive oil and place in two baking dishes. Bake in preheated oven until zucchini is nearly tender, about 20 to 25 minutes.

Meanwhile, heat remaining ½ tablespoon olive oil in a medium saucepan over medium-high heat. Once hot, add onion and sauté 3 to 4 minutes until soft. Add garlic and sauté 10 seconds longer. Remove from heat; pour in tomato sauce, chili powder, cumin and paprika. In a liquid measuring cup whisk together the water and cornstarch until well blended then pour into tomato sauce mixture and season with salt and pepper to taste. Bring to a light boil, stirring frequently. Allow to gently boil 1 minute, stirring constantly. Reduce heat to low and simmer 5 minutes, stirring occasionally. Stir in shredded chicken. Remove zucchini from oven and spoon chicken mixture into zucchini. Sprinkle tops with corn and then cheese blend. Return to oven and bake 5 to 10 minutes longer until cheese has melted and zucchini is tender. Serve warm topped with the diced tomatoes, cilantro, onion and sour cream if desired.

SUMMER SQUASH FRITTATA

1 tablespoon olive oil
1 small zucchini, sliced into ¼-inch thick rounds
1 yellow squash, sliced into ¼-inch rounds
1 clove garlic, minced
½ teaspoon Italian seasoning
1/8 teaspoon red pepper flakes
½ cup fresh spinach, chopped
3 large eggs, beaten
¼ cup Parmesan cheese, grated
4 tomatoes, sliced

Heat oil in nonstick skillet over medium heat; add zucchini, squash, garlic, Italian seasoning and red pepper and cook 10 minutes or until zucchini and squash are tender. Add spinach and cook 3 minutes, or until tender. Pour eggs and cheese over cooked vegetables. Top with sliced tomatoes and cook 5 minutes or until egg mixture has set.

SQUASH CASSEROLE

2 cups chopped squash
½ cup chopped onion
2 tablespoons flour
2 tablespoons corn meal
3 tablespoons oil or melted margarine
4 pods peeled green chile, chopped
1 cup corn
1 cup fresh tomatoes, chopped
1 teaspoon salt
1 cup grated Cheddar cheese

Sauté squash and onion, mixed with cornmeal and flour in oil or melted margarine until lightly browned. Add chile, tomatoes and corn. Cook for about 10 minutes. Turn into a greased casserole, top with grated cheese, bake in oven just till cheese melts. Serves 6.

SQUASH DRESSING

2 cup cooked squash
¼ cup margarine, melted
1 large onion, chopped
2 cups cooked cornbread, crumbled
1 can (10 ¾ ozs.) cream of chicken soup
Salt and pepper, to taste

Combine all ingredients in greased 13x9x2-inch casserole dish. Bake 30 to 40 minutes at 400 degrees or until lightly browned on top.

SOUTH OF THE BORDER SQUASH

1 ½ lbs. (4 medium) yellow squash, chopped
1 medium onion, chopped
2 tablespoons margarine
1 can (4 ozs.) chopped green chilies
2 tablespoon flour
1 teaspoon salt
¼ teaspoon pepper
1 ½ cups Monterey Jack cheese, grated
1 egg, beaten
2 tablespoon parsley, chopped
1 cup cottage cheese
½ cup grated Parmesan cheese

In a 2-quart microwave-safe dish, cook squash, onion, and margarine, covered, 4 minutes on high or until crisp-tender. Add chilies, flour, salt, and pepper, mixing well. Sprinkle with cheese. In a separate mixing bowl, combine egg, parsley, and cottage cheese; mix well. Pour over squash mixture. Sprinkle Parmesan cheese over top. Microwave, uncovered on high 7 to 8 minutes.

CONVENTIONAL: Sauté squash, onion, and margarine in skillet until crisp-tender. Follow the above directions except bake in oven at 400 degrees for 30 minutes.

SQUASH SAUTE

1 tablespoons olive oil
¾ pound zucchini, diced
¾ pound yellow squash, diced
1 teaspoon salt
1 clove garlic, crushed
1 cup diced tomatoes
1 tablespoon Worcestershire sauce
2 tablespoons tomato paste
½ cup chopped onion

Heat olive oil in a large skillet. Add zucchini, yellow squash, onion, and garlic; sauté 3 minutes, stirring carefully. Combine and add remaining ingredients; simmer, covered, until vegetables are crisp-tender, about 8 to 10 minutes, stirring occasionally.



DUDE RANCH SQUASH

4 sliced squash
1 cup chopped onion
1 cup mayonnaise or salad dressing
3 large eggs, lightly beaten
½ cup crushed unsalted saltine crackers
1 envelope (0.4 oz.) buttermilk Ranch-style salad dressing mix
1 cup (4 ozs.) shredded sharp Cheddar cheese
1 cup soft breadcrumbs
1 tablespoon butter, melted

Sauté squash with onion until tender-crisp. Combine squash mixture and next 5 ingredients in a lightly greased 2-quart shallow casserole. Combine breadcrumbs and butter; sprinkle over top. Bake at 350 degrees for 20 to 25 minutes. Makes 8 servings.

NOTE: To lower the calories, fat-free mayonnaise could be used or substitute plain yogurt for one half of mayonnaise.

TWO SQUASH CASSEROLE

2 tablespoons butter
½ cup onions, chopped
½ cup celery, chopped
½ cup green bell pepper, chopped
1 summer squash, sliced
2 zucchini squash, sliced
1 can (10 ¾ ozs.) cream of mushroom soup
1 can (10 ozs.) diced tomatoes with green chilies
1 cup cooked rice
1 cup shredded sharp Cheddar cheese

Melt margarine in saucepan over low heat. Add onion, celery, bell pepper, and squash. Cook until tender. Add soup, tomatoes, and rice. Stir well. Pour into a 2-quart casserole; sprinkle with cheese. Bake at 350 degrees for 20 minutes or until bubbly. Makes 10 to 12 servings.

MICROWAVE: Prepare rice according to package directions in a 2-quart casserole dish with lid. Add remaining ingredients except cheese. Microwave on high 5 minutes, covered. Stir; continue cooking 3 to 4 minutes or until bubbly. Sprinkle with cheese. Cover and let stand until cheese melts.

GRILLED ZUCCHINI

1 pound small zucchini
2 tablespoons olive oil
1 teaspoon oregano, dried
Salt and pepper
1 lime, juiced
Freshly grated Parmesan cheese, optional

Slice zucchini in half lengthwise. Rub with olive oil. Sprinkle with oregano, salt, and pepper. Let set for about 30 minutes. Place zucchini on baking pan cut-sides up and broil, close to heat, until browned. Remove from heat; sprinkle with lime juice and Parmesan cheese. Can be cooked on a grill. Makes 4 servings.

SUMMER SQUASH CARROT CASSEROLE

6 cups zucchini or yellow squash, sliced
¼ cup onion, chopped
1 can (10 ozs.) cream of chicken soup
¼ cup butter, melted
½ cup sour cream, fat free plain Greek yogurt may be substituted
1 cup carrots, shredded
1 pkg. (8 ozs.) herb seasoned stuffing mix

Boil squash and onion in salted water; drain. Combine soup, sour cream, and carrots; add to squash and onion. Combine stuffing mix and butter. Spray a 12x7x2-inch pan with non-stick spray coat and spread half of stuffing mixture in bottom of pan. Add vegetable mixture and top with remaining stuffing mixture. Bake at 350 degrees for 25 to 30 minutes.

MICROWAVE: Cook squash, onion and carrots 7 minutes. Add soup and sour cream. Proceed as above. Cook 12 minutes or until heated through.



TOMATO, SQUASH AND ZUCCHINI GRATIN

3 ripe tomatoes
4 medium. firm zucchini
2 yellow squash
1 teaspoon salt
1 tablespoon Italian seasoning
1 teaspoon black pepper
½ cup Panko bread crumbs
¼ cup grated Parmesan cheese
2 tablespoons chopped fresh flat-leaf parsley
2 tablespoons olive oil

Preheat oven to 375 degrees. Slice the tomatoes and squash into ¼-inch thick uniformly round slices. Place the vegetables on a plate or pan and sprinkle with salt to remove any excess water. Let them drain for 30 to 45 minutes. Pat them dry with paper towels on both sides to remove excess moisture and salt. Spray a 9-inch pie pan or oven proof platter with cooking spray. Overlap the tomatoes, zucchini and squash slices in a decorative pattern. Sprinkle with the Italian seasoning and pepper. Blend the panko, cheese and parsley in a small bowl. Sprinkle the topping over the vegetables. Sprinkle with olive oil on top and bake until golden and crusty, about 20 minutes.

GARDEN-FRESH “PASTA”

The flesh of spaghetti squash, when cooked, comes out like strands of cooked spaghetti and makes a great light stand-in for pasta lovers.

Prepare squash by cutting in half lengthwise and removing seeds. Pierce skin several times with a fork and follow one of these cooking methods.

To bake, prepare squash and place cut-side down in a baking dish. Bake at 350 degrees for 45 minutes or until skin is tender and strands may be loosened with a fork.

To microwave, prepare squash and place cut-side down in a baking dish. Add ¼ cup water; cover with plastic wrap, folding back a small edge of wrap to allow steam to escape. Cook on high 7 to 10 minutes.

To boil, prepare squash and place cut-side down in a Dutch oven; add water to depth of 2 inches. Bring to boil; cover, reduce heat, and simmer 20 to 25 minutes or until tender. Drain.

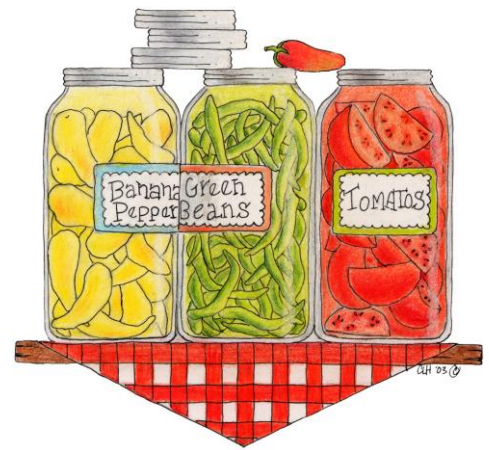
Cool cooked squash. Using a fork, remove spaghetti-like strands of pulp. Discard shell. One medium spaghetti squash equals about 4 cups cooked.

Serve with spaghetti sauce or butter, salt and pepper.



SUMMER SQUASH RELISH

4 lbs. fresh, firm yellow and /or zucchini summer squash
½ cup diced sweet onion
2 cups cider vinegar (5%)
2 ¼ cups white sugar
2 teaspoons celery seed
2 teaspoons turmeric
4 teaspoons mustard seed



Wash and rinse pint or half-pint canning jars; keep hot until ready to fill. Prepare lids and ring bands according to manufacturer's directions. Rinse squash well, remove blossom and stem ends and shred in a food processor. Peel onions and remove root and stem ends. Rinse well and dice or shred in a food processor. Combine remaining ingredients and bring to a boil. Carefully add squash and onions. Return combined ingredients to a boil; boil gently for 5 minutes, stirring often. Pack hot vegetables with liquid into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust head space if needed. Make sure liquid covers the top of the food pieces. Wipe rims or jars with a dampened, clean paper towel. Apply and adjust prepared canning lids. Process in a boiling water canner for 20 minutes (already adjusted for altitudes of 1,001-6,000 feet). Let cool, undisturbed, 12 to 24 hours and check for seals. Makes about 5 pints. *National Center for Home Food Preservation*

DILLY BEANS

2 pounds green beans
¼ cup canning salt
2 ½ cups vinegar
2 ½ cups water
1 teaspoon cayenne pepper, divided
4 cloves garlic
4 heads dill

Trim off green beans. Combine salt, vinegar and water in a large saucepan. Bring to a boil. Pack beans lengthwise into hot jars, leaving ¼-inch headspace. Add ¼ teaspoon cayenne pepper, 1 clove garlic and 1 head dill into each pint jar. Add ½ teaspoon cayenne, 2 cloves garlic and 2 heads dill to each quart jar. Ladle hot liquid over beans, leaving ¼ -inch headspace. Remove air bubbles. Adjust two piece caps. Process pints and quarts in a boiling water canner for 20 minutes (already adjusted for altitudes of 1,001-6,000 feet). Makes 4 pints or 2 quarts.

Check out the Ball Blue Book, National Center for Home Food Preservation website, USDA Canning Guide or So Easy to Preserve for more reliable recipes on pickling anything from Hot Peppers, Okra, Onions, Garlic or Grape Tomatoes. These are simple and only require water bath canning.

The Roosevelt County Cooperative Extension Service also has the latest information on food preservation. We will check your pressure canner gauge for free. Gauges should be tested every year.

CHOCOLATE-ZUCCHINI BREAD

¾ cup butter or margarine, softened
2 cups sugar
3 large eggs
2 cups grated zucchini (about 2 large)
½ cup milk
2 teaspoons vanilla extract
2 ½ cups all-purpose flour
2 ½ teaspoons baking powder
1 ½ teaspoons baking soda
½ teaspoon salt
1 teaspoon ground cinnamon
½ cup cocoa
1 cup chopped pecans

Beat butter at medium speed with an electric mixer until creamy; gradually add sugar, beating well. Add eggs, one at a time, beating after each addition. Combine zucchini, milk, and vanilla. Combine flour and next 5 ingredients; add to butter mixture alternately with zucchini mixture beginning and ending with flour mixture. Stir in pecans. Spoon batter into 2 greased 8 ½ x 4 ½ x 3-inch loaf pans. Bake at 350 degrees for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pans on wire rack 10 minutes; remove and cool completely on wire racks. Makes 2 loaves.

Note: Plain yogurt or applesauce could be substituted for butter for a healthier bread.

ZUCCHINI MUFFINS

2 eggs
1 cup sugar
½ cup vegetable oil
2 teaspoons vanilla
2 cup unpeeled shredded zucchini
2 cups flour
1 teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt
1 ½ teaspoon ground cinnamon
1 cup raisins, (optional)
½ cup chopped pecans

Combine first 4 ingredients, mixing well. Stir in shredded zucchini; set mixture aside. Combine next 5 ingredients in a mixing bowl. Reserve ¼ cup flour mixture, and toss with raisins and pecans. Make a well in center of flour mixture. Add zucchini mixture to dry ingredients, stirring just until moistened. Stir in dredged raisins and pecans. Spoon mixture into greased muffin pans, filling two-thirds full. Bake at 350 degrees for 20 minutes. Makes about 2 dozen.

NOTE: One-half cup whole wheat flour may be substituted for all-purpose flour.

YELLOW SQUASH GINGERBREAD

2 cups coarsely shredded yellow squash (3/4 pound)
2 ½ cups all-purpose flour
1/3 cup packed brown sugar
2 teaspoons baking soda
2 teaspoons ground ginger
1 teaspoon ground cinnamon
½ teaspoon ground allspice
½ teaspoon ground cloves
2/3 cup molasses
3 tablespoons vegetable oil
1 teaspoon vanilla extract
1 egg, lightly beaten
1 egg white, lightly beaten
Vegetable cooking spray
1 tablespoon powdered sugar

Place shredded squash on several layers of paper towels; cover with additional paper towels. Let stand 15 minutes, pressing down occasionally to remove moisture; set aside. Combine flour, brown sugar, baking soda, ginger, cinnamon, allspice and cloves in a large bowl; stir well. Add squash; stir well and make a well in center of mixture. Combine molasses, oil, vanilla egg and egg white in a bowl; stir well. Add to dry ingredients, stirring just until moistened. Pour batter into a 9x5x3-inch loaf pan coated with cooking spray. Bake at 350 degrees for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan and cool completely on a wire rack. Sprinkle with powdered sugar. Makes 18 (1/2 -inch slice ea.) servings.

YELLOW SQUASH CHEDDAR BISCUIT

2 cups yellow squash, shredded
3 cups biscuit mix
1 cup shredded Cheddar cheese
¾ cup milk

Mix all ingredients together. Drop with a large cookie scoop into a lightly greased 9 x 13 x 2-inch or baking sheet. Place biscuits fairly close together. Bake in a preheated 400 degree oven for about 15 minutes.



ZUCCHINI HARVEST SALAD

4 cups thinly sliced zucchini
1 cup sliced celery
½ cup sliced fresh mushrooms
½ cup sliced ripe olives
¼ cup chopped green pepper
¼ cup chopped red pepper
1 cup mild or medium picante sauce or salsa
½ cup vinegar
3 tablespoon olive oil
3 tablespoons sugar
½ teaspoon oregano
1 garlic clove, minced

In a large mixing bowl, combine first 6 ingredients; toss to mix. In a small bowl or jar, combine all remaining ingredients and shake or mix well. Pour over vegetables. Cover and chill.

CUCUMBER TOMATO AVOCADO SALAD

1 lb. Roma tomatoes
1 cucumber
½ medium red onion, sliced
2 avocados, diced
2 tablespoons extra virgin olive oil
2 tablespoons lemon juice or juice of 1 medium lemon
¼ cup chopped cilantro
1 teaspoon sea salt or ¾ teaspoon table salt
1/8 teaspoon black pepper

Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado and chopped cilantro into a large salad bowl. Drizzle with olive oil and lemon juice. Toss gently to combine. Just before serving, toss the salt. Fresh dill is also a refreshing substitute for cilantro.





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