

Recipe for: Zucchini Brownies

From the kitchen of: Brandize Nelson (Margaret Wattier)

Ingredients:

1 1/2 c. sugar

Topping:
1 c. choc chips

1/2 c. butter

2 Tbsp Sugar

2 eggs

1/2 c. walnuts (opt.)

2 c. flour

1 tsp. Cinnamon

1/2 tsp. Salt

1 tsp. Soda

3 Tbsp cocoa

2 1/2 c. chopped Zucchini



Bake Temp. 350° Time 40 min. Servings: 24

"Trust in the Lord." Psalm 113:10

Cream sugar + butter. Add eggs, mix well.
Sift flour, Soda, Cocoa, salt + cinnamon
mix both together. Add Zucchini
Put in greased Pan (15 1/2 x 18 1/2)
Add Toppings
Bake pan at 350° for 30-45 min
muffins for 25 min.

Zucchini bread

3 eggs, 3c. sugar, 1 c. oil, 2c. Zucchini (grated & peeled
1 t. vanilla, 3 c. flour, 1 t. salt, 1 t. soda,
2 t. cinn., $\frac{1}{4}$ t. baking powder, and $\frac{3}{4}$ c. nuts.

Beat eggs until foamy. Add sugar, oil, zucchini
and vanilla. Mix lightly, but well. Add sifted dry
ingred. to egg mixture. Mix until blended. Fold
in nuts. Place in greased loaf pans..325 for 1 hr.
Makes 2 loaves.

Pet BURTON

Zucchini Crisp (tastes like apple)

1 1/2 cups zucchini peeled & seeded & sliced
like apples, 1 cup lemon juice. Cook
until tender, about 20 min. may get
a little mushy. Drain & add 1 1/2 cups
sugar & 1 1/2 t. cinn. - Put in 9x13 pan.
Mix 1 cup flour - 1 cup oatmeal.
1 cup Brown sugar + 1/2 cup soft or
melted butter. Put on top of
zucchini & bake about 40 min.

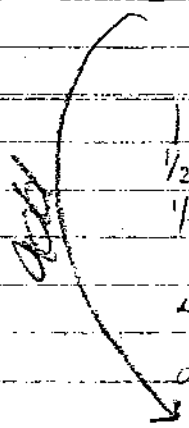
Good for you

Zucchini muffins

350°

3 C shredded zucchini

use mixer w larger holes - peel first



- 1 C oil
 - 1/2 C honey
 - 1/2 C Brown sugar
- } cream

4 eggs - add
2 + vanilla

- 1 1/2 C whole wheat flour
- 1 1/2 C white flour
- 1 + soda
- 1 + baking powder
- 1 + salt
- 1 T cinnamon
- 1 T dry orange peel

Mix & add to wet ingredients

- 1/2 C mini choc chips
- 1/2 C raisins

~~This will be~~ might be very liquid - let set 5 min

12 muffins - 25 min

3 small loaves - 20 min

1 lg loaf - 25 or more

let rest 5 min then remove from pan

Raid the Garden Summer Soup

Ingredients: Chop all vegetables
2-3 C. chopped zucchini (about 2) small
2 slices bacon diced
1/2 C diced onion
1/2 C chopped celery
1/2 C chopped green pepper
1/2 tsp powdered garlic or 2 cloves cut
1 1/2 ~~lbs~~ ^{finely} chopped tomatoes ^{or}
a can of diced tomatoes in
their juice
3-4 C chicken broth
Generous pinch of rosemary
Salt & pepper to taste
1 C up grated cheddar cheese

Method:

Fry bacon with onions in a
2 Quart pot.
Add other ingredients except cheese
& simmer 30-45 minutes
Put in bowls & sprinkle cheese
on top
Enjoy.

Zucchini Chips

Line dehydrator tray with freezer paper.

Slice small zucchinis into thin slices. Arrange on tray in one layer.

Sprinkle on salt/seasoning of choice.

Dry in dehydrator for 8 hours, or until chips are crisp.

Enjoy.

Spiralized Zucchini Noodles with Tomatoes and Pesto

A simple, raw, vegetarian zucchini and pesto dish. Serves 4

For the Pesto:

1 C packed fresh basil
1 clove garlic
¼ C fresh grated Parmesan cheese
Kosher salt & Pepper to taste
3 T Extra Virgin Olive Oil

For the Zoodles:

2 small/med zucchinis
1 C grape or cherry tomatoes, halved
Kosher salt & Pepper to taste

Directions

In a food processor pulse the basil, garlic, cheese, S&P until smooth. Slowly add the olive oil while pulsing. Set aside.

Spiralize the zucchini, cut into smaller strands if they are too long and place in a work bowl. Toss with the pesto and the tomatoes. Season with S&P as needed. Eat right away since it will get watery if it sits too long.

Source: Skinnytaste 148 calories per serving

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