

The Zucchini Cookbook

898 Recipes

Table Of Contents

Zucchini Slice	1
Colorful Zucchini Spears	2
Cheesy Vegetable Lasagna	3
Zucchini with Salsa	4
Mediterranean Medley Salad	5
Summer Garden Pork Chops	6
Zucchini and Cheese	7
Zucchini and Eggs	8
Delicious Barley Bake	9
Sesame Zucchini Bread	10
Pistou Soup	11
Zucchini-Coconut Cookie Bars	12
Grilled Garlic Parmesan Zucchini	13
Parma-Wrapped Chicken with Mediterranean Vegetables	14
Cinderella Pumpkin Bowl with Vegetables and Sausage	15
Green Dot Chicken	16
Zucchini/Potato Soup	17
Banana-Zucchini Bread	18
Moroccan Chicken	19
Dark and Moist Zucchini Cake	20
Zucchini Walnut Bread	21
Chocolate Zucchini Muffins	22
Zucchilattas	23
Springtime Spaghetti	24
Eggplant and Zucchini Casserole	25
Bundle of Veggies	26
Zucchini Chip Bread	27
Fiesta Chopped Salad	28
Cheesy Zucchini Medley	29
Zucchini Muffins	30
Super Duper Zucchini Muffins	31
Rainbow Veggie Chili	32
End of Summer Vegetable Casserole	33
Summer Squash Salad	34
Veggie Pesto Soup	35

Table Of Contents

Easy Tortellini Soup	36
Dill and Butter Squash	37
Meatless Lasagna	38
Vegetable Stuffing Bake	39
Spring Vegetable Medley	40
Stuffed Peppers with Turkey and Vegetables	41
Marrakesh Vegetable Curry	42
Shrimp Creole Bake	43
Greek Goddess Pasta Salad	44
California Grilled Veggie Sandwich	45
Italian Lamb Stew	46
Zucchini Pasta	47
Zucchini Cobbler	48
Zucchini Cream Pie	49
Bow Ties with Veggies	50
Grilled Greek-Style Zucchini	51
Veggie Stir-Fry	52
Italian Ribollita (Vegetable and Bread Soup)	53
Puffed-Up Zucchini	54
Garden Casserole	55
Zucchini Jelly	56
Steamed Zucchini	57
Rice with Summer Squash	58
Zucchini Pineapple Bread II	59
Honey Rosemary Chicken Kabobs	60
Burgers with Chunky Grilled Vegetables	61
Hot or Cold Vegetable Frittata	62
Summer Squash Pizza Crust	63
Vegetarian Lasagna	64
Garden Penne	65
Zucchini Provencale	66
Mediterranean Yellow Rice and Vegetables	67
Veggie Shrimp Fettuccine	68
Saucy Beef and Vegetable Casserole	69
Cheesy Zucchini Casserole II	70

Table Of Contents

Garden Paella	71
Chocolate-Zucchini Cupcakes	72
Farmer's Market Vegetarian Quesadillas	73
Lady Linda's Delightful Shrimp and Scallop Stir-Fry	74
Zucchini Bars	75
Garbanzo Stir-Fry	76
Yellow Squash and Zucchini Delight	77
Zucchini Tomato Toss	78
Lasagna	79
Grilled Zucchini I	80
Chocolate Zucchini Cookies	81
Vegetable Orzo	82
Mediterranean Wrap	83
Zucchini and Potato Bake	84
Passover Zucchini-Stuffed Chicken	85
Roasted Vegetable Orzo	86
Sesame Parmesan Zucchini	87
Herbed Vegetable Squares	88
Harvested Chicken Stew	89
Tomato Squash Dish	90
Four Cheese Roasted Vegetables	91
Special Cheese Manicotti	92
Fried Zucchini	93
Pineapple Zucchini Bread	94
Zucchini Cornbread	95
South Indian Lentil Kootu	96
Zucchini for Lunch	97
Easy Cajun Grilled Veggies	98
Baked Fish Dinner For Two	99
Shakshuka Middle Eastern Breakfast Dish	100
Heavenly Zucchini Salad	101
Tortellini Bake	102
Sunday Lunch Soup	103
Garden Pork Stir-Fry	104
Fresh Summer Corn Salad with Creamy Italian Vinaigrette	105

Table Of Contents

Kingman's Vegan Zucchini Bread	106
Herbed Vegetable Soup	107
Microwave Stir-Fry	108
Ricotta Stuffed Zucchini	109
Zucchini Bread IV	110
All-in-One Casserole	111
Zucchini Chip Cupcakes	112
Cara's Moroccan Stew	113
Summer Lasagna	114
Very Veggie Lasagna	115
Lemon Orzo Primavera	116
Pineapple Zucchini Muffins	117
Warm Camembert Salad	118
Italian Zucchini Boats	119
Donna's Chocolate Zucchini Bread	120
Cyndi's Shrimp Fajitas	121
Japanese Zucchini and Onions	122
Zucchini Soup III	123
Zucchini Cake V	124
Rustic Sausage Pasta	125
Harvest Zucchini Bread	126
Vegetable Quesadillas	127
Zucchini Pie	128
Zucchini with Dill Weed and Garlic-Yogurt Sauce	129
Pinto Bean Zucchini Boats	130
Moroccan Chicken and Whole Grain Couscous	131
Zucchini Granola Cookies	132
Cajun Skillet Surprise	133
Broiled Summer Squash With Radish	134
Spicy Sausage Soup with Cilantro	135
Fiesta Fry Pan Dinner	136
Herb Grilled Vegetables	137
Rosemary-Garlic Chicken and Veggies	138
P.J.'s Fresh Corn Salad	139
Zucchini and Eggs	140

Table Of Contents

Prawn Nasi Goreng	141
Roasted Vegetables	142
Cheesy Kielbasa Bake	143
Zucchini Boats on the Grill	144
Mexican Corn Salad	145
Hearty Pasta Tomato Soup	146
'Calabacitas Guisada' (Stewed Mexican Zucchini)	147
Korean Bean Curd (Miso) Soup	148
Banana Bran Zucchini Bread	149
Marinated Veggies	150
Stuffed Acorn Squash	151
Carrot Zucchini Soup	152
Classy Chicken	153
Chicken and Summer Squash	154
Portobello Mushroom Pasta	155
Zucchini and Corn Saute	156
Zucchini Apple Salad	157
Grilled Zucchini II	158
Quick Italian Vegetable Soup	159
Joe's Mom's Sausage and Tortellini Soup	160
Hearty Tuna Casserole	161
Salad Ole	162
Vegetable Medley I	163
3-Cheese Mostaccioli Bolognese	164
Chicken Veggie Stir Fry	165
Israeli Moroccan Couscous	166
Gyroll	167
Zippy Beef Bake	168
No-Noodle Zucchini Lasagna	169
Spicy African Yam Soup	170
Pickled Squash	171
Zucchini Linguine	172
Cheddar Broccoli Frittata	173
Crema de Calabazines	174
Sausage Minestrone	175

Table Of Contents

Sicilian Lentil Pasta Sauce	176
Flounder Zucchini Bundles	177
Springtime Pasta Salad	178
Pasta With Veggies In a Tahini and Yogurt Sauce	179
Garden Tomato Soup	180
Zucchini Chive Dip	181
Zucchini Pancakes	182
Slow Cooker Vegetable Chili	183
Zucchini Brunch Bake	184
Peanut Butter Vegetable Chicken Soup	185
Zucchini Cobbler	186
Pasta with Scallops, Zucchini, and Tomatoes	187
Pizza-licious Home-Baked Pie	188
Italian Summer Squash Polenta Bake	189
Amber's Zucchini Bread	190
Zucchini-Lemon Sorbet	191
Linguini with Vegetables	192
Pepperoni Frittata	193
Tortellini Minestrone	194
Skillet Zucchini Cornbread	195
Cheddar Zucchini Wedges	196
Mom's Zucchini Pie	197
Zucchini Tomato Casserole	198
Zucchini Pancakes	199
One-Dish Beef and Mushroom Skillet Dinner	200
Sausage, Zucchini and Two Pepper Pasta	201
Zucchini Parmesan Appetizer	202
Chocolate Zucchini Bars	203
Zucchini Appetizer	204
Chicken Tortellini Soup With Zucchini and Tomatoes	205
Vegetables with Brown Rice	206
Janie's Amazing Smoothie	207
Pesto Squash	208
Quick and Simple Korean Doenjang Chigae (Bean Paste/Tofu	209
Grilled Turkey Kabobs	210

Table Of Contents

Tex-Mex Squash Bake	211
Tofu and Noodle Coconut-Curry Soup	212
Zucchini and Pork Soup	213
Zucchini with Chick Pea and Mushroom Stuffing	214
Zucchini Pineapple Loaf	215
Baked Vegetables II	216
Pepperidge Farm® Vegetable Sandwich Stacks	217
Chocolate Zucchini Cake III	218
Grilled Veggie-Portobello Mushroom Burgers	219
Vegetable Stack-up Salad	220
Cheese and Sausage Stuffed Zucchini	221
Grilled Chicken and Veggies Over Rice	222
Zucchini Pineapple Bread I	223
Summer Squash Chicken Alfredo	224
Veggie Mac 'N' Cheese	225
Zucchini Beef Bake	226
Primavera Pizza	227
Simple Squash and Sausage	228
Chocolate Zucchini Cake I	229
Korean Squash	230
Kristi's Corn Salad	231
Creamy PHILADELPHIA® Pasta Primavera	232
Minestrone Soup II	233
Tomato Zucchini Casserole	234
Tempeh Ratatouille	235
Summer Style Chicken	236
A and Z Dip	237
Fresh Tomato Zucchini Soup	238
Zucchini Pie	239
Chocolate Chip Cookies VI	240
Turkey Lasagna with Butternut Squash, Zucchini, and Spinach	241
Italian Omelet	242
Zucchini Saute	243
Zesty Zucchini and Squash	244
Rattlesnake Pasta	245

Table Of Contents

Minted Zucchini Salad	246
Zucchini Relish	247
Legume My Shepherd's Pie	248
Zucchini Cake IV	249
Zucchini Bread, Pumpkin Style	250
Stuffed Zucchini	251
Zucchini Summer Pasta	252
Roasted Vegetables	253
Zucchini Alfredo	254
Kangaroo Stir Fry	255
Crustless Zucchini Pie	256
Carrot Zucchini Saute	257
Polenta with Homemade Tomato-Seafood Sauce	258
Summer Squash Bundles	259
Baked Zucchini	260
Summer Vegetarian Chili	261
Bertolli Creamy Fettuccine Primavera	262
Lamb with Sauteed Veggies	263
Pan-Fried Squash	264
Vegetable Medley II	265
Parmesan Pork Tenderloin	266
Light Zucchini Casserole	267
Piggy-iggy Casserole	268
Brown Rice and Black Bean Casserole	269
Zucchini Raisin Cookies	270
Streuseled Zucchini Bundt Cake	271
Greek Pasta Salad with Shrimp, Tomatoes, Zucchini, Peppers, and	272
Corn Zucchini Skillet	273
Soft Zucchini Spice Cookies	274
Easy Lemon Chicken and Rice	275
Chicken Soup	276
Thai Chicken	277
Stuffed Zucchini I	278
Veggie Sausage Strata	279
Zucchini Pie with Crumb Topping	280

Table Of Contents

Lynda's Zucchini	281
Rosemary Zucchini Sticks	282
Zucchini Cake III	283
Summer Salad	284
Lulu's Tomato Hot Pot	285
Zucchini Casserole	286
Zucchini, Chicken and Rice Casserole	287
Meatball Orzo Soup	288
Carrot Zucchini Bread	289
Layered Zucchini Pie	290
Zucchini Bake	291
Chicken, Sausage and Zucchini Pasta	292
Jon's Corn and Zucchini	293
Oven Baked Tempeh	294
Vegetable Pasta Salad II	295
Zucchini Crust Pizza	296
Elena's Linguini with Clam Sauce	297
Crustless Mushroom-Spinach Quiche	298
Zucchini and Onion Pancake	299
Parmesan Zucchini Spears	300
Veggie No Boiling Lasagna	301
Zucchini Coleslaw	302
Jamaican Spinach Soup	303
Roasted Garlic Zucchini and Tomatoes	304
Hearty Chicken Vegetable Soup III	305
Zucchini Crisp	306
Zucchini Pie III	307
Vegetarian Penne	308
Squash Blossom Crepes (Crepas de Flor de Calabaza)	309
Ma Bethie's Zucchini Bake	310
Summer Pasta Salad II	311
Zucchini Cakes	312
Asparagus-Zucchini Rice	313
Not Red Spaghetti Sauce	314
Zucchini Pie I	315

Table Of Contents

Zucchini Saute	316
Tarte Provencale	317
Pasta Pizzaz	318
Zucchini Oatmeal Cookies	319
Italian White Bean Chicken	320
Baked Vegetables I	321
Ken's Minestrone Soup	322
Veggie Sneak In Meatballs	323
West Texas-Style Buffalo Chili	324
Chocolate Zucchini Bread II	325
Pumpkin Flower Soup (Sopa de Flor de Calabaza)	326
Christian's Crazy Sherpa Potatoes	327
Flax Seed Zucchini Bread	328
Best Italian Sausage Soup	329
Vegetarian Moussaka	330
Spicy Mexican Style Zucchini Casserole	331
Vegetable Lasagna	332
Fried Zucchini	333
Zucchini Beef Casserole	334
Zucchini Cake	335
Italian Zucchini Bake	336
Zucchini Parmesan	337
Middle Eastern Stuffed Zucchini	338
Slow Cooker Mediterranean Stew	339
Cranberry Zucchini Bread	340
Colorful Vegetable Bake	341
Jiffy Ground Pork Skillet	342
Zucchini Summer Soup	343
Zucchini and Rice Casserole	344
Okonomiyaki	345
Mom's Vegetable Medley	346
Italian Stuffed Zucchini	347
Sausage Vegetable Packets	348
Vegetable Stuffed Cannelloni	349
Bundle of Veggies	350

Table Of Contents

Cheesy Zucchini Bake	351
BBQ Beer Brat Kabobs	352
Halibut Steaks	353
Veggie Burgers	354
Tomato-Basil Zucchini	355
Sophie's Zucchini Bread	356
Caribbean Zucchini Bread	357
Zucchini Blossom a la Feta	358
Three-Cheese Pasta Shells	359
Sneaky Mommy's Chocolate Zucchini Cake	360
Zucchini, Tomato, and Onion Casserole	361
Mini Zucchini Bread	362
Pork Delight	363
Don't Knock it Until You Try it Zucchini Chocolate Banana Nut	364
Chocolate Wave Zucchini Bread	365
Marinated Barbequed Vegetables	366
Peanut Butter Drops	367
Stuffed Zucchini Boats	368
Vegetable and Tofu Burger	369
Pesto Minestrone	370
Baked Zucchini Squares	371
Asparagus Avocado Medley	372
Zucchini Casserole II	373
Zucchini, Tomato and Provolone Bake	374
Zucchini Chocolate Orange Cake	375
Minestrone Soup	376
Crescent Beef Casserole	377
Chunky Veggie Chowder	378
Olive-Cheese Zucchini Boats	379
Zucchini and Blue Cheese Side	380
Smoky Grilled Vegetables	381
Zucchini-Cheese Appetizer Squares	382
Barley Primavera	383
Spicy Kielbasa Soup	384
Creamy Zucchini	385

Table Of Contents

Aunt Rita's Italian Stew	386
Give Away Zucchini Grill Out	387
Zucchini Relish	388
Spinach and Chicken Salad	389
Zucchini Chocolate Chip Cupcakes	390
Zucchini Provencal	391
Totally Vegged-Out Burgers	392
Very Veggie Omelet	393
Colorful Vegetable Saute	394
Vegetable Bean Barley Soup	395
Asian-Style Zucchini	396
Zucchini Apple Pie	397
Terrific Turkey Chili	398
Steamed Squash Medley with Sun-Dried Tomatoes	399
Roasted Vegetable Lasagna	400
Easy Green Chile Chicken Enchiladas	401
Zucchini 'Noodles'	402
Italian Vegetable Soup	403
Zucchini Skins	404
Zucchini Parmigiana	405
Sweet And Sour Chicken Meatballs	406
Zucchini Bread II	407
A Vegetable Stew - Tabakh Rohoo	408
Zucchini Souffle	409
Pork and Sea Shells with Summer Vegetables	410
Zucchini Fruit Cocktail Loaf	411
Lisa's Lasagne	412
Pulique (Chicken in Guatemalan Pulique Sauce)	413
Soft Zucchini Spice Cookies	414
Six-Veggie Bake	415
Chocolate Zucchini Bread	416
Summer Squash Casserole	417
Peanut Butter Drops	418
Sweet Zucchini Relish	419
Moroccan Couscous	420

Table Of Contents

Chicken Ranch Pasta Salad	421
Beef and Garden Vegetable Soup	422
St. Patrick's Day Zucchini-Oatmeal Cookies	423
Bean and Veggie Pitas	424
Zucchini Casserole I	425
Zucchini Pasta Casserole	426
Zucchini with Pecans	427
Wild Rice Casserole	428
Curried Zucchini Soup	429
Zucchini Casserole III	430
Sweet and Sour Tofu Veggies	431
Squash and Pepper Skillet	432
Lemon Pepper Zucchini	433
Chocolate Zucchini Bread	434
Zucchini Crepes	435
Grilled Pesto Vegetable Tart	436
Frosted Cinnamon Zucchini Bars	437
Zucchini Pie	438
Chocolate Zucchini Roll	439
Thai Red Chicken Curry	440
Angel's Pasta	441
Cheesy Zucchini Bites	442
Beaker's Vegetable Barley Soup	443
Baked Chicken and Zucchini	444
Mimi's Zucchini Pie	445
Zucchini Wrapped in Tortillas	446
Five Spice Muffins	447
Briam (Greek Mixed Vegetables in Tomato Sauce)	448
Abby's Super Zucchini Loaf	449
Raspberry Chicken Salsa Torte	450
Zucchini Tomato Pie	451
Bow Ties, Zucchini, Carrots, and Chicken	452
Zippy Shrimp Linguine	453
Zucchini Corn Saute	454
Italian Sausage and Zucchini	455

Table Of Contents

Hamburger Minestrone	456
Anna's Linguica and Potato Stew	457
25-Minute Tunisian Vegetable Couscous	458
Martian Cookies	459
Lemon Zucchini and Cucumber Salad	460
Butter Fried Zucchini	461
Quick Chicken Stew	462
Grande Ravioli Salmone e Vedure	463
Nicole's Winter Carrot Zucchini Bread	464
Orange-Chicken Rice Bowl	465
Zucchini Bread VII	466
Baked Zucchini Chips	467
Mexican Zucchini Casserole	468
Zucchini Bread VI	469
Garden Harvest Lasagna	470
Confetti Chowder	471
Summer Vegetable Ratatouille	472
Baked Zucchini de Provence	473
Veggie Lasagna Florentine	474
Hearty Rice Salad	475
Squash and Zucchini Casserole	476
No-Cream Pasta Primavera	477
Chicken Vegetable Medley	478
Coconut Custard (Zucchini) Pie	479
Sourdough Veggie Sandwiches	480
Summer Stuffed Peppers	481
Tuna Casserole II	482
Shrimp Creole II	483
Polenta with Spicy Sausage-Veggie Sauce	484
Black Bean Pizza	485
Pasta Primavera	486
Fettuccini with Zucchini	487
Zucchini and Mushroom Salad with Ricotta Salata	488
Calico Squash Casserole	489
Zucchini Casserole II	490

Table Of Contents

Best Zucchini Appetizer	491
Mom's Zucchini Bread	492
Savory Zucchini Muffins	493
Salmon Supreme	494
Grilled Zucchini and Squash	495
Veggie Skewers	496
Crisp Side Salad	497
Roasted Tomato and Zucchini Salad	498
Bucatini Pasta with Shrimp and Anchovies	499
Easy Mashed Potato and Roasted Vegetable Enchiladas	500
Zucchini Ribbons With Goat Cheese	501
Spicy Asian Cellophane Noodle Salad	502
Zucchini Dutch Cheese Casserole	503
Chocolate Zucchini Sheet Cake	504
Pasta Primavera with Italian Turkey Sausage	505
Chicken Tetrazzini with a Twist	506
Cheesy Zucchini Casserole	507
Zucchini Quiche	508
Nat's Shrimp and Veggie Stuffed Zucchini	509
Ricotta Stuffed Squash	510
Korean Egg Roll Triangles	511
Stewed Squash	512
Old-Fashioned Italian Zucchini Fritters	513
Chicken Kabobs Mexicana	514
Garden Pork Stir-Fry	515
Teriyaki Wraps	516
Couscous Royale	517
Zucchini Nut Cookies	518
Garlic Chicken Sausage and Summer Vegetable Saute	519
Becca's Custom Turkey Shepherd's Pie	520
Zucchini Raspberry Cupcakes	521
Grilled Vegetables in Balsamic Tomato Sauce with CousCous	522
Easy Grilled Chicken	523
Zucchini Stew	524
Pilaf-Stuffed Pork Chops	525

Table Of Contents

Zucchini Tomato Soup I	526
Pasta Primavera with Smoked Gouda	527
Squash Medley	528
Hearty Sausage Soup II	529
Pasta Chicken and Sun-Dried Tomatoes	530
Zucchini Carrot Muffins	531
Zucchini in Sour Cream Sauce	532
Individual Grilled Veggie Pizzas	533
Shrimp with Penne and Squash	534
Italian Tortellini Soup	535
Garlicky Summer Squash and Fresh Corn	536
Mellas Family Lamb Stuffed Zucchini (Koosa)	537
The Very Best Spaghetti Sauce	538
Grandma's Best Zucchini Bread	539
Mexican Veggies with Queso	540
Veggie Quesadillas	541
Easy, Cheesy Zucchini Bake	542
Fall-Apart Pork Stew	543
Zucchini Casserole I	544
Linguine with Chicken and Vegetables in a Cream Sauce	545
Zucchini Mediterranean Style	546
Cheesy Zucchini Casserole I	547
Southwest Garden Stew	548
Zucchini Lunchixa	549
Brunch Strata	550
Ground Beef Zucchini Skillet	551
After-Work Beef Pot Roast Dinner	552
Chocolate Zucchini Bread I	553
Vegetarian Chili	554
Summerly Squash	555
Zucchini Soup IV	556
Lite Sausage Primavera	557
Charlotte's Tortellini Soup	558
Zucchini Bread	559
Veggie Delight on Garlic Bread	560

Table Of Contents

Olive and Feta Pasta	561
Muffin Frittatas	562
Turkey Polish Sausage and Peppers	563
Zucchini Spread	564
Ratatouille Bake	565
Lemon Zucchini Bread	566
Corny Spaghetti	567
Zucchini Bread V	568
Minted Marinated Zucchini	569
Savory Cheddar Zucchini Muffins	570
Calabacitas Con Queso - Zucchini with Cheese	571
Ratatouille Soup	572
Skinny Crab Quiche	573
Best Lasagna	574
Zucchini Corn Medley	575
Chocolate Cream Cheese Cake	576
Yummy Cube Steaks	577
Grilled Italian Zucchini	578
Kelli's Fried Green Zucchini	579
Bow Tie Medley	580
Chunky Chicken Veggie Soup	581
Classic Minestrone	582
Lime Chicken with Cilantro Cream Sauce and Roasted Zucchini	583
Eggplant, Zucchini and Sweet Red Pepper Stew	584
Vegetable Spaghetti Bake	585
Roasted Spring Vegetable Risotto	586
Turkey-Rice Supper	587
Veggie Fajitas	588
Chocolate Zucchini Cake II	589
Italian Sausage Soup	590
Apple, Carrot, Or Zucchini Cake	591
Orange Roughy Bundles	592
Roasted Veggies with Couscous	593
Sticky Sweet Sausage Kabobs	594
Garden Chicken Stir Fry	595

Table Of Contents

Poached Salmon	596
Eggy Veggie Bake	597
Broiled Zucchini with Rosemary Butter	598
Continental Zucchini	599
Garlic Spinach Soup	600
Lenie's Herbal Fish	601
Vegetable Tagine	602
Vegetable Rice Medley	603
Cheesy Zucchini Bake	604
Emerald Green Risotto	605
Dinengdeng	606
Creamy Zucchini with Linguine	607
Chicken A La Impress Me	608
MeMa Rie's Zippy Zucchini	609
Zucchini Oven Omelet	610
Rustic Beef Caldo	611
Zucchini Soup II	612
Fiesta Fry Pan Dinner	613
Easy Greek Skillet Dinner	614
Fabulous Zucchini Grinders	615
Bayou's Mardi Gras Slaw	616
Roasted Vegetable Medley	617
Italian Zucchini Saute	618
Mock Strawberry Jam	619
Lemon Corn and Zucchini	620
Green Green Pasta	621
Chicken Soup with Adzuki Beans, Escarole, and Sweet Potato	622
Easy Fettuccine Primavera	623
Blueberry Zucchini Bread	624
Cathi's Florentine Zucchini	625
Zucchini Slaw	626
Bread Crust Zucchini Quiche	627
Bangalore Cornish Hens	628
Italian Sausage Tortellini Soup	629
Frosted Zucchini Cookies	630

Table Of Contents

Pineapple Coconut Zucchini Bread	631
Picnic Pasta Salad	632
Summer Zucchini Stew	633
Pinakbet	634
Vegetarian Quiche	635
Ohio Meat Pie	636
Pecan Zucchini Bread	637
Honey Butter Zucchini Bread	638
Zucchini with Basil Cream	639
Zucchini Sticks	640
Ratatouille	641
Tofu and Cheese Stuffed Shells	642
Cheddar Zucchini Wedges	643
Mexican Zucchini Cheese Soup	644
Zucchini Cucumber Salad	645
Hearty Chicken Vegetable Soup I	646
Meaty Zucchini Stew	647
Zucchini Oven Frittata	648
Brown Rice Veggie Stir-Fry	649
Cauliflower Zucchini Toss	650
Zucchini 'N' Carrot Coins	651
Summer Garden Pasta	652
Spicy Pakistani Zucchini	653
Pear Zucchini Bread	654
Pasta Lamb Skillet	655
Lori's Spicy Chipotle Lasagna	656
Halibut in Yellow Curry Broth	657
Whole Wheat Zucchini Bread	658
Zucchini Quiche	659
Blue Cheese Fettucine	660
Teriyaki Pork Kabobs	661
Whole Wheat Zucchini Herb Bread	662
Potato and Vegetable Frittata	663
Stuffed Zucchini II	664
Zucchini Risotto	665

Table Of Contents

Bacon Squash Saute	666
Zucchini Pasta II	667
Veggies with Cheese Gravy	668
Raisin Banana Bread	669
Chocolate Zucchini Cookies	670
Lemon Zucchini Drops	671
Pepper Steak Packet	672
Pineapple Zucchini Loaf	673
Chicken Tarragon	674
Summer Garden Medley	675
Zucchini Spice Cake	676
Upside Down (Maqluba)	677
No-Tomatoes-Required Italian Seasoned Stir Fry	678
Zucchini and Razor Clam Fritters	679
Amazing Calavacita and Pork	680
Confetti Potato Pancakes	681
Zucchini, Pork, and Peppers	682
Vibrant Veggie Stir-Fry	683
Vegetarian Lime Orzo	684
Cheesy Sausage Zucchini Casserole	685
Southwestern Spaghetti	686
Layered Vegetable Enchilada Casserole	687
Santa Fe Chicken Soup	688
Owen's Veggie Stir-Fry	689
Italian Sausage Soup with Tortellini	690
Pepper Steak with Squash	691
Baked Ziti Primavera	692
Lyndee's Chicken Penne Pasta	693
Zucchini Yogurt Multigrain Muffins	694
Zucchini Brownies	695
Grilled Zucchini Pizza	696
Kielbasa Bean Soup	697
Fresh Vegetable Soup	698
Zucchini Stuffed Chicken	699
Curried Beef with Winter Vegetables	700

Table Of Contents

Zucchini Balls (Kolokythokeftedes)	701
Lentil Rice and Veggie Bake	702
Spicy Honey-Mustard Chicken Stir-Fry	703
Fresh Spaghetti Sauce	704
Chicken Alfredo	705
Calabacitas	706
Zucchini Tomato Toss	707
Cinnamon-Raisin Loaves	708
Italian Style Soup	709
Pasta Primavera Sauce	710
Roasted Eggplant and Mushrooms	711
Zucchini Cornbread Casserole	712
Tomato Soup III	713
Potato Pizza	714
Vegetable and Feta Latkes	715
Zucchini Chocolate Cake	716
Gnocchi Primavera	717
Vegan Fajitas	718
Nanny's Goulash	719
Ratatouille Pasta	720
Zucchini Tomato Soup II	721
Aunt Peg's Chowder	722
Zucchini Cookies	723
Mediterranean Roast Vegetables	724
Cassie's Zucchini Brownies	725
Stuffed Zucchini	726
Easy and Delicious Blender Quiche	727
Apple Zucchini Bread	728
The Aztec Five-Step	729
Dilled Zucchini	730
Garden Saute	731
Veggies on the Grill	732
Creamy Tuna Pasta Salad	733
Tomato Florentine Soup II	734
Cheesy Zucchini Dip	735

Table Of Contents

Tim's Sausage Stew	736
Mom's Pineapple-Zucchini Bread	737
Venison Italian Soup	738
Zucchini and Pecan Saute	739
Picnic Zucchini Bean Salad	740
Honey-Ginger Shrimp and Vegetables	741
Vegetable Taco Pie	742
Squash Casserole Side Dish	743
Creamy Vegetable Sandwich Spread	744
Zucchini Pie II	745
Zucchini Pie	746
Filet with Farro Salad	747
Sauceless Garden Lasagna	748
Veggie Pork Saute	749
Summer Penne Pasta	750
Zucchini Pasta Bake	751
Tomato and Garlic Pasta	752
Connie's Zucchini 'Crab' Cakes	753
Seafood Stuffed Zucchini	754
Shrimp Vegetable Stir-Fry	755
Chicken Alfredo	756
Meatball Skillet Meal	757
Sauteed Zucchini	758
Jamie's Minestrone	759
Baked Halibut Steaks	760
Thai Beef Noodle Salad	761
Pepperoni Stuffed Zucchini	762
Authentic Thai Cashew Chicken	763
Crisp Side Salad	764
Smoked Sausage and Zucchini Saute	765
Turkey Minestrone	766
Lime-Curry Tofu Stir-fry	767
Zucchini Chutney	768
Grilled Eggplant Moussaka	769
Southwest Chicken Smoked Sausage Skillet	770

Table Of Contents

Gingered Squash Saute	771
Grilled Vegetable Potato Skins	772
Baked Stuffed Zucchini	773
Baby Zucchini Salad	774
Fish and Veggie Dish	775
Italian Zucchini Casserole	776
Bait and Tackle Salad	777
Pepper Steak with Squash	778
Lots O'Veggies Sausage Spaghetti Sauce	779
Zucchini Mexicali	780
Cheesy Vegetable Medley	781
Light Turkey Salad	782
Zucchini and Shells	783
Easy Vegetarian Pasta	784
Makeover Zucchini Apple Bread	785
Green Velvet Soup	786
Corn and Zucchini Melody	787
Chicken with Couscous	788
Chocolate Zucchini Cake IV	789
Zucchini Souffle with Monterey Jack Cheese	790
Zucchini Casserole	791
Bountiful Garden Zucchini Enchiladas	792
Savory Summer Squash	793
Penne Pasta with Veggies	794
Zucchini Frittata	795
Zucchini Herb Casserole	796
End-of-the-Garden Casserole	797
Salsa Fish Skillet	798
Zucchini Coconut Loaf	799
Zucchini Cake II	800
Squash Casserole	801
Creamy Zucchini Soup	802
Zucchini Bisque	803
Zucchini Apple Bread	804
Zucchini and Tomato Casserole	805

Table Of Contents

Summery Ratatouille	806
Baked Zucchini	807
Cream of Zucchini Soup	808
Skillet Chicken and Vegetables	809
Chicken with Vegetables	810
Parmesan Zucchini Bread	811
Zucchini Puffs	812
Zucchini Corn Bread Muffins	813
Zucchini Corn Fritters	814
White Wine Chicken Soup	815
Pork Chop Veggie Medley	816
Zucchini Patties	817
Calabacitas con Elote (Zucchini with Corn)	818
Calabacitas	819
Zucchini with Farfalle	820
The Best Zucchini Dip Ever	821
Four-Vegetable Bake	822
Lentil Burritos	823
Skillet Zucchini	824
Zucchini Pizza Bake	825
Zucchini Bread with Dried Cranberries	826
Zucchini Galore	827
Summer Zucchini Casserole	828
Seafood Scampi Linguine	829
No Mess Squash on the Barbeque	830
Zucchini Pepperjack Casserole	831
Skillet Zucchini	832
Zucchini Soup I	833
Pierogi Supper	834
Zucchini Egg Bake	835
Linda's Summertime Eggplant Salsa	836
Zippy Zucchini	837
Zucchini Miso	838
Zucchini Bread with Cinnamon Sugar Topping	839
Gnocchi with Pesto Sauce	840

Table Of Contents

Hidden Treasures Ranch Pockets	841
Maple Zucchini Bread	842
Beef Loaf Deluxe	843
Crispy Zucchini or Pumpkin Blossoms	844
Ham Vegetable Strata	845
Valentine Pizza	846
Lemon Zucchini Bars	847
Zucchini Chip Bread	848
Stir-Fried Vegetables with Chicken or Pork	849
Zucchini Bread III	850
Zucchini Apple Bread	851
Zucchini Nut Bars	852
Zucchini-Chocolate Chip Muffins	853
Zucchini Cakes	854
Greek Vegetables	855
Pasta with Mushroom and Zucchini Sauce	856
Cilantro Chicken with Zucchini Spanish Rice	857
Chicken Zucchini Casserole	858
Creamy Vegetable Soup	859
Zucchini Beef Soup	860
Pumpkin Zucchini Bread	861
Cheesy Zucchini Rounds	862
Zucchini Snack Bread	863
Chocolate Zucchini Cake	864
Garden Fresh Breakfast	865
Sweet and Sour Chicken Stir Fry	866
Greeked Zucchini	867
The Best Zucchini Fritters Ever	868
PHILADELPHIA Creamy Pasta Primavera	869
Tomato and Zucchini Melange	870
Chocolate Chip Orange Zucchini Bread	871
Tortellini Soup I	872
Zucchini Crustless Quiche	873
Zucchini Cheese Garlic Appetizer	874
Zucchini Corn Medley	875

Table Of Contents

Summer Squash Slaw	876
Baked Vegetables	877
Zucchini Bites	878
Grilled Lemon-Pepper Zucchini	879
Zucchini Picadillo Sandwich	880
Cheesy Zucchini Dish	881
Summer Squash Stir-Fry	882
Baked Tuna 'Crab' Cakes	883
Roasted Three Squash Soup	884
Elegant Zucchini and Tomatoes	885
Chinese Braised Zucchini	886
Zucchini Cake I	887
Individual Chik'n Pot Pies with Puff Pastry	888
Zucchini Hummus	889
Zucchini Delight	890
Zucchini Chocolate Rum Cake	891
California Sherry Chicken	892
Zucchini Soup with Herbs	893
Beef and Parmesan Pasta	894
Squash Stuff	895
Grilled Peppers and Zucchini	896
Zucchini and Corn Topped with Cheese	897
Sweet and Sour Zucchini Salad	898

Zucchini Slice

Ingredients

3 zucchinis, peeled and grated
1 onion, grated
1 cup shredded Swiss cheese
5 eggs, lightly beaten
1/2 cup olive oil
1 cup self-rising flour

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 8x4 inch loaf pan.

In a large bowl, mix together zucchini, onion, cheese, eggs, oil, and self-rising flour. Spread mixture into prepared pan.

Bake in preheated oven for about 40 to 45 minutes, or until set and golden.

Colorful Zucchini Spears

Ingredients

1 slice bacon, cut into 1 inch pieces
1 medium zucchini
1/8 teaspoon salt
1/8 teaspoon dried oregano
1/8 teaspoon garlic powder
1/8 teaspoon pepper
1 plum tomato, halved and sliced
1/4 cup sliced onion
1/4 cup shredded reduced-fat sharp Cheddar cheese

Directions

In a small nonstick skillet, cook bacon over medium heat until cooked but not crisp. Using a slotted spoon, remove bacon to paper towels to drain. Cut zucchini in half widthwise; cut halves lengthwise into quarters. Place in an ungreased shallow 1-qt. baking dish.

Combine the salt, oregano, garlic powder and pepper; sprinkle half over the zucchini. Top with tomato, onion, remaining seasonings and bacon. Bake, uncovered, at 350 degrees F for 15 minutes. Sprinkle with cheese; bake 5-10 minutes longer or until zucchini is tender.

Cheesy Vegetable Lasagna

Ingredients

12 lasagna noodles
2 tablespoons olive oil
2 heads fresh broccoli, chopped
2 carrots, thinly sliced
1 large onion, chopped
2 green bell peppers, chopped
2 small zucchini, sliced
3 cloves garlic, minced
1/2 cup all-purpose flour
3 cups milk
3/4 cup Parmesan cheese, divided
1/2 teaspoon salt
1/2 teaspoon pepper
1 (10 ounce) package frozen chopped spinach, thawed
1 (8 ounce) container small curd cottage cheese
24 ounces ricotta cheese
2 1/2 cups shredded mozzarella cheese, divided

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a 9 x 13 inch casserole dish.

Bring a large pot of lightly salted water to a boil. Add lasagna noodles and cook for 8 to 10 minutes or until al dente; drain.

Heat oil in a large cast iron skillet over medium heat. When oil is hot add broccoli, carrots, onions, bell peppers, zucchini and garlic. Saute for 7 minutes; set aside.

Place flour in a medium saucepan and gradually whisk in milk until well blended. Bring to a boil over medium heat. Cook 5 minutes, or until thick, stirring constantly. Stir in 1/2 cup Parmesan cheese, salt and pepper; cook for 1 minute, stirring constantly. Remove from heat; stir in spinach. Reserve 1/2 cup spinach mixture. In a small bowl combine cottage and ricotta cheeses; stir well.

Spread about 1/2 cup of spinach mixture in the bottom of the prepared pan. Layer noodles, ricotta mixture, vegetables, spinach mixture and 2 cups mozzarella cheese, ending with noodles. Top with reserved spinach mixture, 1/2 cup mozzarella cheese and 1/4 cup parmesan cheese.

Bake in preheated oven for 35 minutes, or until lightly browned on top. Cool for approximately 10 minutes before serving.

Zucchini with Salsa

Ingredients

4 medium zucchini, sliced
3 medium tomatoes, diced
1 medium onion, diced
3 green onions, sliced
2 jalapeno peppers, seeded and minced*
2 garlic cloves, minced
1 tablespoon minced fresh cilantro
salt and pepper to taste

Directions

Divide zucchini between two pieces of heavy-duty foil (about 20 in. x 18 in.). In a bowl, combine the remaining ingredients; spoon over zucchini. Fold foil around vegetables and seal tightly. Grill, covered, over indirect heat for 15-20 minutes or until vegetables are tender.

Mediterranean Medley Salad

Ingredients

4 cups roughly chopped raw vegetables (I like a combination of carrots, red onions, cucumbers, tomatoes, green or red bell peppers, and zucchini)
2 ounces feta cheese, crumbled
1/4 cup sliced Kalamata olives
1/2 cup torn basil leaves
2 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
1 pinch Salt and freshly ground black pepper, to taste

Directions

Toss all ingredients together.

Summer Garden Pork Chops

Ingredients

- 2 teaspoons salt
- 2 teaspoons garlic powder
- 2 teaspoons fresh rosemary
- 4 pork chops
- 2 carrots, chopped
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 leeks, chopped
- 1 large zucchini, chopped
- 2 tablespoons minced garlic
- 5 small tomatoes, coarsely chopped
- 1 cup vegetable broth
- 1 cinnamon stick
- 1/2 teaspoon ground allspice
- 1/3 cup olive oil
- 4 fresh basil leaves

Directions

Grind together salt, garlic powder and rosemary; rub onto chop. In a skillet, lightly brown in as little oil as possible; set aside.

Saute carrots, onion, green pepper, leeks, zucchini and garlic. Stir very little until they begin to caramelize or burn slightly. Layer half the vegetable mixture, including the tomatoes, in the bottom of a dutch oven or large saucepan. Arrange the chops on top and then pour the rest of the vegetable mixture on top.

Heat the vegetable stock in the saute pan and stir to loosen bits of food on the bottom. Pour over the vegetable and pork chops.

Add cinnamon stick, allspice, olive oil and basil. Simmer for 20 minutes.

Zucchini and Cheese

Ingredients

2 tablespoons unsalted butter
1 large zucchini, chopped
1 large white onion, chopped
4 tomatoes, chopped
1 large green bell pepper,
chopped
dried Italian seasoning to taste
1 (8 ounce) package shredded
mozzarella cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.

Melt the butter in a skillet over medium heat. Stir in the zucchini and onion, and cook 5 minutes, or until onion is golden brown.

In the prepared casserole dish, mix the zucchini, onion, tomatoes, and green pepper. Season with Italian seasoning, and top with cheese.

Bake 25 minutes in the preheated oven, or until cheese is melted and bubbly.

Zucchini and Eggs

Ingredients

4 eggs, lightly beaten
2 tablespoons grated Parmesan cheese
2 tablespoons olive oil
1 zucchini, sliced 1/8- to 1/4-inch thick
garlic powder, or to taste
salt and ground black pepper to taste

Directions

Stir the eggs and Parmesan cheese together in a bowl; set aside.

Heat the olive oil in a large skillet over medium-high heat; cook the zucchini in the hot oil until softened and lightly browned, about 7 minutes. Season the zucchini with garlic powder, salt, and pepper. Reduce heat to medium; pour the egg mixture into the skillet. Cook, stirring gently, for about 3 minutes. Remove the skillet from the heat and cover. Keep covered off the heat until the eggs set, about 2 minutes more.

Delicious Barley Bake

Ingredients

2 cups barley
4 cups chicken broth
2 tablespoons olive oil
1 cup chopped celery
1 cup chopped carrots
6 cloves garlic, minced
1 cup chopped onion
2 cups sliced mushrooms
1 yellow zucchini, cut into half moons
1 cup fresh green beans, trimmed and cut into 1 inch pieces
2 cups broccoli florets
1 (4 ounce) package cream cheese, softened
1 (10.75 ounce) can condensed cream of chicken soup
1/3 cup sour cream
1/4 cup grated Locatella cheese
1/4 cup grated Parmesan cheese
1 tablespoon garlic powder
1/2 teaspoon ground nutmeg
1 tablespoon dried oregano
1 tablespoon dried basil
1 tablespoon ground thyme
1 cup green peas
1 cup whole kernel corn
1 cup roasted red peppers, drained and chopped
1 (10 ounce) package frozen chopped spinach, thawed and drained
2 cups shredded cooked chicken
salt and ground black pepper to taste
2 cups shredded mozzarella cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Bring the barley and chicken broth to a boil in a saucepan over high heat. Cover, reduce heat to low, and simmer until the barley is tender, about 30 minutes.

Heat the olive oil in a skillet over medium heat. Stir in the celery, carrots, garlic, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the mushrooms, zucchini, green beans, and broccoli. Continue cooking and stirring until the broccoli is tender, about 5 minutes more. Remove skillet from heat.

Combine cream cheese, cream of chicken soup, sour cream, Locatella cheese, Parmesan cheese, garlic powder, nutmeg, oregano, basil, and thyme in a large bowl, mixing until smooth. Stir in the prepared barley, peas, corn, roasted red peppers, spinach, and shredded chicken. Season with salt and pepper. Spread mixture into a large baking dish and top with mozzarella cheese.

Bake in the preheated oven until bubbly, and cheese has melted, 20 to 30 minutes.

Sesame Zucchini Bread

Ingredients

3/4 cup buttermilk
1/2 cup sugar
1/2 cup packed brown sugar
1 egg
1 egg white
2 tablespoons vegetable oil
2 teaspoons maple flavoring
1 1/2 cups all-purpose flour
1/2 cup whole wheat flour
1/4 cup toasted wheat germ
1 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1/2 cup raisins
1/4 cup chopped walnuts
4 teaspoons sesame seeds,
divided
1 1/2 cups shredded zucchini

Directions

In a mixing bowl, combine the first seven ingredients; beat until smooth. In another bowl, combine the flours, wheat germ, baking powder, baking soda and salt. Add raisins, walnuts and 3 teaspoons sesame seeds. Stir into sugar mixture just until moistened. Stir in zucchini. Pour into a greased 9-in. x 5-in. x 3-in. loaf pan. Sprinkle with the remaining sesame seeds. Bake at 350 degrees F for 55-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minute before removing from pan to a wire rack.

Pistou Soup

Ingredients

3 quarts vegetable broth
2 cups water
2 cups fresh green beans - rinsed, trimmed, and snapped into bite-size pieces
4 zucchini, cut into small cubes
3 carrots, cut into bite size pieces
4 potatoes, cut into bite sized pieces

1 bunch basil, leaves picked from stems
10 cloves garlic, minced
3 tomatoes, chopped
1/2 cup olive oil
1 teaspoon salt

1 (15 ounce) can kidney beans, drained and rinsed
1 (15.5 ounce) can white beans, drained and rinsed
1 (14.5 ounce) can diced tomatoes
1 (8 ounce) package spaghetti, broken into 2-inch pieces

1/2 cup shredded Gruyere cheese
1/2 cup grated Parmesan cheese

Directions

Bring the vegetable broth and water to a boil in a large pot. Stir in the green beans, zucchini, carrots, and potatoes. Return to a boil, reduce heat to medium-low, and simmer 45 minutes.

Meanwhile, prepare the pistou by processing the basil leaves, garlic, tomatoes, olive oil, and salt together in a food processor until finely chopped; set aside.

Stir the kidney beans, white beans, canned diced tomatoes, and spaghetti into the soup and return to a simmer. Cook until the spaghetti is tender, about 10 minutes. Remove the soup from the heat and stir in the pistou. Sprinkle with Gruyere cheese and Parmesan cheese to serve.

Zucchini-Coconut Cookie Bars

Ingredients

3/4 cup margarine, softened
1/2 cup white sugar
1/2 cup packed brown sugar
2 eggs
1 teaspoon vanilla extract
1 3/4 cups all-purpose flour
1/2 teaspoon salt
1 1/2 teaspoons baking powder
3/4 cup flaked coconut
3/4 cup chopped pitted dates
3/4 cup raisins
2 cups grated zucchini

1 tablespoon margarine, melted
2 tablespoons milk
1 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
1 cup confectioners' sugar
1 cup finely chopped walnuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.

In a large bowl, cream together the butter, white sugar, and brown sugar. Mix in eggs and 1 teaspoon vanilla until fluffy. Sift together the flour, salt, and baking powder; stir into the creamed mixture. Stir in the coconut, dates, raisins, and zucchini. Spread batter into the prepared pan.

Bake in preheated oven for 35 to 40 minutes. To make icing, mix together melted margarine, milk, 1 teaspoon vanilla, cinnamon, and confectioners' sugar. Drizzle icing over the bars while still warm. Sprinkle chopped nuts over icing. Cut into bars when cool.

Grilled Garlic Parmesan Zucchini

Ingredients

3 zucchini
3 tablespoons butter, softened
2 cloves garlic, minced
1 tablespoon chopped fresh parsley
1/2 cup freshly grated Parmesan cheese

Directions

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Cut the zucchini in half crosswise, then slice each half into 3 slices lengthwise, making 6 slices per zucchini.

Mix the butter, garlic, and parsley in a bowl, and spread the mixture on both sides of each zucchini slice. Sprinkle one side of each slice with Parmesan cheese, and place the slices, cheese sides up, crosswise on the preheated grill to keep them from falling through.

Grill the zucchini until the cheese has melted and the slices are cooked through and show grill marks, about 8 minutes.

Parma-Wrapped Chicken with Mediterranean

Ingredients

1/2 pound baby red potatoes, cut in half
1 zucchini, halved lengthwise and cut into 1 inch slices
1 red onion, cut into 1/2-inch thick wedges
2 red bell peppers, cut into 1 inch pieces
12 cherry tomatoes
2 tablespoons minced garlic
1/2 teaspoon dried thyme leaves
1/4 teaspoon crushed red pepper flakes
Salt and freshly ground pepper to taste
2 tablespoons olive oil
2 (5 ounce) skinless, boneless chicken breast halves
4 (1/2 ounce) slices thinly sliced prosciutto di Parma

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place potatoes, zucchini, onion, bell peppers, and tomatoes into a large bowl. Add the garlic, thyme, and red pepper flakes; season to taste with salt and pepper. Pour in olive oil, then toss until the vegetables are evenly coated with oil. Pour into a glass baking dish, and bake in preheated oven for 15 minutes.

Meanwhile, season the chicken to taste with salt and pepper. Wrap each chicken breast with two slices of prosciutto, and secure with toothpicks. After the vegetables have cooked for 15 minutes, place the prosciutto-wrapped chicken on top of the vegetables, and continue baking until the chicken has firmed and turned opaque, about 30 minutes.

To serve, remove the chicken from the baking dish, and allow to rest for 5 minutes. Divide the roasted vegetables among two dinner plates. Remove toothpicks from chicken, then slice each piece of chicken into five diagonal slices. Fan the chicken out on top of the vegetables.

Cinderella Pumpkin Bowl with Vegetables and

Ingredients

1 whole (10 pound) Cinderella pumpkin
1 (16 ounce) package kielbasa sausage, sliced into 1/2 inch pieces
3 carrots, peeled and sliced
2 celery ribs, chopped
1 large onion, peeled and chopped
3 cloves garlic - minced, or amount to taste
2 cups parsnips, peeled and cubed (optional)
2 cups rutabagas, peeled and cubed (optional)
2 cups cabbage, coarsely chopped (optional)
1 green bell pepper, chopped
1 red bell pepper, chopped
1 head broccoli, cut into florets
2 zucchini, cut into chunks
1 1/2 cups canned or frozen corn
2 (13.75 ounce) cans chicken broth
2 cups cooked white or brown rice (optional)
1/2 cup chopped fresh parsley
1/2 teaspoon red pepper flakes, or to taste
1/2 (1.25 ounce) envelope dry onion soup mix
1/2 (1 ounce) packet dried Italian seasoning
salt and ground black pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with foil.

Cut around the top of the pumpkin to make a lid. Use a large metal spoon to scoop out the inside membrane and seeds.

Place the pumpkin on the prepared baking sheet, and place in the preheated oven. Cook for 1 hour, then lower heat to 325 degrees F (165 degrees C).

Meanwhile, place the sausage in a deep pot over medium-high heat. Cook until evenly browned, turning frequently, 10 to 12 minutes. Stir in the carrots, celery, onion, and garlic; cook and stir until translucent and tender, about 5 minutes. If desired, stir in the parsnips, rutabaga, and/or the cabbage; cook until the vegetables are almost tender, about 5 minutes. Add the red and green peppers, broccoli, zucchini, and corn. Pour in the chicken broth, add the rice, and cook 5 minutes more. Stir in the parsley, red pepper flakes, onion soup mix, and Italian seasoning. Season to taste with salt and pepper.

Keeping the pumpkin on the baking sheet, spoon the vegetable-sausage mixture into the pumpkin, and replace the lid. Loosely cover the pumpkin with aluminum foil.

Cook the pumpkin in the preheated oven until the flesh is tender, about 4 hours. Scoop some of the pumpkin flesh away from the sides to combine with the vegetable mixture. To serve, place the pumpkin on a serving platter, and remove the lid to ladle out the contents.

Green Dot Chicken

Ingredients

1/2 cup sesame oil
3 cloves garlic, chopped
1 small red onion, minced
6 skinless, boneless chicken breast halves
1 teaspoon salt, or to taste
1 teaspoon freshly ground black pepper
1/2 cup chopped fresh parsley
2 cups sliced zucchini
1 cup Parmesan cheese

Directions

Pour the sesame oil into a 9x13 inch baking dish, or any dish large enough to hold your chicken in a single layer. Mix in the garlic and red onion. Lay the chicken breast halves in the dish, and turn to coat. Cover and refrigerate for 3 to 4 hours.

Preheat the oven to 350 degrees F (175 degrees C). Uncover the chicken in the dish, and top with sliced zucchini. Season with salt and pepper.

Bake uncovered for 1 hour and 30 minutes in the preheated oven. Sprinkle the cheese over the top of the chicken during the last 15 minutes of baking.

Zucchini/Potato Soup

Ingredients

5 cups chicken broth
4 small zucchinis, thinly sliced
1 large potato, peeled, halved and
thinly sliced
1 large onion, thinly sliced
3 eggs
2 tablespoons lemon juice
2 teaspoons dried dill weed
salt and pepper to taste

Directions

In a saucepan, bring broth to a boil. Stir in zucchini, potato and onion. Reduce heat and simmer, covered, 15 minutes or until vegetables are tender. In a small bowl, beat eggs; blend in lemon juice and 1/2 cup hot broth. Stir back into the saucepan. Heat over medium for 1 minute, stirring constantly. Do not boil. Stir in dill; season with salt and pepper. Serve immediately.

Banana-Zucchini Bread

Ingredients

3 eggs
3/4 cup vegetable oil
2/3 cup packed brown sugar
1 cup white sugar
1 cup grated zucchini
2 bananas, mashed
2 teaspoons vanilla extract
3 1/2 cups all-purpose flour
1 tablespoon ground cinnamon
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
1/2 cup dried cranberries
1/2 cup chopped walnuts

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease and flour two 8x4 inch bread loaf pans.

In a large bowl, beat eggs until light yellow and frothy. Add oil, brown sugar, white sugar, grated zucchini, bananas, and vanilla; blend together until well combined. Stir in the flour, cinnamon, baking powder, baking soda, and salt. Mix in the cranberries and nuts. Divide the batter evenly between the two prepared loaf pans.

Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 50 minutes. Allow to cool in the loaf pans on a wire rack before removing and serving.

Moroccan Chicken

Ingredients

1 pound skinless, boneless chicken breast meat - cubed
2 teaspoons salt
1 onion, chopped
2 cloves garlic, chopped
2 carrots, sliced
2 stalks celery, sliced
1 tablespoon minced fresh ginger root
1/2 teaspoon paprika
3/4 teaspoon ground cumin
1/2 teaspoon dried oregano
1/4 teaspoon ground cayenne pepper
1/4 teaspoon ground turmeric
1 1/2 cups chicken broth
1 cup crushed tomatoes
1 cup canned chickpeas, drained
1 zucchini, sliced
1 tablespoon lemon juice

Directions

Season chicken with salt and brown in a large saucepan over medium heat until almost cooked through. Remove chicken from pan and set aside.

Saute onion, garlic, carrots and celery in same pan. When tender, stir in ginger, paprika, cumin, oregano, cayenne pepper and turmeric; stir fry for about 1 minute, then mix in broth and tomatoes. Return chicken to pan, reduce heat to low and simmer for about 10 minutes.

Add chickpeas and zucchini to pan and bring to simmering once again; cover pan and cook for about 15 minutes, or until zucchini is cooked through and tender. Stir in lemon juice and serve.

Dark and Moist Zucchini Cake

Ingredients

2 eggs
1/4 cup vegetable oil
3/4 cup applesauce
1 1/2 cups brown sugar
2 teaspoons vanilla extract
3 1/2 cups shredded zucchini
1 tablespoon molasses
1 tablespoon honey
4 cups all-purpose flour
1 teaspoon baking soda
1/4 teaspoon baking powder
2 1/4 teaspoons ground cinnamon
3/4 cup chopped pecans
(optional)

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease two 8x4 inch loaf pans.

In a medium bowl, beat together the eggs with the oil. Stir in the applesauce, brown sugar, vanilla, molasses, and honey. Combine the flour, baking soda, baking powder, and cinnamon; combine with applesauce mixture until just moistened. Finally, stir in the zucchini and nuts. Divide the batter evenly between the prepared pans.

Bake for 1 hour in preheated oven, or until a toothpick inserted comes out clean. Cool in the pan for 15 minutes before removing to a wire rack to cool completely.

Zucchini Walnut Bread

Ingredients

- 1 cup chopped walnuts
- 4 eggs
- 2 cups white sugar
- 1 cup vegetable oil
- 3 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 teaspoon ground cinnamon
- 3/4 teaspoon baking powder
- 2 cups grated zucchini
- 1 cup raisins
- 1 teaspoon vanilla extract

Directions

Whisk together flour, baking soda, salt, cinnamon, and baking powder.

In a large bowl, beat the eggs. Gradually beat in sugar, then oil. Add flour mixture alternately with zucchini into the egg mixture. Stir in the raisins, walnuts, and vanilla. Pour batter into two 9 x 5 inch greased and lightly floured loaf pans.

Bake on lowest rack of the oven at 350 degrees F (175 degrees C) for 55 minutes. Let cool for 10 minutes in the pan, then turn out onto racks to cool completely. To freeze, wrap loaves in plastic wrap, and then wrap in heavy freezer paper. Will keep indefinitely.

Chocolate Zucchini Muffins

Ingredients

3 eggs
2 cups white sugar
1 cup vegetable oil
1/3 cup unsweetened cocoa powder
1 1/2 teaspoons vanilla extract
2 cups grated zucchini
3 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon salt
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/4 teaspoon ground cardamom

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease or line two 12 cup muffin tins with paper liners.

In a large bowl beat the eggs. Beat in the sugar and oil. Add the cocoa, vanilla, zucchini and stir well.

Stir in the flour, baking soda, baking powder, salt, cinnamon, nutmeg, cloves and cardamom. Mix until just moist.

Pour batter into prepared muffin tins filling 2/3 of the way full. Bake at 350 degrees F (175 degrees C) for 20 to 25 minutes. Remove from pan and let cool on a wire rack. Store loosely covered.

Zucchilattas

Ingredients

2 tablespoons butter
1 1/2 pounds sliced zucchini
1 pound mushrooms, sliced
1 onion, sliced
1 1/2 pounds tomatoes, chopped
salt and pepper to taste
1 1/2 pounds Monterey Jack
cheese, shredded
10 (10 inch) flour tortillas

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Melt butter in a large skillet over medium heat. Mix together the zucchini, mushrooms, onion, tomatoes, salt and pepper, and add to the skillet. Cook and stir until the vegetables are soft.

Warm the tortillas 2 to 3 minutes, until soft, in the preheated oven. Fill the warmed tortillas with zucchini mixture and Monterey Jack cheese, reserving some of both for toppings. Roll the filled tortillas and place them seam side down in the baking dish. Cover with the remaining zucchini mixture. Top with remaining cheese.

Bake in the preheated oven 15 minutes, or until the cheese is bubbly.

Springtime Spaghetti

Ingredients

8 ounces spaghetti
2 tablespoons butter
1 large zucchini, julienned
3 large carrots, julienned
2 teaspoons minced garlic
3/4 cup heavy cream
3/4 cup grated Parmesan cheese
1 tablespoon chopped fresh dill

Directions

Bring a large pot of lightly salted water to a boil, cook spaghetti for 8 to 10 minutes, until al dente, and drain.

Melt the butter in a skillet over medium heat, and saute the zucchini, carrots, and garlic until tender. Stir in the heavy cream, Parmesan cheese, and dill. Cook and stir until thickened. Mix with the cooked spaghetti to serve.

Eggplant and Zucchini Casserole

Ingredients

2 cups water
4 tablespoons butter
8 ounces dry bread stuffing mix
1 large eggplant, diced
2 large zucchini, diced
1 onion, chopped
1 tomato, chopped
1 teaspoon dried thyme
2 cups shredded Colby cheese
salt to taste
ground black pepper to taste

Directions

In a microwavable bowl, mix water and margarine (cut into pieces). Stir in stuffing mix and cover with a microwavable lid. Cook on HIGH for 8 to 10 minutes. Fluff with fork.

Place eggplant, zucchini, tomato, onion into a large skillet. Season with thyme, salt, and pepper. Cook and stir over medium low heat for 15 to 20 minutes. Remove from heat.

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.

Layer vegetables, cheese, and stuffing in the dish until all ingredients have been used, ending with cheese.

Bake for 30 to 40 minutes.

Bundle of Veggies

Ingredients

8 ounces whole fresh mushrooms
8 ounces cherry tomatoes
1 cup sliced zucchini
1 tablespoon olive or vegetable oil
1 tablespoon butter or margarine,
melted
1/2 teaspoon salt or salt-free
seasoning blend
1/2 teaspoon onion powder
1/2 teaspoon Italian seasoning
1/8 teaspoon garlic powder
1 dash pepper

Directions

Place mushrooms, tomatoes and zucchini on a double thickness of heavy-duty foil (about 18 in. square). Combine the remaining ingredients; drizzle over vegetables. Fold the foil around vegetables and seal tightly.

Grill, covered, over medium heat for 20-25 minutes or until tender.

Zucchini Chip Bread

Ingredients

3 cups all-purpose flour
2 cups sugar
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1/4 teaspoon baking powder
3 eggs
1/2 cup unsweetened applesauce
1/2 cup vegetable oil
1 tablespoon grated orange peel
2 teaspoons vanilla extract
2 cups shredded zucchini
1 cup chopped walnuts
1 cup semisweet chocolate chips

Directions

In a large bowl, combine the first seven ingredients. In another bowl, beat eggs, applesauce, oil, orange peel and vanilla. Stir into the dry ingredients just until moistened. Fold in zucchini, nuts and chocolate chips. Divide batter between two greased 9-in. x 5-in. x 3-in. loaf pans. Bake at 350 degrees F for 55-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

Fiesta Chopped Salad

Ingredients

1 medium sweet red pepper, chopped
1 medium sweet yellow pepper, chopped
1 medium tomato, seeded and chopped
1 medium cucumber, seeded and chopped
1 small zucchini, chopped
2 green onions, chopped
2 tablespoons minced fresh parsley
2 tablespoons olive oil
1 tablespoon red wine vinegar
1/2 teaspoon sugar
1/4 teaspoon salt
1/4 teaspoon pepper
1 large ripe avocado, peeled and chopped
1 tablespoon lemon juice

Directions

In a large bowl, combine the first seven ingredients. In a jar with a tight-fitting lid, combine the oil, vinegar, sugar, salt and pepper; shake well. Drizzle over vegetables and toss to coat. Toss avocado with lemon juice; sprinkle over salad. Serve with a slotted spoon.

Cheesy Zucchini Medley

Ingredients

4 medium zucchini, cut into 1/4-inch slices
1 large sweet onion, thinly sliced and separated into rings
1 medium sweet yellow pepper, julienned
1 medium green pepper, julienned
2 garlic cloves, minced
2 tablespoons canola or vegetable oil
1/4 teaspoon salt
1/4 teaspoon pepper
1 cup shredded Cheddar cheese
1/2 cup shredded mozzarella cheese

Directions

In a large skillet, saute the zucchini, onion, peppers and garlic in oil until crisp-tender. Sprinkle with salt and pepper; mix well. Sprinkle with cheeses. Remove from the heat. Let stand for 2-3 minutes or until cheese begins to melt.

Zucchini Muffins

Ingredients

2 cups whole wheat flour
1 tablespoon baking powder
1/2 teaspoon salt
1 teaspoon ground cinnamon
3/4 cup nonfat milk
2 egg whites
1/4 cup vegetable oil
1/4 cup honey
1 cup grated zucchini

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease muffin tins lightly with oil or spray with a non-stick cooking spray.

Combine whole wheat flour, baking powder, salt and ground cinnamon, mix thoroughly.

Mix the milk, slightly beaten egg whites, oil, honey and shredded zucchini together. Pour into the dry ingredients and stir until just barely moistened. Batter should be lumpy. Fill muffin tins 2/3 full with batter.

Bake at 375 degrees F (190 degrees C) for 20 minutes or until lightly browned.

Super Duper Zucchini Muffins

Ingredients

2 1/4 cups all-purpose flour
1 cup white sugar
2 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1/2 teaspoon salt
1/2 cup shortening
1/4 cup sour milk
2 eggs, lightly beaten
1 1/2 cups shredded zucchini
1 teaspoon vanilla extract
1/2 cup chopped walnuts
1/4 cup brown sugar

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a muffin pan, or use paper liners.

In a large bowl, combine flour and sugar. Stir in baking powder, baking soda, cinnamon, nutmeg and salt. Cut in shortening until mixture resembles coarse crumbs. Make a well in the center, and pour in milk, eggs, zucchini and vanilla. Fold in walnuts. Fill muffin cups 2/3 to 3/4 full. Sprinkle tops with brown sugar.

Bake in the preheated oven for 15 to 20 minutes, or until a toothpick inserted into the center comes out clean. Allow to cool.

Rainbow Veggie Chili

Ingredients

2 tablespoons olive oil
1 zucchini, sliced
1 yellow squash, sliced
1 red bell pepper, diced
1 green bell pepper, diced
1 fresh jalapeno pepper, diced
4 cloves garlic, minced
1 onion, chopped
1 (28 ounce) can crushed tomatoes, with liquid
1 (6 ounce) can tomato paste
1 (15 ounce) can black beans, drained and rinsed
1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can chili beans in spicy sauce, undrained
1 tablespoon chili powder
1/2 teaspoon dried oregano
1/2 teaspoon ground black pepper
1/4 teaspoon cayenne pepper, or to taste

Directions

Heat oil in a large pot over medium-high heat. Stir in zucchini, yellow squash, red bell pepper, green bell pepper, jalapeno, garlic, and onion. Cook 5 minutes, just until tender.

Mix tomatoes with liquid, tomato paste, black beans, corn, and chili beans in spicy sauce into the pot. Season with chili powder, oregano, black pepper, and cayenne pepper. Bring to a boil. Reduce heat to low and simmer 1 hour, stirring occasionally.

End of Summer Vegetable Casserole

Ingredients

1/4 cup olive oil
3 small zucchini, cut in half lengthwise then into 1/4-inch slices
3 small yellow squash, cut in half lengthwise then into 1/4-inch slices
2 green bell peppers, cut into bite-size strips
2 red bell peppers, cut into bite-size strips
3 banana (or hot) peppers, seeded and chopped
2 sweet onions, sliced
5 eggs
1 cup heavy cream
2 tablespoons all-purpose flour
8 ounces processed cheese food (eg. Velveeta), cubed
2 cups seasoned bread crumbs
1 cup grated Parmesan cheese
garlic powder to taste (optional)
onion powder to taste (optional)
seasoned salt to taste (optional)
black pepper to taste (optional)

Directions

Pre-heat oven to 350 degrees F (190 degrees C).

Heat olive oil in a large skillet over medium high heat. Add zucchini, yellow squash, green and red bell pepper, and onions; cook, stirring occasionally until slightly softened. Meanwhile, in a bowl, whisk together eggs, cream, and flour.

When vegetables are tender, drain skillet of excess liquid and arrange in the bottom of a large glass baking dish. Season as desired with seasonings of choice, and stir to blend flavors. Distribute cheese cubes evenly over the vegetables. Pour in the egg mixture, and spread bread crumbs and Parmesan cheese over the top.

Bake in the preheated oven for 45 minutes to 1 hour, or until bubbling hot. Remove cover during the last 15 minutes to brown top lightly. Serve immediately.

Summer Squash Salad

Ingredients

2 cups torn Boston lettuce
1/3 cup thinly sliced zucchini
1/3 cup thinly sliced yellow
summer squash
3 radishes, sliced
1/4 cup reduced-fat Italian salad
dressing

Directions

In a bowl, toss the lettuce, zucchini, yellow squash and radishes.
Serve with dressing.

Veggie Pesto Soup

Ingredients

6 1/2 cups water
6 cubes vegetable broth
2 medium potatoes, cubed
2 carrots, diced
1 medium onion, diced
1 large zucchini, cubed
2 tablespoons sun-dried tomato pesto

Directions

Bring the water to a boil in a large pot. Dissolve broth cubes in the boiling water. Place potatoes, carrots, onion, and zucchini into pot, and cook 10 minutes.

Reduce heat to low, and stir the sun-dried tomato pesto into the pot. Simmer 35 minutes, until potatoes are very tender.

Easy Tortellini Soup

Ingredients

1 tablespoon olive oil
1 small red onion, chopped
1 zucchini, chopped
1 tablespoon minced garlic
1 (28 ounce) can crushed tomatoes
2 (14.5 ounce) cans chicken broth
1 tablespoon white sugar
1 tablespoon Italian seasoning
1/4 cup red wine
1 dash hot pepper sauce
1 (11 ounce) can white corn, undrained
1/2 cup freshly grated Parmesan cheese
8 ounces cheese tortellini

Directions

In a large pot over medium heat, cook onion, zucchini and garlic in oil three minutes, until onion is translucent. Stir in crushed tomatoes, broth, sugar, Italian seasoning, wine and pepper sauce and bring to a boil.

Reduce heat and stir in corn and Parmesan. Simmer 30 minutes.

Stir in tortellini and simmer 10 minutes more, until pasta is tender.

Dill and Butter Squash

Ingredients

2 sliced zucchini
2 yellow squash
1/4 cup butter
salt and pepper to taste
2 teaspoons dried dill weed
1 tablespoon lemon juice

Directions

Slice the zucchini and yellow squash. Place the sliced vegetables in a large skillet or saucepan with the butter. Saute over a medium-low heat for 10 minutes before seasoning with salt, pepper and dill.

Continue to saute for 10 additional minutes before adding the lemon juice. Stir the vegetables well and remove from heat. Serve hot.

Meatless Lasagna

Ingredients

9 uncooked lasagna noodles
1/2 cup chopped onion
2 garlic cloves, minced
2 cups diced zucchini
1 1/2 cups sliced fresh mushrooms
1 cup thinly sliced carrots
1/2 cup diced green pepper
1/2 cup diced sweet red pepper
1 (28 ounce) can crushed tomatoes
1 1/2 cups water
1 (6 ounce) can tomato paste
1 teaspoon sugar
1 teaspoon dried basil
1/2 teaspoon salt
1/2 teaspoon dried rosemary, crushed
1/4 teaspoon pepper
1 (15 ounce) container reduced-fat ricotta cheese
1 1/2 cups shredded part-skim mozzarella cheese, divided
1/4 cup grated Romano cheese

Directions

Cook lasagna noodles according to package directions. Meanwhile, in a large saucepan coated with nonstick cooking spray, saute onion and garlic for 3 minutes. Add the zucchini, mushrooms, carrots and peppers; cook and stir until tender, about 5 minutes. Stir in the tomatoes, water, tomato paste and seasonings. Bring to a boil. reduce heat; cover and simmer for 20 minutes. Remove 2 cups sauce and set aside.

Drain noodles; set aside. Combine the ricotta, 1 cup mozzarella and Romano cheese. In an ungreased 13-in. x 9-in. x 2-in. baking dish, layer a third of the remaining sauce, three noodles and half of the cheese mixture. Repeat layers. Top with remaining sauce and noodles. Spread reserved sauce over top.

Cover and bake at 350 degrees F for 45 minutes. Uncover; sprinkle with remaining mozzarella. Bake 5-10 minutes longer or until cheese is melted. Let stand for 15 minutes before cutting.

Vegetable Stuffing Bake

Ingredients

4 cups Pepperidge Farm® Herb Seasoned Stuffing
2 tablespoons butter, melted
1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
1/2 cup sour cream
2 small zucchini, shredded
2 medium carrots, chopped
1 small onion, finely chopped

Directions

Stir 1 cup of the stuffing and butter in a small bowl. Set aside.

Stir soup, sour cream, zucchini, carrots and onion in a large bowl. Add the remaining stuffing and stir lightly to coat. Spoon the mixture into a 1 1/2 quart baking dish. Sprinkle with the reserved stuffing mixture.

Bake at 350 degrees F for 35 minutes or until it's hot.

Spring Vegetable Medley

Ingredients

2 cups quartered small red potatoes
1 cup fresh baby carrots
1/2 cup water
1/2 teaspoon chicken bouillon granules
2 cups cut fresh asparagus (2 inch pieces)
1 medium zucchini, cut into 1/4-inch slices
1 tablespoon butter or margarine, melted
1 1/2 teaspoons Dijon mustard
1/2 teaspoon dried thyme
1/4 teaspoon salt

Directions

In a large saucepan, bring the potatoes, carrots, water and bouillon to a boil. Reduce heat; cover and simmer for 10 minutes. Add the asparagus and zucchini; cover and simmer for 10 minutes or until crisp-tender. Combine the butter, mustard, thyme and salt; pour over vegetables and toss to coat.

Stuffed Peppers with Turkey and Vegetables

Ingredients

4 green bell peppers, tops removed, seeded
1 pound ground turkey
2 tablespoons olive oil
1/2 onion, chopped
1 cup sliced mushrooms
1 zucchini, chopped
1/2 red bell pepper, chopped
1/2 yellow bell pepper, chopped
1 cup fresh spinach
1 (14.5 ounce) can diced tomatoes, drained
1 tablespoon tomato paste
Italian seasoning to taste
garlic powder to taste
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Wrap the green bell peppers in aluminum foil, and place in a baking dish. Bake 15 minutes in the preheated oven. Remove from heat.

In a skillet over medium heat, cook the turkey until evenly brown. Set aside. Heat oil in the skillet, and cook onion, mushrooms, zucchini, red bell pepper, yellow bell pepper, and spinach until tender. Return turkey to the skillet. Mix in the tomatoes and tomato paste, and season with Italian seasoning, garlic powder, salt, and pepper. Stuff the green peppers with the skillet mixture.

Return peppers to the oven, and continue cooking 15 minutes.

Marrakesh Vegetable Curry

Ingredients

1 sweet potato, peeled and cubed
1 medium eggplant, cubed
1 green bell pepper, chopped
1 red bell pepper, chopped
2 carrots, chopped
1 onion, chopped
6 tablespoons olive oil
3 cloves garlic, minced
1 teaspoon ground turmeric
1 tablespoon curry powder
1 teaspoon ground cinnamon
3/4 tablespoon sea salt
3/4 teaspoon cayenne pepper
1 (15 ounce) can garbanzo beans, drained
1/4 cup blanched almonds
1 zucchini, sliced
2 tablespoons raisins
1 cup orange juice
10 ounces spinach

Directions

In a large Dutch oven place sweet potato, eggplant, peppers, carrots, onion, and three tablespoons oil. Saute over medium heat for 5 minutes.

In a medium saucepan place 3 tablespoons olive oil, garlic, turmeric, curry powder, cinnamon, salt and pepper and saute over medium heat for 3 minutes.

Pour garlic and spice mixture into the Dutch oven with vegetables in it. Add the garbanzo beans, almonds, zucchini, raisins, and orange juice. Simmer 20 minutes, covered.

Add spinach to pot and cook for 5 more minutes. Serve!

Shrimp Creole Bake

Ingredients

2 cups water
1 1/4 cups uncooked white rice
2 onions, diced
2 cups sliced mushrooms
5 carrots, sliced
1 green bell pepper, diced
1 1/2 cups diced celery
1 zucchini, sliced
1 (15 ounce) can seasoned tomato sauce
1 (16 ounce) can whole peeled tomatoes, crushed
2 tablespoons butter
1 (4 ounce) jar chopped pimento peppers
1 1/2 pounds cooked medium shrimp, peeled and deveined
2 teaspoons chili powder

Directions

In a saucepan bring salted water to a boil. Add rice, reduce heat, cover and simmer for 20 minutes.

Preheat oven to 350 degrees F (175 degrees C).

Saute the mushrooms, carrots, onions, green pepper, celery, and zucchini in butter until tender. Add all the tomatoes, tomato sauce, pimientos, and shrimp. Stir in rice and chili powder. Pour mixture into a 9x13 inch casserole dish.

Bake at 350 degrees F (175 degrees C) for 1 hour.

Greek Goddess Pasta Salad

Ingredients

1 (12 ounce) package tri-colored rotini pasta
1 small head broccoli, broken into small florets
1/2 teaspoon minced garlic
1 small red onion, diced
1 (12 ounce) jar marinated artichoke hearts, drained and chopped
1 (12 ounce) jar pitted kalamata olives, sliced
1 (8 ounce) jar roasted red bell peppers, drained, cut into strips
4 Roma tomatoes, diced
1 (12 ounce) jar oil-packed sun-dried tomatoes, drained, cut into strips
1 small zucchini, chopped
1 small cucumber, chopped
1 small yellow bell pepper, chopped
2 ripe avocados
1 (16 ounce) bottle Greek vinaigrette salad dressing

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes. Drain well in a colander set in the sink, rinse with cool water and place in a large bowl.

Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the broccoli, recover, and steam until just tender, 2 to 6 minutes depending on thickness. Rinse the broccoli with cold water, finely chop, and add to pasta.

Stir in the garlic, red onion, artichoke hearts, kalamata olives, roasted red peppers, Roma tomatoes, sun-dried tomatoes, zucchini, cucumber, and yellow pepper and combine well.

Cut the avocados in half, remove the pit, and remove from the skin with a large spoon. Cut the avocados into large pieces, place in a small bowl and mash well with a fork. Slowly whisk in the Greek dressing until well combined. Pour the Greek-avocado dressing into the pasta salad and gently toss. Refrigerate for at least one hour before serving.

California Grilled Veggie Sandwich

Ingredients

1/4 cup mayonnaise
3 cloves garlic, minced
1 tablespoon lemon juice
1/8 cup olive oil
1 cup sliced red bell peppers
1 small zucchini, sliced
1 red onion, sliced
1 small yellow squash, sliced
2 (4-x6-inch) focaccia bread pieces, split horizontally
1/2 cup crumbled feta cheese

Directions

In a bowl, mix the mayonnaise, minced garlic, and lemon juice. Set aside in the refrigerator.

Preheat the grill for high heat.

Brush vegetables with olive oil on each side. Brush grate with oil. Place bell peppers and zucchini closest to the middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The peppers may take a bit longer. Remove from grill, and set aside.

Spread some of the mayonnaise mixture on the cut sides of the bread, and sprinkle each one with feta cheese. Place on the grill cheese side up, and cover with lid for 2 to 3 minutes. This will warm the bread, and slightly melt the cheese. Watch carefully so the bottoms don't burn. Remove from grill, and layer with the vegetables. Enjoy as open faced grilled sandwiches.

Italian Lamb Stew

Ingredients

2 tablespoons olive oil
1 1/2 pounds boneless lamb
shoulder, cut into 1-inch cubes
salt and ground black pepper to
taste
5 cloves garlic, sliced thin
1/2 cup red wine
1/2 cup chicken broth
4 cups peeled, chopped tomatoes
1 teaspoon dried oregano
1 bay leaf
4 potatoes, peeled and cut into 1-
inch pieces
2 cups fresh green beans,
trimmed
1 red bell pepper, seeded and cut
into 1-inch pieces
2 small zucchini, sliced
3 tablespoons chopped fresh
parsley

Directions

Heat the olive oil in a Dutch oven or large, heavy-bottomed pot. Season the lamb with salt and pepper; cook in the hot oil until browned, 2 to 3 minutes. Add the garlic; cook and stir 1 minute. Pour the red wine and chicken broth into the pan and bring to a boil while scraping the browned bits of food off of the bottom of the pot with a wooden spoon. Reduce the heat to medium-low; add the tomatoes, oregano, and bay leaf to the pot. Simmer gently until the lamb is tender, about 45 minutes.

Raise heat to medium-high. Add the potatoes, green beans, red pepper, and zucchini to the pot. Cook until the vegetables are tender, another 15 to 20 minutes. Sprinkle the parsley over the soup. Remove the bay leaf and season with salt and pepper before serving.

Zucchini Pasta

Ingredients

1 pound rotini pasta
5 small zucchini, sliced
1/3 cup olive oil
4 cloves garlic, minced
1 pinch crushed red pepper flakes
1/3 cup chopped fresh parsley
salt and pepper to taste
1/2 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain and reserve.

Fill a medium sauce pan with lightly salted water. Add zucchini and bring to a boil; boil for 10 minutes or until tender.

In a large skillet, saute garlic in oil and hot pepper flakes. Add drained zucchini and parsley, then mix all together and simmer for 5 to 10 minutes. Toss with pasta; then add cheese and salt and pepper to taste, and serve.

Zucchini Cobbler

Ingredients

8 cups peeled, chopped zucchini
2/3 cup lemon juice
1 cup white sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg

4 cups all-purpose flour
2 cups white sugar
1 1/2 cups butter, chilled

1 teaspoon ground cinnamon

Directions

In a large saucepan over medium heat, cook and stir zucchini and lemon juice until zucchini is tender, 15 to 20 minutes. Stir in 1 cup sugar, 1 teaspoon cinnamon and nutmeg and cook one minute more. Remove from heat and set aside.

Preheat oven to 375 degrees F (190 degrees C). Grease a 10x15 inch baking dish. In a large bowl, combine flour and 2 cups sugar. Cut in butter with pastry blender or two knives until mixture resembles coarse crumbs. Stir 1/2 cup of butter mixture into zucchini mixture. Press half of remaining butter mixture into bottom of prepared pan. Spread zucchini mixture over top of crust, and sprinkle remaining butter mixture over zucchini. Sprinkle with 1 teaspoon cinnamon.

Bake 35 to 40 minutes, or until top is golden. Serve warm or cold.

Zucchini Cream Pie

Ingredients

1 1/2 cups zucchini - peeled,
seeded and sliced
1 cup evaporated milk
2 cups white sugar
1 egg
3 tablespoons margarine
3 tablespoons all-purpose flour
1 teaspoon vanilla extract
1 pinch salt
1 recipe pastry for a 9 inch single
crust pie
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg

Directions

Boil zucchini until tender. Drain and let stand in cold water for about 5 minutes, then drain.

Put the zucchini, evaporated milk, sugar, egg, margarine, flour, vanilla and salt into a blender and blend until smooth.

Pour into unbaked pie shell. Sprinkle with cinnamon and nutmeg. Bake at 425 degrees F (220 degrees C) for 5 minutes. Reduce heat to 325 degrees F (165 degrees C) and bake until set.

Bow Ties with Veggies

Ingredients

1 (8 ounce) package farfalle (bow tie) pasta
1 tablespoon olive oil
1 zucchini, chopped
1 large onion, chopped
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a skillet over medium heat, saute zucchini and onion in olive oil until tender. Toss farfalle pasta with vegetables and season with salt and pepper; serve.

Grilled Greek-Style Zucchini

Ingredients

4 small zucchini, thinly sliced
1 medium tomato, seeded and chopped
1/4 cup pitted ripe olives, halved
2 tablespoons chopped green onion
4 teaspoons olive or canola oil
2 teaspoons lemon juice
1/2 teaspoon dried oregano
1/2 teaspoon garlic salt
1/4 teaspoon pepper
2 tablespoons grated Parmesan cheese

Directions

In a bowl, combine the zucchini, tomato, olives and onion. Combine oil, lemon juice, oregano, garlic salt and pepper; pour over vegetables and toss to coat. Place on a double thickness of heavy-duty foil (about 23 in. x 18 in.). Fold foil around vegetables and seal tightly. Grill, covered, over medium heat for 10-15 minutes or until vegetables are tender. Sprinkle with Parmesan cheese.

Veggie Stir-Fry

Ingredients

2 teaspoons cornstarch
1/2 cup cold water
3 tablespoons soy sauce
1 cup fresh broccoli florets
1 medium carrot, thinly sliced
1/2 small onion, julienned
1 tablespoon vegetable oil
1 cup shredded cabbage
1 small zucchini, julienned
6 large mushrooms, sliced
1/2 teaspoon minced garlic
Hot cooked rice

Directions

In a small bowl, whisk the cornstarch, water and soy sauce until smooth; set aside. In a large skillet or wok, stir-fry the broccoli, carrot and onion in oil for 5 minutes. Add the cabbage, zucchini, mushrooms and garlic. Stir-fry until vegetables are tender. Stir soy sauce mixture; add to skillet. Cook and stir until thickened. Serve with rice if desired.

Italian Ribollita (Vegetable and Bread Soup)

Ingredients

1 tablespoon olive oil
1 large red onion, diced
2 carrots, diced
1 stalk celery, diced
4 potatoes, diced
10 (5 inch) zucchini, diced
1 leek, sliced
1 quart hot water
1 bunch Swiss chard, chopped
1 head Savoy cabbage, quartered, cored and shredded
1 bunch kale, shredded
2 (15.5 ounce) cans cannellini beans, drained and rinsed
salt and ground black pepper to taste
3 tablespoons tomato puree
8 slices day-old bread

Directions

Place the olive oil in a deep pan and heat over medium-high heat. Stir in the onion, and cook until transparent, about 5 minutes. Mix in the carrots, celery, potatoes, zucchini, and leek. Stir and cook 5 minutes more. Pour in the hot water to cover the vegetables. Stir in the Swiss chard, Savoy cabbage, and kale. Cover, reduce heat to medium, and simmer for 1 hour.

Place 1 can of beans in a blender or food processor bowl. Blend until smooth. Stir pureed beans into the vegetable mixture along with the second can of beans. Season to taste with salt and pepper. Reduce heat to low, and simmer for 20 minutes, stirring occasionally. Stir in the tomato puree.

Prepare the soup by layering slices of bread with the vegetable mixture in a casserole or soup dish. Cover, and refrigerate for at least 8 hours, or overnight.

To serve the soup, place in a pot, and reheat over medium heat. Serve hot.

Puffed-Up Zucchini

Ingredients

4 cups chopped zucchini
1 cup chopped onion
1/4 cup water
5 tablespoons butter, divided
1 tablespoon prepared horseradish
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup coarsely crushed cracker crumbs
1 tablespoon egg, slightly beaten

Directions

Place the zucchini and onion in a pot with the water. Bring to a boil, reduce heat to low, and simmer 15 minutes, until tender. Drain, cool, and mash. Mix in 2 tablespoons butter, horseradish, salt, and pepper.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 1 quart baking dish.

Melt remaining 3 tablespoons butter in a saucepan over medium heat, and stir in the cracker crumbs until golden brown.

Mix the egg into the mashed zucchini mixture. Scoop the into the prepared baking dish, and top with the cracker crumbs mixture.

Bake 30 minutes in the preheated oven, until topping is crisp.

Garden Casserole

Ingredients

2 pounds eggplant, peeled
5 teaspoons salt, divided
1/4 cup olive oil
2 medium onions, finely chopped
2 garlic cloves, minced
2 medium zucchini, sliced 1/2-inch thick
5 medium tomatoes, peeled and chopped
2 celery ribs, sliced
1/4 cup minced fresh parsley
1/4 cup minced fresh basil
1/2 teaspoon pepper
1/2 cup grated Romano cheese
1 cup dry Italian bread crumbs
2 tablespoons butter, melted
1 cup shredded mozzarella cheese

Directions

Cut eggplant into 1/2-in. thick slices; sprinkle both sides with 3 teaspoons salt. Place in a deep dish; cover and let stand for 30 minutes. Rinse with cold water; drain and dry on paper towels.

Cut eggplant into 1/2-in. cubes; saute in oil until lightly browned. Add onions, garlic and zucchini; cook 3 minutes. Add tomatoes, celery, parsley, basil, pepper and remaining salt; bring to boil. Reduce heat; cover and simmer for 10 minutes. Remove from the heat; stir in Romano cheese. Pour into greased 13-in. x 9-in. x 2-in. baking dish. Combine crumbs and butter; sprinkle on top. Bake, uncovered, at 375 degrees F for 15 minutes. Sprinkle with mozzarella cheese. Bake 5 minutes longer or until cheese is melted.

Zucchini Jelly

Ingredients

6 cups peeled, seeded, and shredded zucchini
6 cups white sugar
1 (15.25 ounce) can crushed pineapple, drained
1/2 cup lemon juice
1 (6 ounce) package strawberry flavored gelatin mix

Directions

Combine the zucchini, sugar, pineapple, and lemon juice in a large pot over medium heat. Boil mixture until the zucchini is clear; remove from heat. Add gelatin mix and stir until completely dissolved.

Ladle into hot, sterilized jars to within about 1/4 inch of the top. Seal, and process in a boiling water canner for 5 minutes.

Steamed Zucchini

Ingredients

4 zucchini
2 cloves garlic
1 tablespoon olive oil

Directions

Bring a large pot of water to a boil. Trim ends from zucchini. Cut each one in half, then cut each half lengthwise into quarters.

Place zucchini and garlic into a steamer basket, then place the steamer basket into the pot. Steam for 10 to 15 minutes, or until the zucchini are tender.

Transfer zucchini to a large bowl. Mash the garlic and put it in the bowl with the zucchini. Drizzle the olive oil into the bowl and toss until the vegetables are coated with oil and garlic.

Rice with Summer Squash

Ingredients

1 cup chopped carrots
1/2 cup chopped onion
1 tablespoon butter
1 cup reduced sodium chicken
broth or vegetable broth
1/3 cup uncooked long grain rice
1/4 teaspoon salt
1/4 teaspoon pepper
1 medium yellow summer squash,
chopped
1 medium zucchini, chopped

Directions

In a saucepan coated with nonstick cooking spray, cook carrots and onion in butter until tender. Stir in the broth, rice, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 13 minutes.

Stir in the yellow squash and zucchini. Cover and simmer 6-10 minutes longer or until rice and vegetables are tender.

Zucchini Pineapple Bread II

Ingredients

3 eggs, beaten
2 cups white sugar
1 teaspoon vanilla extract
1 cup vegetable oil
2 cups grated zucchini
3 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
1/2 cup raisins
1 cup chopped pecans
1 cup crushed pineapple, drained

Directions

In a large bowl mix together the eggs, sugar, vanilla, oil and zucchini.

In a separate bowl mix together the flour, soda, baking powder, and salt. Add to the zucchini batter and mix well. Stir in raisins, nuts, and pineapple until just blended. Pour into 2-9x5x3 inch loaf pans.

Bake in a preheated 325 degree F (165 degrees C) for one hour, or until browned.

Honey Rosemary Chicken Kabobs

Ingredients

1/3 cup honey
1/4 cup lemon juice
2 tablespoons minced fresh rosemary
1/4 teaspoon crushed red pepper flakes
1 pound boneless skinless chicken breasts, cut into 1-inch cubes
1 pint cherry tomatoes
1 small zucchini, cut into 1-inch pieces
1 (8 ounce) can unsweetened pineapple chunks, drained

Directions

In a bowl, combine the first four ingredients. Pour 1/3 cup marinade into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for at least 30 minutes. Cover and refrigerate remaining marinade.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade from chicken. On eight metal or soaked wooden skewers, alternately thread chicken, vegetables and pineapple. Grill kabobs, covered, over low heat for 9-11 minutes or until chicken juices run clear, turning and basting frequently with reserved marinade.

Burgers with Chunky Grilled Vegetables

Ingredients

1/3 cup balsamic vinegar
2 teaspoons olive oil
1 teaspoon minced garlic
1/2 medium yellow bell pepper
1/2 medium medium red bell pepper
1 small zucchini, halved lengthwise
1 baby eggplant or Japanese eggplant, halved lengthwise
4 Morningstar Farms® Grillers® Original

Directions

In small saucepan cook vinegar over low heat about 5 minutes or until reduced to 2 tablespoons and syrupy. Set aside.

In small bowl stir together olive oil and garlic. Brush bell peppers, zucchini and eggplant with olive oil mixture.

Grill peppers and zucchini over medium heat for 5 minutes, turning occasionally. Add burgers and eggplant to grill. Grill for 4 to 6 minutes more or until burgers are heated through and vegetables are tender, turning occasionally. Remove from grill. Cut vegetables into 3/4- to 1-inch pieces.

To serve, spoon vegetables on burgers. Drizzle with balsamic vinegar.

Hot or Cold Vegetable Frittata

Ingredients

3 tablespoons vegetable oil
1 1/2 cups chopped zucchini
1 1/2 cups chopped fresh mushrooms
3/4 cup chopped onion
3/4 cup chopped green bell pepper
1 clove garlic, minced
6 eggs, beaten
1/4 cup half-and-half cream
2 (8 ounce) packages cream cheese, diced
2 cups shredded Cheddar cheese
4 slices whole wheat bread, cubed
1 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a large skillet or frying pan, heat oil over medium high heat. Add zucchini, mushrooms, onion, green pepper and garlic; saute until tender. Remove from heat and let cool slightly.

In a large bowl, beat together the eggs and cream. Stir in cream cheese, cheddar cheese, bread cubes and sauteed vegetables. Season with salt and pepper. Mix well and pour into prepared baking dish.

Bake in preheated oven for one hour, or until center is set. Serve hot or cold.

Summer Squash Pizza Crust

Ingredients

4 cups finely shredded zucchini or yellow summer squash
3/4 cup all-purpose flour
3/4 cup grated Parmesan cheese
1/2 cup shredded mozzarella cheese
2 eggs, beaten
1/2 teaspoon ground black pepper
salt to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Once zucchini or summer squash has been shredded (I recommend a food processor) lightly salt the squash and transfer it to a strainer. Let stand 15 to 30 minutes and press all remaining liquid out of squash.

In a medium-sized mixing bowl, combine squash, flour, Parmesan cheese, mozzarella cheese, eggs, pepper and salt. Mix well.

Spread the mixture into a greased and floured jelly roll pan. Bake for 25 minutes in the preheated oven.

Remove the crust from the oven and change the oven's temperature to broil. Brush the top of the crust with oil, and then broil the crust for 3 to 5 minutes until the top is lightly browned.

Allow the crust to cool slightly and slide spatula underneath all edges and under the middle. Place a large baking sheet over the top of the crust and gently flip the crust over so that the bottom of the crust is now facing upwards. Because it can be difficult to flip the crust smoothly, it may be necessary to cut the crust in half to facilitate the flipping of the crust. If you want to omit the flipping stage, that is okay, but the crust won't be as crunchy.

Brush the top of the crust with oil and broil for another 3 to 5 minutes until the top is browned. Cover with toppings as desired.

Vegetarian Lasagna

Ingredients

1 (16 ounce) can diced tomatoes
1 (16 ounce) package instant lasagna noodles
1 bunch fresh spinach, washed and chopped
2 large carrots, shredded
2 large zucchini, diced
2 summer squash, diced
1 large eggplant, diced
1 large head broccoli, cut into florets
2 teaspoons dried oregano
salt and pepper to taste
1 cup shredded mozzarella cheese (optional)
1 cup ricotta cheese (optional)

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease one 9x13 inch baking dish.

Place a layer of tomatoes in the bottom of the baking dish, followed by a layer of noodles, spinach, carrots, zucchini, summer squash, eggplant and broccoli. Season to taste with oregano, salt and pepper. Repeat layering of ingredients until all are used up. If using cheeses sprinkle over broccoli layers and on top of dish.

Bake at 375 degrees F (190 degrees C) for 25 to 35 minutes.

Garden Penne

Ingredients

1 (16 ounce) package penne pasta
1 tablespoon olive oil
2 zucchini, chopped
2 yellow squash, chopped
1 red onion, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
1 tablespoon crushed garlic
1 (28 ounce) can diced tomatoes, drained
1 (28 ounce) jar chunky style pasta sauce
1 (15.25 ounce) can whole kernel corn, drained
1 teaspoon crushed red pepper, or to taste
1/2 teaspoon black pepper, or to taste
2 cups shredded mozzarella cheese

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink, place the pasta in a large bowl, and set aside.

While the pasta is cooking, heat the oil in a large skillet over medium heat, and cook and stir the zucchini, squash, onion, red and green peppers, and garlic until the vegetables are tender, for about 10 minutes. Pour in the tomatoes, pasta sauce, and corn, and stir to mix. Sprinkle with red and black pepper to taste, and bring the mixture back to a boil. Simmer for 20 minutes.

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Pour the vegetable mixture into the bowl with the cooked penne pasta, stir to mix well, and spoon into the prepared baking dish. Sprinkle the mozzarella cheese over the top, and bake in the preheated oven until the cheese is melted and the casserole is bubbling, 20 to 30 minutes.

Zucchini Provencale

Ingredients

2 tablespoons chopped onion
1 tablespoon canola oil
1 small zucchini, cubed
1 small yellow summer squash, cubed
1/4 cup chopped green pepper
1 garlic clove, minced
1/8 teaspoon salt
Dash pepper
1 medium tomato, cut into wedges
1 tablespoon grated Parmesan cheese

Directions

In a small nonstick skillet, saute onion in oil until tender. Stir in the zucchini, yellow squash, green pepper, garlic, salt and pepper. Cover and cook over low heat for 5-6 minutes or until vegetables are almost tender. Stir in tomatoes; heat through. Sprinkle with Parmesan cheese.

Mediterranean Yellow Rice and Vegetables

Ingredients

2 cups vegetable broth
2 cups chicken broth
1/3 cup pineapple juice
2 1/2 cups instant brown rice
1/3 cup raisins
2 tablespoons ground turmeric
1 teaspoon ground cumin
1 tablespoon vegetable oil
1 onion, chopped
1 zucchini, chopped
1/2 cup chopped fresh mushrooms
1/2 red bell pepper, chopped
1/2 yellow bell pepper, chopped
2 tablespoons honey
1 tablespoon vegetable oil
1/4 cup lemon juice
1 teaspoon minced fresh ginger root
1 pinch ground black pepper
1/2 fresh pineapple - peeled, cored and chopped

Directions

Pour the vegetable broth, chicken broth, and pineapple juice into a large saucepan, and bring to a boil over high heat. Stir in the brown rice, raisins, turmeric, and cumin, bring back to a boil. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, about 10 minutes.

Heat 1 tablespoon of oil in a skillet over medium heat; cook and stir the onion, zucchini, mushrooms, red and yellow pepper for about 5 minutes, until the vegetables have softened.

While the vegetables are cooking, stir together honey, 1 tablespoon of oil, lemon juice, ginger, and black pepper in a bowl. Stir honey mixture, cooked vegetables, and pineapple into the cooked rice, bring the mixture back to a boil, and serve hot.

Veggie Shrimp Fettuccine

Ingredients

4 ounces uncooked fettuccine
1 medium onion, chopped
1 medium zucchini, cut into 1/4-inch slices
1 medium tomato, seeded and chopped
1 garlic clove, minced
2 tablespoons butter
1/2 pound uncooked medium shrimp, peeled and deveined
2 tablespoons white wine or chicken broth
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

Cook fettuccine according to package directions. Meanwhile, in a skillet, saute the onion, zucchini, tomato and garlic in butter for 8-10 minutes or until crisp-tender. Add the shrimp, wine or broth, salt and pepper. Cook 3-4 minutes longer or until shrimp turn pink. Drain fettuccine; top with shrimp mixture.

Saucy Beef and Vegetable Casserole

Ingredients

1 pound ground beef
1 cup shredded zucchini
1 small onion, chopped
1 clove garlic, minced
1/2 teaspoon dried marjoram
1/2 cup salsa
1 (10.75 ounce) can condensed tomato soup
1 (15 ounce) can whole kernel corn, drained
1 teaspoon salt
2 cups all-purpose flour
1 tablespoon baking powder
2 teaspoons white sugar
1/2 teaspoon cream of tartar
1/2 teaspoon salt
1/8 teaspoon garlic powder
1/2 cup butter
1/2 cup shredded Cheddar cheese
1/2 cup sour cream
1 cup milk

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.

In a large skillet over medium heat, brown the ground beef. Drain the beef, and mix in the zucchini, onion, garlic, and marjoram. Cook and stir until vegetables are tender. Mix in the salsa, tomato soup, and corn. Season with 1 teaspoon salt. Transfer to the prepared baking dish.

In a medium bowl, mix the flour, baking powder, sugar, cream of tartar, 1/2 teaspoon salt, and garlic powder. Cut in the butter until the mixture resembles coarse crumbs. Stir in the Cheddar cheese, sour cream, and milk. Spread over the beef mixture in the baking dish.

Bake covered in the preheated oven 25 minutes, or until the topping is golden brown and a toothpick inserted in the center comes out clean.

Cheesy Zucchini Casserole II

Ingredients

9 zucchini, peeled and sliced
1 large onion, chopped
1/2 cup butter
1 1/2 cups shredded Cheddar cheese
3 eggs, beaten
salt and pepper to taste
48 buttery round crackers, crushed

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.

Boil zucchini and onion in a large pot for about 10 minutes; drain. To the zucchini and onion add the butter, cheese, eggs, salt and pepper. Transfer to prepared baking dish and sprinkle cracker crumbs on top.

Bake in preheated oven for 1 hour.

Garden Paella

Ingredients

1 large onion, chopped
2 tablespoons olive or canola oil
1 1/2 cups uncooked long grain rice
3 garlic cloves, minced
2 1/2 cups vegetable broth
1 1/2 cups sliced carrots
1 1/2 cups frozen cut green beans, thawed
1 medium sweet red pepper, julienned
1 medium zucchini, quartered lengthwise and cut into 1/2 inch slices
1 teaspoon salt
1/2 teaspoon dried thyme
1/4 teaspoon ground turmeric
1/8 teaspoon paprika
1 (14 ounce) can water-packed artichoke hearts, drained and quartered
2 plum tomatoes, seeded and chopped
1 cup frozen peas, thawed
1 cup frozen corn, thawed

Directions

In a large nonstick skillet, saute onion in oil for 2 minutes. Add rice and garlic; saute 1 minute longer. Add the next nine ingredients; mix well. Bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until liquid is absorbed and rice is tender. Stir in the artichoke hearts, tomatoes, peas and corn; heat through.

Chocolate-Zucchini Cupcakes

Ingredients

2 (1 ounce) squares unsweetened chocolate, melted
3 eggs
1 3/4 cups packed brown sugar
1 cup vegetable oil
2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
2 cups grated zucchini
3/4 cup chopped walnuts
1 (16 ounce) package chocolate frosting
1/2 cup walnut halves

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a large bowl, beat eggs with sugar for about 10 minutes or until thickened and pale. Blend oil and cooled chocolate into the beaten egg mixture.

In a small bowl stir together flour, baking powder, baking soda and salt; stir flour mixture into egg mixture until just blended. Stir in zucchini and chopped nuts. Using an ice-cream scoop, spoon batter into 24 paper-lined or greased muffin cups, filling the cups 2/3 full.

Bake for 20 minutes or until fork or toothpick inserted in a cupcake's center comes out clean. Let cool in pans on rack for 10 minutes. Remove from pans; let cool completely. Spread with chocolate frosting and garnish with walnut or pecan halves.

Farmer's Market Vegetarian Quesadillas

Ingredients

1/2 cup chopped red bell pepper
1/2 cup chopped zucchini
1/2 cup chopped yellow squash
1/2 cup chopped red onion
1/2 cup chopped mushrooms
1 tablespoon olive oil
cooking spray
6 (9 inch) whole wheat tortillas
1 1/4 cups shredded reduced-fat
sharp Cheddar cheese

Directions

In a large nonstick pan, cook red pepper, zucchini, yellow squash, onion, and mushrooms in olive oil over medium to medium-high heat for about 7 minutes, or until just tender. Remove vegetables from pan.

Coat the same pan with cooking spray, and place one tortilla in pan. Sprinkle 1/4 cup of cheese evenly over tortilla, and layer 3/4 cup of the vegetable mixture over the cheese. Sprinkle another 1/8 cup of cheese on the vegetables, and top with a second tortilla. Cook until golden on both sides, for approximately 2 to 3 minutes per side. Remove quesadilla from pan, and repeat with remaining ingredients. Cut each quesadilla into 8 triangles with a pizza cutter. Serve hot.

Lady Linda's Delightful Shrimp and Scallop Stir-

Ingredients

1 pound bay scallops, tough muscle removed
1 tablespoon ground ginger
1 tablespoon crushed red pepper flakes
1 teaspoon seafood seasoning, such as Old Bay[®]
2 tablespoons fish sauce
1 tablespoon cornstarch

1/4 cup vegetable oil, divided
2 teaspoons minced garlic
1 tablespoon cornstarch
1/4 cup chicken broth

1 small onion, sliced
1 (8 ounce) package sliced fresh mushrooms
2 small zucchini, sliced
1 small yellow squash, sliced
1/4 cup julienned carrot
1 pound peeled and deveined cooked shrimp
1/2 green bell pepper, cut into 1/2-inch squares

Directions

Toss the scallops with the ginger, red pepper flakes, seafood seasoning, fish sauce, and 1 tablespoon of cornstarch in a bowl. Cover, and marinate 30 minutes.

Heat half of the oil in a wok over high heat. Stir in the garlic, and cook until it begins to brown, about 30 seconds. Stir in the marinated scallops, and cook until they are no longer translucent in the center, about 3 minutes. Dissolve the remaining 1 tablespoon of cornstarch in the chicken broth. Pour into the wok, and stir until thickened. Remove to a bowl.

Clean the wok well, and heat the remaining oil over high heat; stir in the onion, mushrooms, zucchini, yellow squash, and carrot. Cook and stir until the vegetables are tender, about 5 minutes. Stir in the shrimp, green pepper, and scallop mixture. Stir until hot.

Zucchini Bars

Ingredients

3 eggs
1 cup vegetable oil
2 cups white sugar
2 teaspoons vanilla extract
2 1/3 cups all-purpose flour
1/4 teaspoon baking powder
2 teaspoons baking soda
1 teaspoon salt
2 cups grated zucchini

1/2 cup margarine
1 (3 ounce) package cream cheese
2 1/2 cups confectioners' sugar

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.

In a large bowl, mix together the eggs, oil, sugar and vanilla until well blended. Combine the flour, baking powder, baking soda and salt; stir into the sugar mixture. Mix in the zucchini. Spread the batter evenly into the prepared pan.

Bake for 20 to 25 minutes in the preheated oven, until a toothpick inserted into the center comes out clean. Allow bars to cool completely before frosting. To make the frosting, blend together the margarine, cream cheese and confectioners' sugar until well blended. Spread over cooled bars before cutting.

Garbanzo Stir-Fry

Ingredients

2 tablespoons olive oil
1 tablespoon chopped fresh oregano
1 tablespoon chopped fresh basil
1 clove garlic, crushed
ground black pepper to taste
1 (15 ounce) can garbanzo beans, drained and rinsed
1 large zucchini, halved and sliced
1/2 cup sliced mushrooms
1 tablespoon chopped fresh cilantro
1 tomato, chopped

Directions

Heat oil in a large skillet over medium heat. Stir in oregano, basil, garlic, and pepper. Add the garbanzo beans and zucchini, stirring well to coat with oil and herbs. Cook, covered, for 10 minutes, stirring occasionally.

Stir in mushrooms and cilantro, and cook until tender, stirring occasionally. Place the chopped tomato on top of the mixture. Cover, and let the tomatoes steam for a few minutes, but don't let them get mushy. Serve immediately.

Yellow Squash and Zucchini Delight

Ingredients

1 zucchini, sliced
1 yellow squash, sliced
1/2 small head cabbage, sliced
1 large onion, sliced
1 (14.5 ounce) can fat-free
chicken broth

Directions

In a large pot place zucchini, yellow squash, cabbage and onion. Pour broth over vegetables and bring to a boil over medium heat. Reduce heat to low, cover and simmer for 20 to 30 minutes.

Zucchini Tomato Toss

Ingredients

1/4 cup chopped green pepper
1 medium zucchini, cut into 1/4-inch slices
1 small onion, thinly sliced, separated into rings
1 garlic clove, minced
1 teaspoon olive or canola oil
2 plum tomatoes, peeled and diced
1/2 teaspoon salt
Dash pepper
1 tablespoon minced fresh parsley

Directions

In a nonstick skillet, saute the green pepper, zucchini, onion and garlic in oil for 3-4 minutes or until crisp-tender. Add the tomatoes, salt and pepper. Reduce heat to low; cover and cook until heated through. Sprinkle with parsley.

Lasagna

Ingredients

1 (16 ounce) package lasagna noodles
1 bay leaf
1 onion, chopped
1/4 cup vegetable oil
2 cloves garlic, chopped
2 teaspoons dried oregano
4 teaspoons dried basil, divided
1 (14.5 ounce) can crushed tomatoes
1 (29 ounce) can diced tomatoes
1 pinch ground cinnamon
1 pint part-skim ricotta cheese
2 eggs, beaten
1/2 cup grated Parmesan cheese
1 onion, sliced
1 pound fresh mushrooms, sliced
1 pound spinach, rinsed and chopped
2 zucchinis, sliced
1 pound mozzarella cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Saute chopped onions and bay leaf in 1/4 cup oil until onion is tender. Add garlic, oregano, and 2 teaspoons basil; cook and stir for 2 more minutes. Add tomatoes. Cook for 1 hour. Stir in cinnamon and set pan aside.

Bring a large pot of salted water to boil, add lasagna noodles and bring water to boil again. Cook until noodles are al dente. Drain well.

Mix together ricotta, eggs, 1/2 cup Parmesan cheese, and 2 teaspoons basil.

Saute sliced onion and mushrooms in 1/8 cup oil until tender. Add spinach and zucchini to the pot. Cover pot, and cook until spinach is wilted.

Spread 1/2 cup of the tomato mixture into a 9x13 inch baking pan. Place 1 layer of noodles on top of the tomato sauce; spread all of the ricotta mixture onto the noodles; place another layer of noodles atop of the ricotta mixture; pour 2 cups tomato sauce onto the noodles; arrange all of the sauteed vegetables on top of the sauce; arrange another layer of noodles; pour the remaining tomato sauce over the final layer of noodles and top with mozzarella cheese and 1 cup Parmesan cheese.

Bake the lasagna for 45 minutes to 1 hour. Remove the lasagna from the oven and let it cool 10 minutes before serving.

Grilled Zucchini I

Ingredients

1 large zucchini
4 tablespoons butter
salt and pepper to taste

Directions

Preheat grill to medium high heat.

Clean outer skin of zucchini, and slice lengthwise into quarters. Place a pat of butter or margarine on each zucchini quarter, and season with salt and pepper to taste. Wrap all four quarters in one piece of aluminum foil.

Place foil wrapped zucchini on heated grill, and cook for 10 to 15 minutes on each side.

Chocolate Zucchini Cookies

Ingredients

1/2 cup butter flavored shortening
1/2 cup white sugar
1/2 cup brown sugar
1 egg
1 teaspoon vanilla extract
2 1/4 cups all-purpose flour
1/3 cup unsweetened cocoa powder
1 teaspoon baking soda
1/2 teaspoon salt
1 3/4 cups grated zucchini

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.

In a medium bowl, cream together the shortening, white sugar and brown sugar until smooth. Beat in the egg and vanilla. Combine the flour, cocoa, baking soda and salt; gradually stir into the creamed mixture. Fold in the grated zucchini. Drop by rounded spoonfuls onto the prepared cookie sheets.

Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Vegetable Orzo

Ingredients

1 cup orzo pasta
2 tablespoons extra virgin olive oil
1/2 red onion, chopped
2 cloves garlic, minced
1 cup chopped carrot
1 small zucchini, quartered and sliced
2 tablespoons balsamic vinegar
salt and pepper to taste
1 lemon, juiced

Directions

Bring a large pot of lightly salted water to boil. Add orzo, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

Meanwhile, warm olive oil in a large skillet over medium heat. Stir in onion, garlic, and carrot, and cook for 2 minutes. Stir in zucchini, and cook for 2 minutes more. Pour in 1 tablespoon balsamic vinegar, and deglaze pan. Reduce heat to medium low, and season with salt and pepper. Add orzo to skillet, then stir in remaining 1 tablespoon balsamic vinegar and lemon juice.

Mediterranean Wrap

Ingredients

1 red onion, sliced
1 zucchini, sliced
1 eggplant, sliced
1/4 pound fresh mushrooms,
sliced
1 red bell pepper, sliced
1 tablespoon olive oil
salt and ground black pepper to
taste
4 whole grain tortillas
1/4 cup goat cheese
1/4 cup basil pesto
1 large avocado, sliced

Directions

Place the onion, zucchini, eggplant, mushrooms, and bell pepper into a large container with a tight fitting lid. Drizzle the olive oil over the vegetables and season with salt and pepper. Close the lid and shake to coat.

Heat a grill pan or skillet over medium heat. Place the seasoned vegetables on the preheated pan, stir and cook until tender, about 10 minutes.

Spread each tortilla with 1 tablespoon goat cheese and 1 tablespoon pesto. Divide the sliced avocado among the tortillas and top with the mixed veggies. Fold in the bottom of each tortilla and roll each up into a snug wrap.

Zucchini and Potato Bake

Ingredients

2 medium zucchini, quartered and cut into large pieces
4 medium potatoes, peeled and cut into large chunks
1 medium red bell pepper, seeded and chopped
1 clove garlic, sliced
1/2 cup dry bread crumbs
1/4 cup olive oil
paprika to taste
salt to taste
ground black pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a medium baking pan, toss together the zucchini, potatoes, red bell pepper, garlic, bread crumbs, and olive oil. Season with paprika, salt, and pepper.

Bake 1 hour in the preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

Passover Zucchini-Stuffed Chicken

Ingredients

8 bone-in chicken breast halves,
with skin
2 zucchinis, shredded
3 cups matzo farfel
2 eggs, beaten
2 tablespoons chicken bouillon
powder
1 onion, chopped
salt and pepper to taste
1 dash garlic powder
1 dash onion powder

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a cookie sheet or 9x13 inch baking dish. Wash and clean the chicken breasts.

Place farfel in a bowl and cover with hot water for 3 or 4 minutes, until soft. Drain and squeeze out water.

In a medium-size mixing bowl, combine zucchini, farfel, eggs, chicken soup powder, onion, salt, pepper, garlic powder, and onion powder. Place 2 to 3 tablespoons of the stuffing under the skin of each chicken piece and arrange them on cookie sheet.

Bake at 375 degrees F (190 degrees C) for 40 to 50 minutes. Drain off fat and serve.

Roasted Vegetable Orzo

Ingredients

1 zucchini, sliced
1 summer squash, sliced
1 red onion, cut into chunks
1 pound asparagus, cut into 1-inch pieces
1 pound portobello mushrooms, thickly sliced
4 cloves garlic, minced
2 tablespoons olive oil
1 pinch white sugar
salt and black pepper to taste
4 cubes chicken bouillon
1/4 cup dry white wine
1 (16 ounce) package orzo pasta
2 tablespoons grated Parmesan cheese

Directions

Preheat oven to 450 degrees F (230 degrees C).

Place the zucchini, squash, onion, asparagus, and mushrooms in a large bowl; add in garlic, olive oil and sugar, and stir gently to coat vegetables. Spread vegetables in a single layer on a baking sheet, and sprinkle with salt and pepper.

Roast vegetables until tender, 20 to 25 minutes.

Meanwhile, bring a large pot of lightly salted water to boil. Add bouillon cubes, wine, and orzo, and cook until al dente, about 8 to 10 minutes. Drain. Stir in roasted vegetables and Parmesan cheese, and serve warm.

Sesame Parmesan Zucchini

Ingredients

1 medium zucchini, quartered and cut into 1/2-inch slices
2 tablespoons olive oil
1/4 teaspoon sesame oil
2 teaspoons sesame seeds
2 tablespoons Parmesan cheese
1/4 teaspoon cayenne pepper
1/2 teaspoon garlic salt

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a large bowl, toss the zucchini with the olive oil, sesame oil, sesame seeds, Parmesan cheese, cayenne pepper, and garlic salt. Spread in a single layer on a baking sheet.

Bake 20 minutes in the preheated oven, until lightly browned.

Herbed Vegetable Squares

Ingredients

1 (10 ounce) package frozen chopped spinach, thawed and drained
2 tablespoons vegetable oil
1 1/2 cups chopped zucchini
1 (10 ounce) package frozen cut green beans, thawed
1 large onion, chopped
1/4 cup water
1 garlic clove, minced
1 1/2 teaspoons dried basil
1 1/2 teaspoons salt
1/8 teaspoon pepper
1/8 teaspoon ground nutmeg
4 eggs
1/4 cup grated Parmesan cheese
Paprika

Directions

Squeeze spinach dry. In a skillet, saute spinach in oil for 2 minutes. Stir in zucchini, beans, onion, water, garlic, basil, salt, pepper and nutmeg. Cover and simmer for 10 minutes, stirring occasionally. Remove from the heat. In a bowl, beat eggs; gradually stir in 1-1/2 cups vegetable mixture. Return all to pan and mix well. Transfer to a greased 11-in. x 7-in. x 2-in. baking dish. Place in a 13-in. x 9-in. x 2-in. baking dish; fill the larger dish with hot water to a depth of 1 in. Bake at 350 degrees F for 25-30 minutes or until a knife inserted near the center comes out clean. Sprinkle with the Parmesan cheese and paprika. Let stand 10 minutes before cutting.

Harvested Chicken Stew

Ingredients

2 cups chopped onion
2 cups cubed, cooked boneless chicken breast meat
1 cup chopped celery
2 cups whole peeled tomatoes, with liquid
2 cups sliced carrots
5 cups chicken broth
1 cup sweet corn
1 cup peas
1 cup sliced zucchini

Directions

In a large soup pot combine the onion, chicken, celery, tomatoes with liquid, carrots, broth, corn, peas and zucchini. Stir together and simmer over medium low heat for 1/2 hour, or until vegetables are cooked and tender.

Tomato Squash Dish

Ingredients

1 onion, finely diced
1 green bell pepper, chopped
1 clove crushed garlic
1/2 cup grated carrots
2 tablespoons olive oil
2 yellow squash, halved and sliced into strips
2 zucchini, halved and sliced into strips
4 tomatoes, chopped
salt and pepper to taste

Directions

Place onion, green bell pepper, carrots, garlic and oil in a hot skillet and cook until onions are transparent.

Add tomatoes, squash and zucchini to the skillet, stir. Let the vegetables cook, stirring occasionally, until all of the vegetables are softened.

Season the vegetables with salt and pepper to taste.

Four Cheese Roasted Vegetables

Ingredients

2 russet potatoes, peeled and cut into 1-inch pieces
2 carrots, pared and cut into 1/2-inch slices
1 tablespoon olive oil
1 teaspoon dried basil
1 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon black pepper
1 large zucchini, cut into 1/2-inch pieces
1 large red bell pepper, cut into 1/2-inch pieces
2 cloves garlic, minced
2 cups SARGENTO® Shredded Reduced Fat 4 Cheese Italian Cheese
Fresh basil sprigs (optional)

Directions

Place potatoes and carrots in greased 13x9-inch baking dish. Drizzle with oil. Sprinkle with basil, oregano, salt and pepper. Toss lightly to coat.

Bake in preheated 425 degrees F oven 20 minutes. Stir in zucchini, bell pepper and garlic. Return to oven. Bake 20 minutes or until vegetables are tender.

Sprinkle vegetables with cheese. Return to oven 2 minutes or just until cheese melts. Garnish with basil, if desired.

Special Cheese Manicotti

Ingredients

1 (8 ounce) package manicotti shells
2 1/2 cups shredded mozzarella cheese, divided
1/2 cup grated Parmesan cheese
3 tablespoons minced fresh parsley
1/4 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon ground nutmeg
1 egg, lightly beaten
3/4 cup sour cream
1/3 cup prepared Italian salad dressing
1/2 cup shredded zucchini
1 (14 ounce) jar spaghetti sauce

Directions

Cook manicotti according to package directions; rinse in cold water and drain. In a large bowl, combine 2 cups mozzarella cheese, Parmesan cheese, parsley, salt, pepper and nutmeg. Stir in the egg, sour cream, salad dressing and zucchini.

Carefully stuff manicotti (see page 58); place in a greased 13-in. x 9-in. x 2-in. baking dish. Pour spaghetti sauce over top. bake, uncovered, at 350 degrees F for 35 minutes. Sprinkle with remaining mozzarella. Bake 5 minutes longer or until heated through.

Fried Zucchini

Ingredients

2 zucchini, quartered and sliced
1 onion, sliced into rings
1/2 cup all-purpose flour
1/2 cup cornmeal
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/4 teaspoon garlic powder
1 cup vegetable oil for frying

Directions

Place zucchini and onions in a medium bowl and mix together.

In a small bowl mix flour, cornmeal, salt, pepper and garlic powder.

Pour dry mixture over zucchini/onion mixture, cover bowl and shake well. Let mixture sit for about 30 minutes; a batter will form on the vegetables.

In a medium skillet heat oil over medium heat. When oil is hot add breaded vegetables and fry, turning to brown evenly.

Pineapple Zucchini Bread

Ingredients

1 cup packed brown sugar
1/2 cup margarine, softened
1 cup grated zucchini
1 (8 ounce) can crushed pineapple with juice
2 eggs
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/4 teaspoon salt
1/4 teaspoon ground allspice
1/2 cup chopped walnuts
1/2 cup confectioners' sugar
1 teaspoon corn syrup
1/4 teaspoon ground cinnamon

Directions

Heat oven to 350 degrees F (175 degrees C). Grease and flour bottom only of a 9x5 inch loaf pan.

In large bowl, cream brown sugar and margarine until light and fluffy. Reserve 1 tablespoon pineapple juice. Stir in pineapple, zucchini, and eggs. Add flour, baking soda, cinnamon, salt, and allspice; blend well. Fold in nuts. Spread evenly in prepared pan.

Bake for 60 to 70 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes, and then remove from pan.

To Make Glaze: Combine confectioners' sugar, reserved pineapple juice, corn syrup and 1/4 teaspoon ground cinnamon. Mix until smooth, and spoon over warm loaf. Cool completely on wire rack. Wrap and store in refrigerator.

Zucchini Cornbread

Ingredients

1 cup coarsely chopped zucchini
1 cup milk
1/2 cup chopped onion
2 eggs
1/4 cup vegetable oil
1 1/4 cups cornmeal
1 cup all-purpose flour
2 tablespoons white sugar
4 teaspoons baking powder
1 teaspoon salt
1 cup shredded Cheddar cheese

Directions

Preheat oven to 400 degrees F (200 degrees C). Grease a 10-inch cast-iron skillet, and place it into the oven while it preheats.

Place the zucchini, milk, onion, eggs, and vegetable oil into a blender, and pulse 5 to 8 times, until thoroughly mixed and the zucchini and onion have been chopped into very small pieces.

Mix together the cornmeal, flour, sugar, baking powder, and salt in a large bowl. Pour the zucchini mixture into the cornmeal mixture, stirring to combine, and gently mix in the Cheddar cheese.

Carefully pour the batter into the hot greased skillet, smooth it out with a spoon, and bake until the cornbread is golden brown and a toothpick inserted into the center comes out clean, about 30 minutes.

South Indian Lentil Kootu

Ingredients

1/2 cup red lentils
1/2 cup hulled, split pigeon peas (toor dal)
1/2 cup yellow split peas
2 cups water
2 tablespoons vegetable oil
1 teaspoon mustard seed
4 leaves fresh curry leaves
1 carrot, peeled and diced
1 zucchini, sliced
1/4 cup frozen peas
1/4 teaspoon ground turmeric
1 tablespoon crushed red pepper flakes
salt to taste
1/4 cup grated fresh coconut

Directions

Bring the red lentils, pigeon peas, split yellow peas, and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the peas are tender, about 30 minutes. Add more water if needed to keep them from drying out.

Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the mustard seeds, and cook until they begin to sputter and pop, about 2 minutes. Stir in the curry leaves until wilted, then add the carrot, and cook for 5 minutes. Add the zucchini, peas, turmeric, red pepper flakes, and salt. Cook and stir until the vegetables have softened, about 5 minutes. Stir in the cooked peas and coconut to serve.

Zucchini for Lunch

Ingredients

1 tablespoon vegetable oil
1 large zucchini, cubed
1 medium onion, chopped
1 red bell pepper, seeded and chopped
2 eggs, beaten
1/2 cup canned tomato sauce

Directions

Heat the oil in a large skillet over medium-high heat. Add zucchini; cook and stir until soft. Add the onion and bell pepper, and cook until tender, about 5 minutes. Make a clearing in the center of the skillet and pour in the eggs. Cook and stir to scramble. When the eggs are cooked, stir in the tomato sauce until everything is coated. Serve warm.

Easy Cajun Grilled Veggies

Ingredients

1/4 cup light olive oil
1 teaspoon Cajun seasoning
1/2 teaspoon salt
1/2 teaspoon cayenne pepper
1 tablespoon Worcestershire sauce
2 zucchinis, cut into 1/2-inch slices
2 large white onions, sliced into 1/2-inch wedges
2 yellow squash, cut into 1/2-inch slices

Directions

In a small bowl, mix together light olive oil, Cajun seasoning, salt, cayenne pepper, and Worcestershire sauce. Place zucchinis, white onions, and yellow squash in a bowl, and cover with the olive oil mixture. Cover bowl, and marinate vegetables in the refrigerator at least 30 minutes.

Preheat an outdoor grill for high heat and lightly oil grate.

Place marinated vegetable pieces on skewers or directly on the grill. Cook 5 minutes, or to desired doneness.

Baked Fish Dinner For Two

Ingredients

4 tablespoons olive oil, divided
2 baking potatoes, cut into 1/2 inch slices
salt and pepper to taste
1/2 cup water
1/2 red bell pepper, chopped
1 leek, bulb only, chopped
1 zucchini, thickly sliced
2 stalks celery, cut into thin 3 inch long slices
4 cloves garlic, minced
1 pound white fish fillets
1 tomato, seeded and chopped
2 sprigs fresh parsley or fennel, for garnish

Directions

Preheat oven to 425 degrees F (220 degrees C). Lightly oil a shallow, 2 quart baking dish.

In a medium bowl, toss the potatoes with 2 tablespoons olive oil to coat evenly. Season with salt and pepper. Spread potatoes in baking dish with 1/4 cup water. Cover, and bake for 15 minutes.

Combine bell peppers, leek, zucchini, and celery in a medium bowl. Toss with garlic and 2 tablespoons olive oil,. Season to taste with salt and pepper. Spread vegetables over potatoes, add another 1/4 cup water, and cover. Bake for 10 to 15 minutes.

Rinse, and cut fish into 1 to 1 1/2 inch cubes, and spread over vegetables. Cover. Bake for 10 minutes, or until fish flakes easily. Serve with tomato and parsley or fennel garnish.

Shakshuka Middle Eastern Breakfast Dish

Ingredients

2 teaspoons vegetable oil
2 cloves garlic, minced
1 onion, chopped
1 zucchini, chopped
1 (10 ounce) can crushed tomatoes
4 dashes hot pepper sauce (such as Tabasco®)
4 eggs
1 pinch salt

Directions

Heat the vegetable oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in zucchini; cook and stir for 5 minutes. Mix in the crushed tomatoes and hot pepper sauce. Cover and simmer for 10 minutes.

Make 4 wells in the tomato mixture, and crack the eggs into each well. Do not stir. Cover and cook until eggs are desired consistency, about 3 minutes for soft yolks. Carefully remove the eggs from the skillet and serve with the tomato sauce.

Heavenly Zucchini Salad

Ingredients

2 medium zucchini, diced
1 cup chopped red onion
1 cup chopped sweet red pepper
1/2 cup chopped green pepper
3 small sweet pickles, chopped
1/4 cup peanuts, chopped
SALAD DRESSING:
3/4 cup cider vinegar
1/4 cup vegetable oil
2/3 cup sugar
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a large bowl, toss together the first six ingredients. In a jar with a tight-fitting lid, combine the salad dressing ingredients; shake well. Pour over salad and toss to coat. Cover and refrigerate for at least 1 hour. Serve with a slotted spoon.

Tortellini Bake

Ingredients

1 (9 ounce) package refrigerated cheese tortellini
1 tablespoon olive oil
1 small zucchini, diced
1 yellow squash, diced
1 onion, diced
1 red bell pepper, diced
1 teaspoon dried basil
1/2 teaspoon pepper
1/2 teaspoon salt
1 cup shredded mozzarella cheese
1 cup light cream

Directions

Cook tortellini according to package directions. Meanwhile, heat oil in a skillet; cook zucchini, squash, onion, red pepper and spices until vegetables are crisp-tender. Drain tortellini and rinse in hot water; combine with vegetables mixture, mozzarella and cream in a 1-1/2-qt. baking dish. Bake, uncovered, at 375 degrees F for 20 minutes or until heated through.

Sunday Lunch Soup

Ingredients

2 skinless, boneless chicken breast halves
5 cups water
2 onions, chopped
2 cloves garlic, crushed
1 green chile pepper, seeded and diced
4 potatoes, chopped
1 zucchini, chopped
8 mushrooms, sliced
1 (10.75 ounce) can tomato puree
1 (11 ounce) can sweet corn, drained
1/4 medium head cabbage, finely chopped
2 carrots, chopped
2 stalks celery, chopped
2 cubes chicken bouillon
2 tablespoons mixed spice
1 1/4 cups heavy cream
paprika, for garnish

Directions

In a large saucepan, boil the chicken in 5 cups water for approximately 30 minutes. Drain, retaining liquid, and chop the chicken.

In the saucepan over medium heat, place approximately 2 tablespoons reserved liquid, onions, garlic and green chile pepper. Slowly cook and stir 5 minutes, or until tender. One at a time, while gradually adding the remaining liquid, mix in the chopped chicken, potatoes, zucchini, mushrooms, tomato puree, sweet corn, cabbage, carrots and celery. Pour in any remaining liquid, and stir in the chicken bouillon and mixed spice. Bring to a boil. Reduce heat and simmer 1 to 2 hours, stirring occasionally.

Before serving, stir in the heavy cream, mixing thoroughly. Serve with a sprinkling of paprika.

Garden Pork Stir-Fry

Ingredients

1 pound boneless pork loin, cut into 3/4-inch cubes
2 cups julienned zucchini
1/2 pound fresh mushrooms, sliced
1 medium onion, cut into wedges
1 cup julienned green pepper
1 tablespoon cornstarch
3 tablespoons light soy sauce
1 tablespoon cold water
1/4 teaspoon garlic powder
Hot cooked rice

Directions

In a skillet or wok coated with nonstick cooking spray, stir-fry the pork until no longer pink, about 4 minutes. Add zucchini, mushrooms, onion and green pepper; stir-fry for 3 minutes or until crisp-tender.

In a small bowl, combine cornstarch, soy sauce, water and garlic powder until smooth. Add to the skillet. Bring to a boil; cook and stir for 1-2 minutes or until thickened and bubbly. Serve over rice.

Fresh Summer Corn Salad with Creamy Italian

Ingredients

1/4 cup balsamic vinegar
1/4 cup olive oil
1/4 cup Hellmann's® or Best Foods® Real Mayonnaise
1 clove garlic, finely chopped
3/4 teaspoon Italian seasoning
8 ears corn-on-the-cob*
1 small red onion, halved and thinly sliced
12 cherry tomatoes, quartered
1 small zucchini, finely chopped
1/4 cup chopped fresh basil leaves

Directions

Combine vinegar, olive oil, Hellmann's® or Best Foods® Real Mayonnaise, garlic and Italian seasoning in small bowl with wire whisk. Season, if desired, with salt and pepper; set aside.

Bring large saucepot of salted water to a boil over high heat. Add corn and cook 3 minutes; drain and cool. Remove kernels (about 4 cups) from cob with knife. Combine cooled corn, onion and 1/4 cup vinaigrette in medium bowl. Gently fold in tomatoes, zucchini and basil. Drizzle with remaining vinaigrette. Serve at room temperature.

Kingman's Vegan Zucchini Bread

Ingredients

3 cups all-purpose flour
3 tablespoons flax seeds
(optional)
1 teaspoon salt
1 teaspoon baking soda
2 teaspoons ground cinnamon
1/2 teaspoon baking powder
1/2 teaspoon arrowroot powder
(optional)
1 cup unsweetened applesauce
1 cup white sugar
1 cup packed brown sugar
3/4 cup vegetable oil
2 teaspoons vanilla extract
2 1/2 cups shredded zucchini

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease and flour two 9x5 inch loaf pans. Whisk together the flour, flax seeds, salt, baking soda, cinnamon, baking powder, and arrowroot in a bowl until evenly blended; set aside.

Whisk together the applesauce, white sugar, brown sugar, vegetable oil, and vanilla extract in a bowl until smooth. Fold in the flour mixture and shredded zucchini until moistened. Divide the batter between the prepared loaf pans.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 70 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Herbed Vegetable Soup

Ingredients

3 cups finely shredded cabbage
1 (16 ounce) package frozen cut green beans
2 celery ribs, thinly sliced
2 medium carrots, thinly sliced
2 small zucchini, chopped
1 small onion, chopped
3 cups tomato juice
2 teaspoons chicken bouillon granules
1 teaspoon salt-free seasoning blend
1/2 teaspoon dried basil
1/4 teaspoon dried rosemary, crushed

Directions

In a large saucepan, combine the cabbage, beans, celery, carrots, zucchini, onion and tomato juice; bring to a boil. Reduce heat; cover and cook for 15 minutes or until vegetables are tender. Add the bouillon, seasoning blend, basil and rosemary; bring to a boil. Reduce heat; cover and simmer for 10 minutes.

Microwave Stir-Fry

Ingredients

1/4 cup all-purpose flour
2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon ground cumin
1 pound boneless sirloin steak,
cut into thin strips
1 tablespoon vegetable oil
1 (14.5 ounce) can diced tomatoes
3 medium carrots, julienned
1/2 cup finely chopped onion
1/2 teaspoon dried basil
1/4 teaspoon dried oregano
1 cup julienned zucchini
1 1/2 cups sliced fresh
mushrooms
Hot cooked rice

Directions

In a shallow dish or resealable plastic bag, combine the first four ingredients. Add meat and toss to coat. Pour oil into a shallow 2-qt. microwave-safe dish; arrange meat evenly in dish. Cover and microwave at 50% power for 6 minutes, stirring once; set aside. Drain tomatoes, reserving juice; set tomatoes aside. In a microwave-safe bowl, combine tomato juice, carrots, onion, basil and oregano. Cover and microwave on high for 4 minutes, stirring once. Pour over meat; add the tomatoes, zucchini and mushrooms. Cover and microwave at 50% power for 12 minutes, stirring several times. Let stand for 3 minutes. Serve over rice.

Ricotta Stuffed Zucchini

Ingredients

2 zucchini, halved lengthwise
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup part-skim ricotta cheese
1/4 cup shredded part-skim mozzarella cheese
2 tablespoons grated Parmesan cheese
1 teaspoon fresh lemon juice
2 teaspoons dried basil
1/2 teaspoon salt
1/2 teaspoon ground black pepper

Directions

Preheat oven to 450 degrees F (230 degrees C). Grease a baking sheet.

Scoop out the seeds of each zucchini half with a spoon. Season the hollowed-out halves with 1/2 teaspoon salt and 1/2 teaspoon ground pepper.

Mix together the ricotta cheese, mozzarella cheese, Parmesan cheese, lemon juice, dried basil, 1/2 teaspoon salt and 1/2 teaspoon ground pepper in a bowl. Divide cheese mixture between four zucchini halves. Arrange stuffed zucchini on greased baking sheet.

Bake in preheated oven until zucchini is tender and filling is beginning to brown, 15 to 20 minutes.

Zucchini Bread IV

Ingredients

3 eggs
1 cup vegetable oil
2 cups white sugar
2 cups grated zucchini
2 teaspoons vanilla extract
3 cups all-purpose flour
3 teaspoons ground cinnamon
1 teaspoon baking soda
1/4 teaspoon baking powder
1 teaspoon salt
1/2 cup chopped walnuts

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease and flour two 8x4 inch loaf pans.

In a large bowl, beat eggs until light and frothy. Mix in oil and sugar. Stir in zucchini and vanilla. Combine flour, cinnamon, soda, baking powder, salt and nuts; stir into the egg mixture. Divide batter into prepared pans.

Bake for 60 to 70 minutes, or until done.

All-in-One Casserole

Ingredients

2 tablespoons olive oil
4 skinless, boneless chicken breast halves, cut into small cubes
2 (8 ounce) packages sliced fresh mushrooms
salt and ground black pepper to taste
1 pinch garlic powder, or to taste
3 zucchinis, cubed
2 sweet potatoes, cut into cubes
2 large red potatoes, cut into cubes
1/2 cup seasoned bread crumbs
1/2 cup grated Parmesan cheese
1/4 cup olive oil

Directions

Preheat an oven to 400 degrees F (200 degrees C). Lightly grease a baking dish.

Heat 2 tablespoons of olive oil in a large skillet over medium-high heat. Cook and stir the chicken and mushrooms until the chicken breasts in the hot oil until the chicken is no longer pink in the center and the juices run clear, about 15 minutes. Season with salt, pepper, and garlic powder and remove from heat. Stir in the zucchini, sweet potatoes, red potatoes, bread crumbs, Parmesan cheese, and 1/4 cup of olive oil; transfer to the prepared baking dish.

Bake in the preheated oven, stirring every 15 minutes, until potatoes are tender and easily pierced with a fork about 1 hour.

Zucchini Chip Cupcakes

Ingredients

1/2 cup butter or margarine,
softened
1/2 cup vegetable oil
1 3/4 cups sugar
2 eggs
1/2 cup milk
1 teaspoon vanilla extract
2 1/2 cups all-purpose flour
1/4 cup baking cocoa
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
2 cups shredded zucchini
1/4 cup miniature semisweet
chocolate chips
1/4 cup chopped pecans

Directions

In a mixing bowl, cream butter, oil and sugar. Add eggs, milk and vanilla; mix well. Combine flour, cocoa, baking soda, salt and cinnamon; add to the creamed mixture. Fold in zucchini and chocolate chips. Fill greased or paper-lined muffin cups two-thirds full. Top with pecans. Bake at 375 degrees F for 20-25 minutes or until top springs back when lightly touched.

Cara's Moroccan Stew

Ingredients

1 cup French green lentils
3 bay leaves
2 whole garlic cloves
3 tablespoons olive oil
1 teaspoon chopped fresh thyme leaves
1 tablespoon minced garlic

1 tablespoon olive oil
1 teaspoon crushed hot chile flakes
1 teaspoon ground cinnamon
1 teaspoon ground cumin
1 teaspoon ground coriander
1 tablespoon minced garlic
1 cup chopped onions
1 cup chopped celery
1 cup chopped zucchini
1 red bell pepper, diced
1 yellow bell pepper, diced
1 butternut squash - peeled, seeded, and cut into 1-inch cubes
1 (8 ounce) can crushed tomatoes
1 (15 ounce) can chickpeas, drained
4 cups vegetable stock
1 cup chopped fresh flat-leaf parsley
1/2 cup plain yogurt (optional)
2 tablespoons chopped fresh mint (optional)
1/4 teaspoon cayenne pepper (optional)

Directions

Fill a large pot with water and bring to a boil over high heat. Stir in the lentils, bay leaves, and whole garlic cloves. Return to a boil, then reduce heat to low and simmer lentils until they are cooked but still firm, about 10 minutes. Drain well. Place lentils in a bowl; toss with olive oil, thyme, and 1 tablespoon chopped garlic. Remove bay leaves and whole garlic cloves; set aside.

Heat 1 tablespoon olive in a large pot over medium heat. Stir in chili flakes, cinnamon, cumin, and coriander and cook until fragrant. Add garlic, onion, celery, zucchini, red and yellow peppers, and squash; cook 3 or 4 minutes.

Mix in the lentils, tomatoes, chickpeas, and vegetable stock. Raise heat to medium-high until stew just begins to boil; reduce heat to low and cover. Simmer until squash is tender, about 20 minutes, stirring once or twice. Add the chopped parsley. Ladle into serving bowls and garnish with a dollop of yogurt, some chopped mint, and a pinch of cayenne pepper.

Summer Lasagna

Ingredients

1 pound ground beef
1/2 cup chopped onion
1/2 cup chopped green bell pepper
1/4 cup finely chopped carrots
2 cloves garlic, minced
1 (15 ounce) can tomato sauce
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
salt and pepper to taste
5 medium zucchini, sliced lengthwise into 1/4-inch thick strips.
1 cup cottage cheese
1 egg, beaten
3/4 cup shredded mozzarella cheese
1/4 cup grated Parmesan cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

In a skillet over medium heat, cook the ground beef until evenly brown. Drain juices. Mix the onion, green bell pepper, carrots, garlic, and tomato sauce into the skillet. Season with oregano, basil, salt, and pepper. Bring the mixture to a boil, reduce heat to low, and simmer 10 minutes, until vegetables are tender.

In the bottom of the prepared baking dish, layer 1/2 the zucchini strips. In a bowl, beat together the cottage cheese and egg, and spread over the zucchini. Scoop 1/2 the beef mixture over the cottage cheese and egg mixture, and sprinkle with 1/2 the mozzarella cheese. Layer with remaining zucchini, beef mixture, and mozzarella. Top with Parmesan cheese.

Bake 45 minutes in the preheated oven. Allow to sit 10 minutes before slicing to serve.

Very Veggie Lasagna

Ingredients

2 cups 1% cottage cheese
1 (15 ounce) container reduced-fat ricotta cheese
2 tablespoons minced fresh parsley
1 (26 ounce) jar meatless spaghetti sauce
9 uncooked lasagna noodles
2 medium carrots, shredded
1 1/2 cups broccoli florets
4 ounces fresh mushrooms, sliced
1 small zucchini, thinly sliced
1 small yellow summer squash, thinly sliced
2 cups fresh spinach
2 cups shredded part-skim mozzarella cheese

Directions

In a bowl, combine the cottage cheese, ricotta and parsley. Spread 1/2 cup spaghetti sauce in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Top with three noodles and a third of the cheese mixture. Sprinkle with half of the carrots, broccoli, mushrooms, zucchini and squash. Top with a third of the remaining sauce.

Arrange half of the spinach over spaghetti sauce; sprinkle with a third of the mozzarella cheese. Repeat layers of noodles, cheese mixture, vegetables, sauce, spinach and mozzarella. Top with the remaining noodles, cheese mixture, sauce and mozzarella.

Cover tightly and bake at 350 degrees F for 45 minutes. Uncover; bake 15 minutes longer or until noodles are tender. Let stand for 15 minutes before cutting.

Lemon Orzo Primavera

Ingredients

1 tablespoon olive oil
1 cup uncooked orzo pasta
1 clove garlic, crushed
1 medium zucchini, shredded
1 medium carrot, shredded
1 (14 ounce) can vegetable broth
1 lemon, zested
1 tablespoon chopped fresh thyme
1/4 cup grated Parmesan cheese

Directions

Heat the oil in a pot over medium heat. Stir in orzo, and cook 2 minutes, until golden. Stir in garlic, zucchini, and carrot, and cook 2 minutes. Pour in the broth and mix in lemon zest. Bring to a boil. Reduce heat to low and simmer 10 minutes, or until liquid has been absorbed and orzo is tender. Season with thyme and top with Parmesan to serve.

Pineapple Zucchini Muffins

Ingredients

4 1/2 cups all-purpose flour
2 1/2 cups white sugar
1 tablespoon baking powder
1 tablespoon baking soda
1 tablespoon ground cinnamon
1 1/2 teaspoons salt
2 cups vegetable oil
6 eggs
3 cups shredded zucchini
1 (20 ounce) can crushed pineapple, drained
3 teaspoons vanilla extract

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease and flour 4 muffin pans, or use paper liners.

In a large bowl, combine flour, sugar, baking powder, baking soda, cinnamon and salt. Make a well in the center, and pour in the oil, eggs, zucchini, pineapple and vanilla. Mix until smooth. Fill muffin cups 2/3 to 3/4 full.

Bake in the preheated oven for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean.

Warm Camembert Salad

Ingredients

1/2 pound young Swiss chard leaves
2 cups sliced zucchini
1/2 small head cauliflower, broken into small florets
1 green apple, cored and sliced
1 tablespoon lemon juice
3 tablespoons mayonnaise
3 tablespoons sour cream
4 ounces Camembert cheese, cubed
freshly ground black pepper to taste

Directions

Arrange the chard, zucchini and cauliflower in a salad bowl

Toss the apple slices in the lemon juice and add to the bowl.

In a medium saucepan, stir together the mayonnaise, sour cream, Camembert and pepper. Heat gently, stirring constantly, until hot but not boiling. Pour over salad mixture, toss well, and serve immediately.

Italian Zucchini Boats

Ingredients

6 medium zucchini
2 cups dry bread crumbs
2 eggs, lightly beaten
1 large tomato, diced
1/3 cup grated Parmesan or Romano cheese
1/4 cup minced fresh parsley
2 garlic cloves, minced
1/2 cup chicken broth
1/2 teaspoon salt
1/8 teaspoon pepper
2 tablespoons butter or stick margarine, melted

Directions

Cut zucchini in half lengthwise. With a spoon, scoop out and reserve pulp, leaving 3/8-in. shell. Cook shells in salted water for 2 minutes; remove and drain. Chop zucchini pulp; place in a bowl. Add the bread crumbs, eggs, tomato, Parmesan cheese, parsley and garlic. Stir in broth, salt and pepper. Stuff into zucchini shells.

Place in a greased 13-in. x 9-in. x 2-in. baking dish. Drizzle with butter. Bake, uncovered, at 350 degrees F for 20 minutes or until golden brown.

Donna's Chocolate Zucchini Bread

Ingredients

3 eggs
2 cups white sugar
1 cup vegetable oil
2 (1 ounce) squares unsweetened chocolate, melted
1 teaspoon vanilla extract
3 cups all-purpose flour
1 teaspoon salt
1 teaspoon ground cinnamon
1/4 teaspoon baking powder
1 teaspoon baking soda
1 cup chopped almonds
2 cups grated zucchini

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease two 9 x 5 inch loaf pans well.

Sift together flour, salt, cinnamon, baking powder, and soda.

In a large bowl, beat eggs until lemon colored; beat in sugar and oil. Stir in vanilla, zucchini, and cooled chocolate. Mix dry ingredients into zucchini mixture. Stir in the chopped almonds. Pour batter into prepared pans.

Bake for 60 minutes, or until a tester inserted in the center comes out clean. Cool in pans 15 to 20 minutes, then flip onto racks to finish cooling.

Cyndi's Shrimp Fajitas

Ingredients

1 tablespoon Worcestershire sauce
1 tablespoon lime juice
1 tablespoon soy sauce
1 teaspoon chili powder
1 pound large shrimp, peeled and deveined
1 tablespoon olive oil
2 medium zucchini, cubed
1 red onion, chopped
1 (10 ounce) box frozen corn
1 tablespoon olive oil
8 flour tortillas
1 cup shredded Monterey Jack cheese
3 tablespoons chopped fresh cilantro

Directions

In a medium bowl, combine the Worcestershire, lime juice, soy sauce, and chile powder. Add the shrimp and marinate 15 minutes.

Heat olive oil in a large skillet over medium heat. Cook the zucchini, onion, and corn for 10 minutes or until the vegetables are tender. Cover to keep warm and set aside.

In a separate skillet heat olive oil over medium heat. Add the shrimp and cook for 3 to 5 minutes, until the shrimp are pink. Combine the shrimp and the vegetables. Place shrimp and vegetable mixture in tortillas; sprinkle with the Monterey Jack cheese and cilantro.

Japanese Zucchini and Onions

Ingredients

2 tablespoons vegetable oil
1 medium onion, thinly sliced
2 medium zucchinis, cut into thin strips
2 tablespoons teriyaki sauce
1 tablespoon soy sauce
1 tablespoon toasted sesame seeds
ground black pepper

Directions

Warm the oil in a large skillet over medium heat. Stir in onions, and cook 5 minutes. Add zucchini, and cook, stirring, about 1 minute. Stir in teriyaki sauce, soy sauce, and sesame seeds. Cook until zucchini are tender, about 5 minutes. Stir in ground pepper, and serve immediately.

Zucchini Soup III

Ingredients

1 pound sausage
2 cups chopped celery
2 pounds sliced zucchini
1 cup chopped onion
4 (14.5 ounce) cans stewed tomatoes
1 teaspoon dried oregano
1 teaspoon Italian seasoning
1 teaspoon white sugar
1 teaspoon garlic powder
1 green bell pepper, chopped

Directions

In a large pot over medium high heat, saute the sausage for about 8 minutes, or until browned. Drain excess fat. Add the celery and continue to cook for about 10 minutes, stirring occasionally.

Add the zucchini, onions, tomatoes, oregano, Italian-style seasoning, sugar, and the garlic powder. Reduce heat to medium low. Cover and simmer for 30 minutes.

Remove cover and add the bell peppers. Continue to simmer for about 10 minutes. Serve and enjoy.

Zucchini Cake V

Ingredients

3 eggs
1 cup vegetable oil
2 cups white sugar
2 teaspoons vanilla extract
2 cups grated zucchini
1 (8 ounce) can crushed pineapple, drained
3 cups all-purpose flour
2 teaspoons baking soda
1 1/2 teaspoons ground cinnamon
1 teaspoon salt
3/4 teaspoon ground nutmeg
1/4 teaspoon baking powder
1 cup dates, pitted and chopped
1 cup chopped walnuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9x5 inch loaf pans.

Mix together flour, baking soda, cinnamon, salt, nutmeg, and baking powder. Set aside.

Beat eggs, oil, sugar, and vanilla until thick. Stir in shredded zucchini. Stir in drained pineapple. Mix well.

Add flour mixture and beat until smooth. Add dates and nuts. Mix well.

Divide batter evenly into two 9x5 inch loaf pans. Bake at 350 degrees F (175 degrees C) for 1 hour and 15 minutes or until wooden toothpick inserted in center comes out clean.

Rustic Sausage Pasta

Ingredients

- 1 (12 ounce) package rotini pasta
- 1 pound bulk Italian sausage
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 red bell peppers, chopped
- 1 small zucchini, chopped
- 1 small yellow squash, chopped
- 1 cup mushrooms, sliced
- salt and pepper to taste
- 1 (14.4 ounce) can diced tomatoes
- 1 cup tomato sauce
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook until al dente, 8 to 10 minutes; drain.

Brown the sausage, stirring to crumble, in a skillet over medium heat. Remove sausage using a slotted spoon, leaving drippings in the pan. Cook and stir the onion and garlic in the sausage drippings until the onions are softened. Return the sausage to the pan. Stir in the red bell pepper, zucchini, yellow squash, and mushrooms. Season with salt and pepper. Cook another 5 minutes. Add the tomatoes, tomato sauce, thyme, basil, and oregano; cook until heated through, about 5 minutes.

Combine the drained pasta with the sausage mixture in a large bowl. Top with Parmesan cheese to serve.

Harvest Zucchini Bread

Ingredients

1 cup all purpose flour
1 cup whole wheat flour
2 teaspoons ground cinnamon
1/4 teaspoon ground nutmeg
2 teaspoons baking soda
1 teaspoon salt
2 eggs
2 teaspoons vanilla extract
1/3 cup nonfat buttermilk
1/3 cup vegetable oil
1/2 cup Stevia Extract In The Raw® Cup For Cup
1/2 cup Sugar In The Raw®
3 cups unpeeled shredded zucchini
1 (8 ounce) can crushed pineapple in its own juice
1/2 cup coarsely chopped pistachio or other nuts

Directions

Preheat oven to 350 degrees F. Spray 2 (8 x 4 inch) loaf pans set aside.

In medium bowl combine the first six ingredients. Set aside.

In large bowl beat eggs. Add vanilla, buttermilk and vegetable oil and blend. Add Stevia Extract In The Raw and Sugar In The Raw. Blend well. Add grated zucchini and dry ingredients. Mix well. Stir in pineapple and nuts and mix until blended.

Pour batter evenly into both loaf pans. Set in oven on middle rack and bake at 350 degrees F for about 50 minutes or until toothpick comes out clean when inserted. Remove from oven and cool in pans for about 25 minutes or until cool. Remove from pan and continue to cool on a rack before slicing to serve.

Vegetable Quesadillas

Ingredients

1 zucchini, cubed
1 head fresh broccoli, chopped
1 red bell pepper, chopped
1 carrot, chopped
1 yellow onion, chopped
4 small button mushrooms, chopped
4 (10 inch) flour tortillas
1/2 cup shredded sharp Cheddar cheese
1/2 cup shredded Monterey Jack cheese

Directions

Preheat oven to broil. Line a baking sheet with aluminum foil.

Place zucchini, broccoli, bell pepper, carrot, onion and mushrooms in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain.

Place two tortillas, side by side, on the prepared baking sheet. On each tortilla layer cheddar cheese, vegetables, then Monterey jack cheese. Top each with another tortilla.

Place under the broiler and cook until lightly browned. Carefully turn tortillas and cook on the other side until lightly browned.

Zucchini Pie

Ingredients

3 cups zucchini, diced
1 onion, chopped
4 eggs, beaten
1 cup buttermilk baking mix
1/2 cup vegetable oil
1/2 cup grated Parmesan cheese
1/2 teaspoon dried marjoram
ground black pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 10x6 inch pan or a 12 inch pie plate.

In a medium mixing bowl, combine zucchini, onion, eggs, buttermilk baking mix, vegetable oil, Parmesan cheese, marjoram, parsley and pepper; mix well. Spread into the prepared baking dish.

Bake for 30 minutes, or until lightly brown.

Zucchini with Dill Weed and Garlic-Yogurt Sauce

Ingredients

1/4 cup olive oil
1 onion, finely chopped
1 teaspoon white sugar
4 zucchini, chopped
1 cup chopped fresh dill weed
1/4 cup uncooked long grain white rice
1/2 cup water
salt and pepper to taste

2 cups plain yogurt
2 cloves garlic, crushed
1/2 teaspoon salt

Directions

Heat the olive oil in a skillet over medium heat; cook and stir the onion until translucent, about 5 minutes. Stir in the sugar, then add the chopped zucchini, dill, and rice. Cook and stir until the zucchini is softened, about 5 minutes. Pour in the water, sprinkle with salt and pepper, and bring the mixture to a boil. Reduce the heat and simmer the mixture until the rice is cooked, about 20 minutes. Turn off the heat, and let the mixture cool to lukewarm.

Make a sauce by mixing the yogurt, garlic, and salt in a bowl. Serve over the lukewarm zucchini and rice.

Pinto Bean Zucchini Boats

Ingredients

4 large zucchini
8 cups water
1 teaspoon salt
1/2 cup chopped red onion
1 tablespoon olive oil
1 (16 ounce) can pinto beans,
rinsed and drained
1 (11 ounce) can Mexicorn,
drained
1 (8 ounce) can tomato sauce
1/2 cup chili sauce
1 teaspoon dried cilantro flakes
1/2 teaspoon ground cumin
3 ounces Gouda cheese,
shredded
1/2 cup chopped tomato

Directions

Cut zucchini in half lengthwise. Scoop out pulp, leaving a 3/8-in. shell. Chop pulp and set aside. In a Dutch oven, bring water and salt to a boil. Add zucchini shells; cook for 5-8 minutes or until crisp-tender. Drain and set aside.

In a large skillet, saute the onion and zucchini pulp in oil until crisp-tender. Stir in the beans, corn, tomato sauce, chili sauce, cilantro and cumin. Cook over medium heat for 5 minutes or until heated through. Sprinkle with cheese; cover and cook for 1 minute or until cheese is melted. Spoon into zucchini shells; sprinkle with tomato.

Moroccan Chicken and Whole Grain Couscous

Ingredients

1 cup whole wheat couscous
1 tablespoon vegetable oil
1 medium onion, chopped
2 bay leaves
5 whole cloves, crushed
1/2 teaspoon cinnamon
1 teaspoon ground dried turmeric
1/4 teaspoon ground cayenne pepper
6 skinless, boneless chicken breast halves - chopped
1 (16 ounce) can garbanzo beans
1 (16 ounce) can crushed tomatoes
1 (48 fluid ounce) can chicken broth
2 carrots, cut into 1/2 inch pieces
1 zucchini, cut into 1/2-inch pieces
salt to taste

Directions

Prepare the couscous according to package directions.

Heat the oil in a large pot over medium heat, and cook onion until tender. Mix in bay leaves, cloves, cinnamon, turmeric, and cayenne pepper. Place chicken in the pot, and cook until well browned. Pour garbanzo beans, tomatoes, and broth into the pot, and bring to a boil. Reduce heat to low, and simmer 25 minutes.

Mix carrots and zucchini into pot. Season with salt. Continue cooking 10 minutes, or until vegetables are tender. Serve stew over cooked couscous.

Zucchini Granola Cookies

Ingredients

3/4 cup butter or margarine,
softened
1 1/2 cups packed brown sugar
1 egg
1 tablespoon grated orange peel
1 teaspoon vanilla extract
3 1/2 cups all-purpose flour
3 cups granola cereal
1 teaspoon baking soda
1 teaspoon salt
3 cups shredded zucchini
2 (12 ounce) packages semisweet
chocolate or butterscotch chips

Directions

In a mixing bowl, cream butter and brown sugar. Beat in the egg, orange peel and vanilla. Combine flour, granola, baking soda and salt; add to creamed mixture alternately with zucchini. Stir in chips.

Drop by tablespoonfuls 2 in. apart onto greased baking sheets. Bake at 350 degrees F for 8-10 minutes or until lightly browned. Remove to wire racks to cool.

Cajun Skillet Surprise

Ingredients

1 teaspoon oil
1/2 onion, chopped
1/2 stalk celery
1/2 red bell pepper, chopped
1/2 green bell pepper, chopped
1/2 zucchini, sliced into rounds
1 teaspoon finely chopped green chile peppers
1 tablespoon butter
1/2 cup all-purpose flour
1 teaspoon salt
black pepper to taste
1 (1 ounce) envelope dry onion soup mix
2 1/2 cups water
cayenne pepper to taste
crushed red pepper flakes to taste
2 boneless skinless chicken breasts, cut into bite-size pieces
1/2 pound kielbasa sausage, sliced
1/2 pound shrimp

Directions

Heat oil in a large heavy skillet over medium heat. Saute onion, celery, red bell pepper, green bell pepper, zucchini, and green chiles until the onion is tender. Remove vegetables from skillet, and set aside.

Melt the butter in the same skillet on medium heat, being careful not to burn. Stir in flour until combined, then stir in salt and pepper. Cook flour mixture until brown, 3 to 5 minutes; stir continuously. **DO NOT ALLOW THIS MIXTURE TO BURN.**

Stir in onion soup mix and water. Increase heat to medium high. Season with red cayenne pepper and crushed red pepper flakes. Stir in vegetables. If gravy is too thick, stir in warm water. Reduce heat to low.

Heat a separate large heavy skillet over medium high heat. Saute chicken, sausage and shrimp until chicken is no longer pink, and juices run clear. Stir into vegetable mixture. Simmer for 35 minutes.

Broiled Summer Squash With Radish

Ingredients

1/4 cup extra virgin olive oil
1/4 cup balsamic vinegar
1 teaspoon chopped fresh dill
1/4 teaspoon salt
1/2 teaspoon freshly cracked black pepper
1/2 cup chopped red onion
1 large zucchini, cut in half lengthwise then into 1/4-inch slices
1 large yellow squash, cut into 1/2-inch cubes
4 radishes, cut into 1/4-inch-thick slices

Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Whisk the olive oil, vinegar, dill, salt, and pepper together in a mixing bowl until evenly blended. Add the onion, zucchini, yellow squash, and radishes; toss until evenly coated. Spoon into an 8x8-inch baking dish, and cover with aluminum foil.

Broil in the preheated oven 10 minutes, then remove the foil, and continue broiling until the vegetables are tender and nicely browned on top, about 10 minutes more.

Spicy Sausage Soup with Cilantro

Ingredients

2 pounds hot Italian sausage links, casings removed, and sliced
4 cloves garlic, minced
2 (14 ounce) cans beef broth
1 (14.5 ounce) can Italian-style stewed tomatoes
1 (15.5 ounce) can white hominy
1 cup sliced carrots
1 (14.5 ounce) can great Northern beans, undrained
2 small zucchini, cubed
2 cups chopped fresh cilantro
1 teaspoon ground black pepper
1 teaspoon salt

Directions

In a large skillet over medium heat, combine Italian sausage and garlic. Cook, stirring frequently until sausage is evenly browned. Drain cooked sausage in a strainer to remove grease.

In a large Dutch oven or stock pot, combine the beef broth, hominy, stewed tomatoes, carrots, beans, and zucchini. Bring to a boil over medium-high heat, and boil for 2 minutes. Reduce heat to low, and add sausage and cilantro; simmer for 15 minutes, or until carrots and zucchini are tender. Season with salt and pepper.

Fiesta Fry Pan Dinner

Ingredients

1 pound ground turkey or beef
1/2 cup chopped onion
1 (1.25 ounce) package taco seasoning
1 1/2 cups water
1 1/2 cups sliced zucchini
1 (14.5 ounce) can stewed tomatoes, undrained
1 cup frozen corn
1 1/2 cups uncooked instant rice
1 cup shredded Cheddar cheese

Directions

In a skillet, cook turkey and onion until meat is no longer pink; drain if necessary. Stir in taco seasoning, water, zucchini, tomatoes and corn; bring to a boil. Add rice. Reduce heat; cover and simmer for 5 minutes or until rice is tender and liquid is absorbed. Sprinkle with cheese; cover and let stand until the cheese is melted.

Herb Grilled Vegetables

Ingredients

1/2 cup SwansonB® Chicken Broth (regular, Natural GoodnessB „ÿ or Certified Organic)
1/2 teaspoon dried thyme leaves, crushed
1/8 teaspoon ground black pepper
1 large red onion, thickly sliced
1 large red or green pepper , cut into wide strips
1 medium zucchini or yellow squash
2 cups large mushrooms

Directions

Stir the broth, thyme and black pepper in a small bowl. Brush the vegetables with the broth mixture.

Lightly oil the grill rack and heat the grill to medium. Grill the vegetables for 10 minutes or until they're tender, turning over once during cooking and brushing often with the broth mixture.

Rosemary-Garlic Chicken and Veggies

Ingredients

1/2 cup chopped sweet yellow pepper
1/2 cup chopped sweet red pepper
1 small onion, cut into wedges
1 small zucchini, halved and sliced 1/2-inch thick
2 tablespoons olive or vegetable oil, divided
2 skinless, boneless chicken breast halves
2 cloves garlic, sliced
2 fresh rosemary sprigs

Directions

Place the peppers, onion and zucchini in a greased 1-qt. baking dish; drizzle with 1 tablespoon oil and toss to coat. in a skillet, brown chicken in remaining oil; place over vegetables. Top with garlic and rosemary. Bake, uncovered, at 400 degrees F for 20-25 minutes or until meat juices run clear.

P.J.'s Fresh Corn Salad

Ingredients

8 ears fresh corn
1 tomato, chopped
1 zucchini, chopped
1 cucumber, peeled and chopped
1 red onion, chopped
1 red bell pepper, chopped
1/2 cup Italian-style salad
dressing

Directions

Husk the corn and slice the kernels from the cob. In a large bowl, mix together the corn, tomato, zucchini, cucumber, onion and red bell pepper. Pour dressing over vegetables and toss to coat. Refrigerate until chilled, at least 1 hour.

Zucchini and Eggs

Ingredients

2 teaspoons olive oil
1 zucchini, sliced
1 egg, beaten
salt and pepper to taste

Directions

Heat a small skillet over medium heat. Pour in oil and saute zucchini until tender. Spread out zucchini in an even layer, and pour beaten egg evenly over top. Cook until egg is firm. Season with salt and pepper to taste.

Prawn Nasi Goreng

Ingredients

2 tablespoons vegetable oil
3 eggs, beaten
1 zucchini, chopped
1 carrot, chopped
8 green onions, sliced
1 clove garlic, crushed
2 cups cooked rice
1/2 pound cooked prawns
2 tablespoons dark soy sauce
2 tablespoons ketchup
1 tablespoon brown sugar
1 teaspoon toasted sesame oil
1 teaspoon sweet chili sauce
2 tablespoons fresh chives,
chopped

Directions

Heat half of the oil in a skillet over medium heat. Swirl the beaten egg into the pan so that it coats the surface. Flip the egg after 30 seconds, and cook for an additional 20 seconds on the other side. Remove the egg from the pan and, when cool enough to handle, roll up on a cutting board. Slice the rolled egg to make thin strips and set aside.

Heat the remaining oil in a skillet or wok over medium-high heat. When hot, add the zucchini, carrot, and green onions. Stir fry for three minutes. Add the garlic, rice, prawns, soy sauce, ketchup, sugar, sesame oil, and chili sauce; stir thoroughly.

Serve immediately, topped with the egg strips and chopped chive.

Roasted Vegetables

Ingredients

8 zucchini, peeled and chopped
1 eggplant, peeled and diced
8 carrots, diced
16 cherry tomatoes
2 red onions, sliced
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1/2 cup olive oil
1 teaspoon dried rosemary
1 teaspoon dried thyme
2 bay leaves, crushed
1 teaspoon dried oregano
2 cloves garlic, minced
2 tablespoons fresh lemon juice
1 teaspoon grated lemon zest
salt and pepper to taste

Directions

In a large bowl mix the zucchini, eggplant, carrots, tomatoes, onions and peppers with the oil, rosemary, thyme, bay leaves, oregano, garlic, lemon juice, lemon zest, salt and pepper. Cover and chill for at least 2 hours, and preferably overnight.

Preheat oven to 400 degrees F (200 degrees C).

On a large roasting pan, roast the vegetables, uncovered, for 20 minutes, or until the tomatoes have split and the edges of some of the vegetables are starting to crisp. Remove from the oven and stir before returning to the oven for another 20 minutes. At this time reduce heat to 200 degrees F (95 degrees C) and continue cooking until vegetables are tender, turning every 20 minutes.

Cheesy Kielbasa Bake

Ingredients

12 ounces uncooked elbow macaroni
2 pounds kielbasa (Polish) sausage, halved lengthwise and sliced
1 tablespoon olive oil
2 medium onion, chopped
2 medium zucchini, quartered lengthwise and sliced
2 medium carrots, grated
1 clove garlic, minced
1 (26 ounce) jar spaghetti sauce
1 (14.5 ounce) can stewed tomatoes
1 egg, lightly beaten
1 (15 ounce) container ricotta cheese
2 cups shredded Cheddar cheese
2 cups shredded mozzarella cheese
2 green onions, chopped

Directions

Cook macaroni according to package directions; drain and set aside. In a large skillet, brown the sausage in oil over medium heat. Add the onions, zucchini, carrots and garlic; cook and stir for 5-6 minutes or until crisp-tender. Stir in spaghetti sauce and tomatoes. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes.

In each of two greased 13-in. x 9-in. x 2-in. baking dishes, layer a fourth of the macaroni and meat sauce. Combine the egg and ricotta cheese; spoon a fourth over sauce. Sprinkle with a fourth of the cheddar and mozzarella cheeses.

Cover and bake at 350 degrees F for 15 minutes. Uncover; bake 15 minutes longer or until cheese is melted. Serve one casserole. Cool second casserole; cover and freeze for up to 2 months.

Zucchini Boats on the Grill

Ingredients

2 medium zucchini
1 slice white bread, torn into small pieces
1/4 cup bacon bits
1 tablespoon minced black olives
1 jalapeno pepper, minced
3 tablespoons diced green chile peppers
1/4 cup minced onion
1/4 cup chopped tomato
6 tablespoons shredded sharp Cheddar cheese
1 pinch dried basil
seasoned salt to taste
ground black pepper to taste

Directions

Prepare the grill for indirect heat.

Place the zucchini in a pot with enough water to cover. Bring to a boil, and cook 5 minutes. Drain, cool, and cut in half lengthwise. Scoop out the pulp to about 1/4 inch from the skin. Chop pulp.

In a bowl, mix the zucchini pulp, bread pieces, bacon bits, olives, jalapeno, green chile peppers, onion, tomato, and Cheddar cheese. Season with basil, seasoned salt, and pepper.

Stuff the zucchini halves with the pulp mixture. Seal each stuffed half in aluminum foil.

Place foil packets on the prepared grill over indirect heat. Cook 15 to 20 minutes, until tender.

Mexican Corn Salad

Ingredients

3 tablespoons butter
2 cups whole corn kernels,
cooked
1 red bell pepper, diced
1 cup chopped zucchini
2 green onions, chopped
1 jalapeno pepper, seeded and
minced
1/2 cup salsa
2 tablespoons chopped fresh
cilantro

Directions

In a heavy large skillet, melt the butter over medium-high heat. Add the corn, bell pepper, zucchini, green onions and jalapeno pepper. Saute until vegetables are tender, about 6 minutes. Remove from heat and refrigerate vegetables until chilled.

Add salsa and chopped cilantro to vegetable mixture. Stir and season with salt and pepper to taste.

Hearty Pasta Tomato Soup

Ingredients

1 pound bulk Italian sausage
6 cups beef broth
1 (28 ounce) can stewed tomatoes
1 (15 ounce) can tomato sauce
2 cups sliced zucchini
1 large onion, chopped
1 cup sliced carrots
1 cup sliced fresh mushrooms
1 medium green pepper, chopped
1/4 cup minced fresh parsley
2 teaspoons sugar
1 teaspoon dried oregano
1 teaspoon dried basil
1 garlic clove, minced
2 cups frozen cheese tortellini
grated Parmesan cheese

Directions

In a skillet, cook the sausage over medium heat until no longer pink; drain. Transfer to a 5-qt. slow cooker; add the next 13 ingredients. Cover and cook on high for 3-4 hours or until the vegetables are tender.

Cook tortellini according to package directions; drain. Stir into slow cooker; cover and cook 30 minutes longer. Serve with Parmesan cheese if desired.

'Calabacitas Guisada' (Stewed Mexican Zucchini)

Ingredients

1 tablespoon vegetable oil
1/2 small white onion, sliced thinly
2 cloves garlic, minced
4 zucchini, sliced 1/4-inch thick
1 (14 ounce) can stewed tomatoes
salt to taste
1 cup shredded mild Cheddar
cheese

Directions

Heat the vegetable oil in a saucepan over medium heat; cook the onion and garlic in the hot oil until soft, about 5 minutes. Add the zucchini slices and stewed tomatoes and stir gently. Cover and cook until the zucchini is tender, 8 to 10 minutes. Remove from heat, season with salt, and add the Cheddar cheese; allow to sit until the cheese has melted.

Korean Bean Curd (Miso) Soup

Ingredients

3 1/2 cups water
3 tablespoons denjang (Korean bean curd paste)
1 tablespoon garlic paste
1/2 tablespoon dashi granules
1/2 tablespoon gochujang (Korean hot pepper paste)
1 zucchini, cubed
1 potato, peeled and cubed
1/4 pound fresh mushrooms, quartered
1 onion, chopped
1 (12 ounce) package soft tofu, sliced

Directions

In a large saucepan over medium heat, combine water, denjang, garlic paste, dashi and gochujang. Bring to a boil and let boil 2 minutes. Stir in zucchini, potato, mushrooms and onions and let boil 5 to 7 minutes more. Stir in tofu and cook until tofu has expanded and vegetables are tender.

Banana Bran Zucchini Bread

Ingredients

- 1/4 cup canned pumpkin
- 1 very ripe banana, mashed
- 1 egg
- 2 egg whites
- 1 cup maple syrup
- 1/3 cup raw sugar, such as turbinado or demerara
- 1 tablespoon vanilla extract
- 2 cups grated unpeeled zucchini
- 2 cups whole wheat pastry flour
- 1 cup unprocessed bran
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1 tablespoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground allspice

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease one 9x13 inch baking pan.

Stir together the pumpkin, banana, egg, and egg whites in a large bowl. Beat in maple syrup, sugar, and vanilla; the batter should be a bit frothy. Stir in zucchini; set aside.

Mix flour, bran, salt, baking soda, baking powder, cinnamon, nutmeg, cloves, ginger, and allspice in a separate bowl. Gradually add the flour mixture to the zucchini mixture, stirring just to moisten all ingredients. Over-mixing the batter will make it tough.

Pour the batter into the prepared pan. Bake until a toothpick inserted in the center comes out clean, 50 to 60 minutes. Cool completely before cutting into squares.

Marinated Veggies

Ingredients

1/2 cup thickly sliced zucchini
1/2 cup sliced red bell pepper
1/2 cup sliced yellow bell pepper
1/2 cup sliced yellow squash
1/2 cup sliced red onion
16 large fresh button mushrooms
16 cherry tomatoes
1/2 cup olive oil
1/2 cup soy sauce
1/2 cup lemon juice
1/2 clove garlic, crushed

Directions

Place the zucchini, red bell pepper, yellow bell pepper, squash, red onion, mushrooms, and tomatoes in a large bowl.

In a small bowl, mix together olive oil, soy sauce, lemon juice, and garlic. Pour over the vegetables. Cover bowl, and marinate in the refrigerator for 30 minutes.

Preheat grill for medium heat.

Lightly oil grate. Remove vegetables from marinade, and place on preheated grill. Cook for 12 to 15 minutes, or until tender.

Stuffed Acorn Squash

Ingredients

1 cup shredded zucchini
1/2 cup crushed saltines
1/3 cup ketchup
1 egg
1 1/2 teaspoons dried minced onion
1/2 teaspoon garlic salt
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon pepper
3/4 pound ground beef
2 large acorn squash

Directions

In a medium bowl, combine the first nine ingredients. Add beef; mix well. Cut squash in half; remove and discard the seeds. Fill with meat mixture. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Cover and bake at 400 degrees F for 1 hour or until squash is tender. Uncover and bake for 10 minutes.

Carrot Zucchini Soup

Ingredients

2 small onions
2 cups water
1/2 pound carrots, cut into 1-inch pieces
1/8 teaspoon celery salt
1/8 teaspoon pepper
2 cups diced zucchini
1 1/2 teaspoons olive oil or vegetable oil
1 1/2 teaspoons butter or margarine
1/2 cup diced, seeded peeled tomato
2/3 cup evaporated milk
2 tablespoons minced fresh parsley

Directions

Chop one onion; set aside. Quarter the other onion and place in a 3-qt. saucepan. Add water, carrots, celery salt and pepper; bring to a boil. reduce heat; cover and simmer for 20 minutes or until carrots are tender. Transfer to a blender or food processor; cover and process until pureed. Return to the pan.

In a skillet, saute the zucchini and chopped onion in oil and butter until tender; add to carrot mixture. Stir in tomatoes. Cover and simmer for 10 minutes or until tomatoes are tender. Stir in milk and parsley; heat through.

Classy Chicken

Ingredients

1 cup all-purpose flour
4 boneless, skinless chicken breast halves
salt and pepper to taste
2 tablespoons butter or margarine
1/2 cup dry white wine
1/2 cup fat-free chicken broth
1 tablespoon Dijon mustard
1 zucchini cut in half lengthwise, then sliced diagonally
5 sun-dried tomatoes, chopped
1 clove garlic
1 teaspoon dill weed
1/3 cup fat-free sour cream

Directions

Place the flour into a shallow dish. Season chicken with salt and pepper, and then dredge in flour. Shake off excess. Heat the butter in a large skillet over medium-high heat. Brown the chicken breasts on each side, about 3 minutes per side.

Pour the chicken broth and white wine into the skillet, and scrape any chicken residue from the pan for flavor. Stir in the mustard. Cover, and cook for a few minutes until chicken is 'springy', but not cooked through. Add the zucchini and sun-dried tomatoes, then season with garlic and dill weed. Cover, and cook until the zucchini is tender and the chicken is cooked through, about 5 to 10 minutes.

Remove the chicken to a platter, and remove the pan from the heat. Stir sour cream into the pan liquid. If most of the liquid has evaporated, stir in a bit more wine or broth first. Season with salt to taste, and serve chicken with sauce poured over it.

Chicken and Summer Squash

Ingredients

4 skinless, boneless chicken breast halves
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 tablespoon butter
1 tablespoon vegetable oil
3/4 pound yellow squash, sliced
3/4 pound zucchinis, sliced
1 medium tomato - peeled, seeded and chopped

Directions

In a large nonstick skillet, melt butter in the oil over medium high heat. Season chicken with half of the salt and half of the pepper, and add it to skillet. Cook until lightly browned, about 2 minutes per side. Transfer to large plate or platter, and cover to keep warm.

Pour off fat from skillet, and add squash, zucchini, and tomato. Season with remaining salt and pepper. Cook and stir over medium-high heat until squash is slightly softened, about 3 minutes. Reduce heat, and return chicken to skillet. Cover partially. Cook until squash is soft, and chicken is white throughout but still juicy, about 5 minutes longer.

Transfer chicken to platter, and cover with foil to keep warm. Raise heat to high. Cook vegetable mixture, stirring often, until almost all of the liquid has evaporated, about 2 minutes. Arrange vegetables around chicken, and serve.

Portobello Mushroom Pasta

Ingredients

1 (16 ounce) package farfalle pasta
2 tablespoons olive oil
3 cloves garlic, minced
1/2 pound chopped portobello mushrooms
1 red bell pepper, diced
1 zucchini, cut into 1/2-inch slices
1/4 cup red wine vinegar
2 tablespoons grated Parmesan cheese

Directions

In a large pot with boiling salted water cook farfalle pasta until al dente. Drain.

Meanwhile, in a large non-stick skillet over medium heat cook the garlic, mushrooms, red bell pepper, and zucchini until soft, about 10 minutes. Stir frequently. Stir in red wine vinegar.

Toss cooked pasta with mushroom mixture. Top with grated Parmesan cheese. Serve warm.

Zucchini and Corn Saute

Ingredients

2 medium zucchini, thinly sliced
1 medium green pepper, thinly sliced
1 medium sweet red pepper, thinly sliced
2 tablespoons vegetable oil (optional)
2 cups fresh or frozen corn
1 teaspoon garlic salt
1/2 teaspoon Italian seasoning

Directions

In a large skillet, saute zucchini and peppers in oil until crisp-tender, about 4 minutes. Add remaining ingredients; saute 3-4 minutes longer or until the corn is tender.

Zucchini Apple Salad

Ingredients

2 medium red apples, chopped
2 small zucchini, chopped
1/2 cup coarsely chopped walnuts
2/3 cup Italian-style salad
dressing

Directions

In a serving bowl, toss the apples, zucchini, walnuts and salad dressing. Serve immediately.

Grilled Zucchini II

Ingredients

1 large zucchini
1/4 cup Italian-style salad
dressing

Directions

Slice zucchini into 1/4 inch slices. Toss in a bowl with Italian dressing.

Place on a hot grill and grill about 4 to 5 minutes or until nice grill marks appear and the zucchini is slightly limp. Serve and enjoy.

Quick Italian Vegetable Soup

Ingredients

1 tablespoon olive oil
1 medium onion, chopped
2 carrots, sliced
2 stalks celery, sliced
1 (16 ounce) can diced plum tomatoes
2 teaspoons Italian seasoning
2 cubes beef bouillon
6 cups water
2 zucchinis, quartered and sliced
2 cups sliced cabbage
1 teaspoon garlic salt
salt and ground black pepper to taste
freshly grated Parmesan cheese (optional)

Directions

Heat oil in a large stock pot over medium-high heat. Saute onion, carrot, and celery until onion is translucent and vegetables are tender, 5 to 7 minutes. Stir in tomatoes and Italian seasoning, and cook 5 minutes more, stirring frequently.

Dissolve bouillon cubes in water, and stir into vegetables. Adjust heat to a medium simmer, and cook approximately 10 minutes. Add zucchini and cabbage, sprinkle with garlic salt, and cook until tender, 5 minutes more. Adjust seasoning with salt and pepper, and serve.

Joe's Mom's Sausage and Tortellini Soup

Ingredients

1 pound bulk spicy Italian sausage
1 cup chopped onion
2 large cloves garlic, minced
1/2 cup dry red wine
5 cups beef broth
1 cup water
2 cups chopped tomato
1 cup grated carrots
1 (10 ounce) can tomato sauce
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 bay leaf
1 1/2 cups sliced zucchini
1 green bell pepper, chopped
3 tablespoons chopped fresh parsley
1 cup water
1 (9 ounce) package tortellini

Directions

Heat a large skillet over medium-high heat and stir in the sausage, onion, and garlic. Cook and stir until the sausage is crumbly and lightly browned. Drain and discard any excess grease. Stir in the red wine, beef broth, and 1 cup of water. Add tomato, carrots, tomato sauce, basil, oregano, and bay leaf. Bring to a boil, then reduce heat to medium-low, and simmer for 30 minutes.

Stir in the zucchini, bell pepper, and parsley. Continue simmering for 45 minutes more. Pour in the remaining 1 cup of water. Increase heat to medium-high, and bring to a boil. Stir in the tortellini. Cook until tender, 5 to 10 minutes. Discard bay leaf before serving.

Hearty Tuna Casserole

Ingredients

3 cups uncooked egg noodles
2 (6 ounce) cans tuna, drained
1/2 cup chopped celery
1/3 cup chopped green onions
1/3 cup sour cream
2 teaspoons prepared mustard
1/2 cup mayonnaise
1/2 teaspoon dried thyme
1/4 teaspoon salt
1 small zucchini, sliced
1 cup shredded Monterey Jack cheese
1 tomato, chopped

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.

Bring a large pot of salted water to a boil, add noodles, and cook until al dente; drain.

In a large mixing bowl, combine noodles, tuna, celery, and green onion. Stir in sour cream, mustard, and mayonnaise. Season with salt and thyme. Spoon 1/2 of the noodle mixture into the prepared casserole dish. Arrange a layer of zucchini over the mixture. Top with the remaining noodles, followed by a layer of zucchini. Top the entire casserole with cheese.

Bake in preheated oven for 30 minutes, or until hot and bubbly. Sprinkle the casserole with tomatoes before serving.

Salad Ole

Ingredients

2 cups tomatoes, seeded and chopped
1 cup diced zucchini
1 cup frozen corn kernels
1/3 cup chopped green onions
1 avocado - peeled, pitted and diced
1/3 cup picante sauce
2 tablespoons vegetable oil
2 tablespoons lemon juice
1/2 teaspoon garlic salt
1/4 teaspoon ground cumin

Directions

In a large bowl, combine the tomatoes, zucchini, corn, green onions, and avocado.

Whisk together the picante sauce, oil, lemon juice, garlic salt, and cumin. toss gently with the vegetables. Chill 3-4 hours, and toss before serving.

Vegetable Medley I

Ingredients

1 tablespoon olive oil
2 yellow squash, sliced
2 zucchini, sliced
1 onion, chopped
1 green bell pepper, chopped
2 cloves crushed garlic
1 (16 ounce) can diced tomatoes
1/2 teaspoon dried basil
2 teaspoons dried oregano
salt and pepper to taste
1/4 cup grated Parmesan cheese

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a large saute pan heat olive oil over medium heat. Add squash, zucchini, onion, green bell pepper, and garlic. Saute until all vegetables are soft. Add tomatoes with juice. Season with basil, oregano, salt, and pepper.

Transfer ingredients to a glass baking dish. Bake for 20 minutes in the preheated oven. Sprinkle with Parmesan cheese and bake another 10 minutes.

3-Cheese Mostaccioli Bolognese

Ingredients

1 pound ground beef
2 cloves garlic, minced
1 medium zucchini, cut in half lengthwise and sliced
1 (26 ounce) jar PregoB® Traditional Italian Sauce or PregoB® Organic Tomato & Basil Pasta Sauce
1 (16 ounce) package mostaccioli or tube-shaped pasta (ziti), cooked and drained
1 1/2 cups shredded mozzarella cheese
1 cup ricotta cheese
1/4 cup grated Parmesan cheese

Directions

Cook beef and garlic in 12-inch skillet until beef is browned, stirring to break up meat. Pour off fat. Add zucchini and cook until tender. Stir in sauce.

Stir beef mixture, pasta, 1/2 cup mozzarella cheese, ricotta cheese and Parmesan cheese in 3-quart shallow baking dish. Sprinkle with remaining mozzarella cheese.

Bake at 400 degrees F for 20 minutes or until hot.

Chicken Veggie Stir Fry

Ingredients

3 tablespoons vegetable oil
3 skinless, boneless chicken breast halves - cut into strips
2 stalks celery, chopped
2 zucchini, quartered and sliced
10 mushrooms, sliced
2 cups chopped spinach
1 (3 ounce) package ramen noodle pasta with flavor packet
1 cup uncooked long-grain rice
1 tablespoon cornstarch
1/4 cup cold water
1 teaspoon vegetable oil
1/4 cup soy sauce

Directions

Heat oil in a large skillet or wok and saute chicken until cooked through (no longer pink).

Stir in celery and zucchini and stir fry for 3 minutes; then add mushrooms and spinach and stir fry another 2 minutes. Reduce heat to low and allow to simmer.

Meanwhile, bring salted water to a boil in a medium saucepan. Add rice, reduce heat, cover and simmer for 20 minutes. Prepare ramen noodles according to package directions, then stir ramen into prepared rice and set aside.

In a small bowl, combine the cornstarch, water, oil and soy sauce. Mix well and stir mixture into chicken and vegetables, then stir in rice and noodles. Mix all together and simmer for another 5 minutes. Serve hot.

Israeli Moroccan Couscous

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 3 cups vegetable broth
- 2 carrots, peeled and julienned
- 2 turnips, peeled and julienned
- 1 sweet potato, julienned
- 1 zucchini, julienned
- 1 red bell pepper, julienned
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can tomato sauce
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric
- 1 pinch saffron
- 1 pinch curry powder
- 2 cups uncooked couscous

Directions

Heat oil in a large pot over medium-high heat; saute onion until golden. Pour in vegetable broth and bring to a boil. Stir in carrots, turnips and sweet potato. Reduce heat to medium and simmer 15 minutes.

Reduce heat to low and add zucchini and red bell pepper. Simmer for 20 minutes.

Stir in garbanzo beans, tomato sauce, cinnamon, turmeric, saffron and curry powder. Simmer until heated through.

Meanwhile, bring 2 1/2 cups water to a boil. Stir in couscous, cover and remove from heat. Let stand 5 to 7 minutes. Fluff with a fork and serve with vegetables on top.

Ingredients

- 1 tablespoon olive oil
- 1 pound ground lamb
- 6 cloves garlic, crushed
- 1 large onion, sliced
- 1 tablespoon dried oregano
- 2/3 teaspoon ground cumin
- 2 teaspoons salt
- 2 teaspoons freshly ground black pepper
- 1 dash hot pepper sauce
- 2/3 cup chopped fresh parsley
- 1 pound pizza crust dough
- 6 ounces feta cheese
- 1/2 zucchini, diced
- 8 ounces chopped black olives
- 1/2 teaspoon garlic powder

Directions

Preheat oven to 450 degrees F (230 degrees C).

Heat oil in a large skillet over medium-high heat. Brown meat with garlic, onion, oregano, cumin, salt, pepper and hot pepper sauce. When meat is almost done, add parsley and cook until the parsley wilts. Remove mixture from heat and allow to cool.

Roll pizza dough out into a rectangle (about 18 inches by 12 inches), with the long side laid out left-to-right in front of you. Spread out feta cheese, zucchini and black olives evenly over the dough, leaving 3 inches from the edges of the crust uncovered. Spread the cooled meat mixture over the top, still leaving edges of dough uncovered.

Starting with the edge closest to you, roll up the whole thing until it is all rolled up. You can do this by using the uncovered edge of dough at the end as a 'strip' to stick to the roll and seal it, making sure both ends are pressed down and sealed. Sprinkle with garlic powder and bake in the preheated oven for 5 minutes. Then, reduce heat to 350 degrees F (175 degrees C) and bake for about 30 minutes, or until golden brown.

Zippy Beef Bake

Ingredients

3/4 pound ground beef
1 tablespoon butter or margarine
2 medium zucchini, thinly sliced
1/4 pound fresh mushrooms,
sliced
2 tablespoons sliced green onions
1 1/2 teaspoons chili powder
1 teaspoon salt
1/8 teaspoon garlic powder
1 1/2 cups cooked rice
1 (4 ounce) can chopped green
chilies
1/2 cup sour cream
1 cup shredded Monterey Jack
cheese, divided

Directions

In a large skillet over medium heat, cook beef until no longer pink.

Add butter, zucchini, mushrooms and onions; cook and stir until the vegetables are tender. Drain. Stir in chili powder, salt and garlic powder. Add rice, chilies, sour cream and half of the cheese. Transfer to a greased 2-qt. baking dish; top with remaining cheese.

Bake, uncovered, at 350 degrees for 20 minutes or until cheese is melted.

No-Noodle Zucchini Lasagna

Ingredients

2 large zucchini
1 tablespoon salt
1 pound ground beef
1 1/2 teaspoons ground black pepper
1 small green bell pepper, diced
1 onion, diced
1 cup tomato paste
1 (16 ounce) can tomato sauce
1/4 cup red wine
2 tablespoons chopped fresh basil
1 tablespoon chopped fresh oregano
hot water as needed
1 egg
1 (15 ounce) container low-fat ricotta cheese
2 tablespoons chopped fresh parsley
1 (16 ounce) package frozen chopped spinach, thawed and drained
1 pound fresh mushrooms, sliced
8 ounces shredded mozzarella cheese
8 ounces grated Parmesan cheese

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease a deep 9x13 inch baking pan.

Slice zucchini lengthwise into very thin slices. Sprinkle slices lightly with salt; set aside to drain in a colander.

To prepare the meat sauce, cook and stir ground beef and black pepper in a large skillet over medium high heat for 5 minutes. Add in green pepper and onion; cook and stir until meat is no longer pink. Stir in tomato paste, tomato sauce, wine, basil, and oregano, adding a small amount of hot water if sauce is too thick. Bring to a boil; reduce heat and simmer sauce for about 20 minutes, stirring frequently.

Meanwhile, stir egg, ricotta, and parsley together in a bowl until well combined.

To assemble lasagna, spread 1/2 of the meat sauce into the bottom of prepared pan. Then layer 1/2 the zucchini slices, 1/2 the ricotta mixture, all of the spinach, followed by all of the mushrooms, then 1/2 the mozzarella cheese. Repeat by layering the remaining meat sauce, zucchini slices, ricotta mixture, and mozzarella. Spread Parmesan cheese evenly over the top; cover with foil.

Bake for 45 minutes. Remove foil; raise oven temperature to 350 degrees F (175 degrees C), and bake an additional 15 minutes. Let stand for 5 minutes before serving.

Spicy African Yam Soup

Ingredients

1 teaspoon vegetable oil
1 small onion, chopped
1 large sweet potato, peeled and diced
1 clove garlic, minced
4 cups chicken broth
1 teaspoon dried thyme
1/2 teaspoon ground cumin
1 cup chunky salsa
1 (15.5 ounce) can garbanzo beans, drained
1 cup diced zucchini
1/2 cup cooked rice
2 tablespoons creamy peanut butter

Directions

Heat the oil in a stockpot over medium heat. Saute onion, sweet potato, and garlic until onion is soft. Turn down heat if necessary to prevent burning.

Stir in the chicken broth, thyme and cumin. Bring to a boil, cover and simmer for about 15 minutes. Stir in salsa, garbanzo beans and zucchini. Simmer until tender, about 15 minutes.

Stir in the cooked rice and peanut butter until the peanut butter has dissolved. Serve hot with pita chips and a green salad.

Pickled Squash

Ingredients

1/4 cup salt
2 1/2 pounds young yellow squash and zucchini, sliced into rounds
1 green bell pepper, seeded and sliced into strips
2 small onions, thinly sliced
2 1/4 cups white sugar
2 cups distilled white vinegar
2 teaspoons mustard seed
1 teaspoon ground turmeric
1 teaspoon celery seed

Directions

In a large non-aluminum pot, combine the squash, bell pepper, and onions. Cover with salt, and let stand for 2 hours to release the liquids. Stir occasionally.

Just before the 2 hours are up, combine the sugar, vinegar, mustard seed, turmeric and celery seed in a saucepan. Bring to a boil. Drain the salty liquid from the vegetables. Pour the spice brine over the vegetables, and let stand for 2 more hours.

Bring to a boil once again, and simmer for about 5 minutes. Ladle into 1 pint sterile jars, filling with the liquid to within 1/4 inch of the top. Wipe rims with a clean towel, and run a thin spatula around the inside of the jar to remove air bubbles. Seal with lids and rings. Process for 10 minutes in a simmering water bath to seal completely.

Zucchini Linguine

Ingredients

1 (8 ounce) package linguine
pasta
1 tablespoon olive oil
2 cloves garlic, minced
3 zucchini, shredded
1/4 cup shredded Cheddar
cheese
1/4 cup plain nonfat yogurt
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, heat oil in a large skillet over medium heat. Saute garlic until it starts to brown. Stir in a handful of grated zucchini; cook for 1 minute and then add the rest of the zucchini. Cook for 3 minutes.

Toss pasta with zucchini, cheese and yogurt. Season with salt and pepper. Mix well and serve.

Cheddar Broccoli Frittata

Ingredients

6 eggs, beaten
1 (10.75 ounce) can Campbell's® Condensed Broccoli Cheese Soup or 98% Fat Free Broccoli Cheese Soup
1/4 cup milk
1/8 teaspoon ground black pepper
1 tablespoon butter or margarine
2 cups sliced mushrooms
1 large onion, chopped
1 small zucchini, sliced
1/4 cup shredded Cheddar cheese
1 green onion, chopped

Directions

Mix eggs, soup, milk and black pepper.

Heat butter in large ovenproof nonstick skillet over medium heat. Add mushrooms, onion and zucchini and cook until tender. Add soup mixture. Cook over medium-low heat 8 minutes or until eggs are set but still moist.

Sprinkle cheese over egg mixture.

Broil 4" from heat 2 minutes or until golden brown. Sprinkle with green onion. Cut into wedges.

Crema de Calabazines

Ingredients

5 zucchinis
2 potatoes
1 large onion
6 ounces cubed processed
cheese food
2 tablespoons chicken bouillon
powder
salt and pepper to taste

Directions

Clean and quarter zucchini and potatoes. Peel and chop onion. In a large pot boil zucchini, potatoes and onion in water (just covering them) until very tender. Drain vegetables, but retain stock.

In a blender, or with a hand blender, puree the cheese, zucchini, potatoes, onion and bouillon while adding stock, until desired consistency is reached. This may need to be done in two batches if using a blender.

Pour mixture back into large pot and bring to a boil. Salt and pepper to taste. If desired, garnish with croutons, paprika and chives.
Delish!

Sausage Minestrone

Ingredients

1 pound Bob Evans® Italian Sausage Roll
1/2 cup chopped onions
1 (16 ounce) can small white beans
1 (14.5 ounce) can beef broth
1 (14.5 ounce) can diced tomatoes
1/2 cup small uncooked pasta (i.e. elbow or rotini)
1 small zucchini, diced

Directions

In large saucepan, crumble and cook sausage and onions over medium heat until sausage is browned. Drain if desired. Add remaining ingredients to saucepan. Bring to a boil. Reduce heat to low and simmer 15-20 minutes or until pasta is cooked and zucchini is tender. Refrigerate leftovers.

Sicilian Lentil Pasta Sauce

Ingredients

- 2 teaspoons olive oil
- 1 cup chopped onion
- 2 cups fresh sliced mushrooms
- 1 small zucchini, chopped
- 3 cloves garlic, minced
- 1 cup dry lentils
- 3 cups water
- 2 (8 ounce) cans tomato sauce
- 1 (6 ounce) can tomato paste
- 1 1/2 teaspoons white sugar
- 1/2 cup water

Directions

In a large saucepan, heat oil over medium heat. Add onions, mushrooms, zucchini, and garlic. Cook and stir until tender, about 5 minutes.

Add lentils and 3 cups water to vegetables. Bring to a rolling boil, stirring occasionally. Reduce heat to low, cover, and cook 45 to 60 minutes.

Stir in tomato sauce, tomato paste, sugar, and 1/2 cup water. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes. If necessary, add more water to keep the sauce from sticking. Be careful not to dilute; the sauce should be quite thick.

Flounder Zucchini Bundles

Ingredients

4 (3 ounce) fillets flounder
1/4 teaspoon lemon-pepper seasoning
1 medium lemon, thinly sliced
1 medium zucchini, cut into 1/4-inch slices
12 cherry tomatoes, halved
1/4 teaspoon dill weed
1/4 teaspoon dried basil

Directions

For each bundle, place two fillets on a double thickness of heavy-duty foil (18 in. x 15 in.); sprinkle with lemon-pepper. Top with lemon slices, zucchini and tomatoes. Sprinkle with dill and basil.

Fold foil around fish and seal tightly. Place on a baking sheet. Bake at 425 degrees F for 15-20 minutes or until fish flakes easily with a fork.

Springtime Pasta Salad

Ingredients

2 cups spiral pasta
1 medium zucchini, cubed
1/2 cup sliced ripe olives
1/2 cup chopped sweet red pepper
1/4 cup chopped onion
1/2 cup mayonnaise or salad dressing
1/4 cup sour cream
1 1/4 teaspoons dill weed
1/2 teaspoon salt
1/2 teaspoon ground mustard
1/4 teaspoon pepper
1/4 teaspoon garlic salt

Directions

Cook pasta according to package directions; drain and rinse with cold water. Place in a large bowl. Add zucchini, olives, red pepper and onion. Combine remaining ingredients; pour over salad and toss to coat. Cover and chill for 2 hours.

Pasta With Veggies In a Tahini and Yogurt Sauce

Ingredients

1 (16 ounce) package wide egg noodles
3 tablespoons tahini
1 lemon, juiced
1 1/4 cups water
3 cloves garlic, minced
1 cup yogurt, drained
1/4 teaspoon hot pepper sauce
1/4 cup olive oil
1 large red bell pepper, thinly sliced
1 zucchini, thinly sliced
salt to taste
ground black pepper to taste

Directions

Cook noodles in a large pot of boiling water until al dente. Drain.

Meanwhile, mix together tahini, lemon juice, and water until smooth. Add garlic, yogurt, and pepper sauce.

In a medium skillet, heat oil over medium high heat. Saute red pepper and zucchini in oil for 2 to 3 minutes, or until tender crisp. Add tahini sauce, and heat through. Season to taste with salt and pepper. Do not boil or overcook: this sauce curdles easily. Toss noodles with sauce.

Garden Tomato Soup

Ingredients

3 (16 ounce) cans whole peeled tomatoes
2 tablespoons vegetable oil
2 zucchini, cubed
2 large onions, chopped
2 cups sliced fresh mushrooms
2 teaspoons salt, or to taste
3 bay leaves
1/2 teaspoon dried thyme
2 teaspoons dried basil
1/2 teaspoon ground white pepper

Directions

In a blender or food processor, puree whole tomatoes until smooth.

In a large pot over medium heat, cook zucchini, onions and mushrooms in oil until tender. Pour in pureed tomatoes. Season with salt, bay leaves, thyme, basil and white pepper. Bring to a boil, then reduce heat and simmer 15 minutes. Remove bay leaves before serving.

Zucchini Chive Dip

Ingredients

1 (8 ounce) package cream
cheese, softened
3 tablespoons milk
1 cup shredded zucchini
3 tablespoons chopped fresh
chives
1/8 teaspoon salt

Directions

In a medium bowl, mix cream cheese and milk until well blended. Mix in the zucchini, chives and salt. Chill in the refrigerator approximately 1 hour before serving.

Zucchini Pancakes

Ingredients

1/2 cup all-purpose flour
1/2 cup grated Parmesan cheese
1/2 teaspoon dried oregano
salt and pepper to taste
1 1/2 cups shredded zucchini
1 egg, beaten
2 tablespoons chopped onion
2 tablespoons mayonnaise
2 tablespoons butter or margarine
Sour cream

Directions

In a bowl, combine the flour, Parmesan cheese, oregano, salt and pepper. Combine the zucchini, egg, onion and mayonnaise; stir into dry ingredients until well blended.

In a large skillet, melt butter. Drop zucchini mixture by cupfuls into skillet; press lightly to flatten. Fry until golden brown, about 2 minutes on each side. Drain on paper towels. Serve with sour cream if desired.

Slow Cooker Vegetable Chili

Ingredients

1 (28 ounce) can whole peeled tomatoes with juice
1 (15 ounce) can garbanzo beans, drained
2 zucchini, thinly sliced
1 onion, chopped
2 carrots, sliced
2 stalks celery, sliced
1 red bell pepper, chopped
1/3 cup chili powder
1 (4 ounce) can chopped green chile peppers
2 cloves garlic, minced
1 tablespoon dried oregano
2 teaspoons ground cumin
1 teaspoon salt

Directions

In a slow cooker, combine the tomatoes, chickpeas, zucchini, onion, carrots, celery, red bell pepper, green bell pepper, chili powder, green chile peppers, garlic, oregano, cumin and salt.

Cover and cook on low for 6 to 8 hours OR on high for 3 to 4 hours.

Zucchini Brunch Bake

Ingredients

1 cup biscuit baking mix
1/4 cup grated Parmesan cheese
1/2 teaspoon garlic powder
1/2 teaspoon seasoning salt
1/2 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 teaspoon dried parsley
1/4 cup grated onion
4 eggs
1/3 cup vegetable oil
2 zucchini, thinly sliced

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 inch baking pan.

In a large bowl, combine baking mix, cheese, garlic powder, seasoning salt, oregano, salt, pepper and parsley. Stir in onion, eggs and oil; stir well. Stir in zucchini. Pour batter into prepared pan.

Bake in preheated oven for 25 to 30, until a toothpick inserted into center of the loaf comes out clean.

Peanut Butter Vegetable Chicken Soup

Ingredients

8 cups chicken broth
2 cups diced, cooked chicken meat
1 cup peeled and cubed potatoes
1 cup diced carrots
1 cup diced zucchini
1 cup broccoli florets
1 cup canned whole tomatoes, chopped
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup chopped green bell pepper
2 cloves garlic, minced
1/2 cup peanut butter
1 tablespoon chopped fresh parsley
salt to taste
ground black pepper to taste

Directions

In a large stock pot, combine the broth, chicken, potatoes, and carrots. Bring the soup to a boil, and then reduce heat to medium. Cook for about 10 minutes, till vegetables are tender.

Add zucchini, broccoli, tomatoes, celery, onion, green pepper, and garlic. Simmer for about 8 minutes.

Add peanut butter, parsley, salt, and pepper; stir until peanut butter is fully blended. Simmer for 3 minutes longer.

Zucchini Cobbler

Ingredients

5 cups zucchini - peeled, seeded, and chopped

1/2 cup fresh lemon juice

3/4 cup white sugar

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

4 cups all-purpose flour

1 1/2 cups white sugar

1 1/2 cups butter, chilled

1 teaspoon ground cinnamon

Directions

Preheat oven to 375 degrees F (190 degrees C). Coat a 9x13 inch baking dish with cooking spray.

Place zucchini and lemon juice in a medium saucepan. Cook, covered, over medium-low heat, stirring occasionally, for about 15 minutes, or until tender. Stir in 3/4 cup sugar, 1 teaspoon cinnamon, and nutmeg. Simmer 1 minute longer, remove from heat, and set aside.

In a large mixing bowl, combine flour and 1 1/2 cups sugar. Cut in butter until the mixture resembles coarse crumbs. Stir 1/2 cup crumb mixture into zucchini mixture. Press half the remaining crumb mixture into the prepared pan. Spread zucchini evenly over crust. Crumble remaining crumb mixture over zucchini, and sprinkle with 1 teaspoon cinnamon.

Bake in the preheated oven for 35 to 40 minutes, or until golden and bubbly.

Pasta with Scallops, Zucchini, and Tomatoes

Ingredients

1 pound dry fettuccine pasta
1/4 cup olive oil
3 cloves garlic, minced
2 zucchinis, diced
1/2 teaspoon salt
1/2 teaspoon crushed red pepper flakes
1 cup chopped fresh basil
4 roma (plum) tomatoes, chopped
1 pound bay scallops
2 tablespoons grated Parmesan cheese

Directions

In a large pot with boiling salted water cook pasta until al dente. Drain.

Meanwhile, in a large skillet heat oil, add garlic and cook until tender. Add the zucchini, salt, red pepper flakes, dried basil (if using) and saute for 10 minutes. Add chopped tomatoes, bay scallops, and fresh basil (if using) and simmer for 5 minutes, or until scallops are opaque.

Pour sauce over cooked pasta and serve with grated Parmesan cheese.

Pizza-licious Home-Baked Pie

Ingredients

1 tablespoon olive oil, divided
1 (13.8 ounce) package refrigerated pizza crust
1 (8 ounce) can zucchini in Italian-style tomato sauce
3 tablespoons canned tomato paste
6 ounces shredded mozzarella cheese
1 (7 ounce) can sliced mushrooms, drained
1 (8.25 ounce) can mixed vegetables, no-salt added, drained
1 tablespoon grated Parmesan cheese

Directions

Preheat oven to 425 degrees F (220 degrees C). Oil a dark, metal-rimmed 10x15-inch cookie sheet with 1 teaspoon olive oil.

Unroll the crust onto the cookie sheet and press to cover the bottom of the cookie sheet, creating a slightly thicker rim around the edge. Brush another teaspoon of olive oil over the crust and set aside.

Puree the zucchini and the tomato paste in a blender or food processor. Spread over the pizza crust. Top with the shredded mozzarella, mushrooms, mixed vegetables, Parmesan cheese and remaining olive oil.

Bake until crust is browned and topping is bubbling, about 15 minutes. Let the pizza rest for 5 minutes before serving. Cut in 8 pieces.

Italian Summer Squash Polenta Bake

Ingredients

3 carrots, sliced
1 large zucchini, sliced
1 large yellow squash, sliced
1 red onion, chopped
1 red bell pepper, chopped
1 cup spaghetti sauce
4 tablespoons olive oil
1 pinch garlic salt
ground black pepper to taste
1 1/2 cups shredded mozzarella cheese
1/2 cup grated Parmesan cheese
1 (18 ounce) package prepared polenta

Directions

Preheat oven to 350 degrees F (175 degrees C).

Saute carrots, zucchini, squash, onion and bell pepper in a large saucepan with a small amount of olive oil. Season with garlic salt and pepper. Saute vegetables for approximately 5 minutes and pour in spaghetti sauce. Stir, cover and simmer until vegetables are slightly tender.

Slice polenta into 1/2 inch circles and season with garlic salt and pepper. Heat enough oil in a medium skillet so as to completely cover the entire bottom of the pan. Pan fry seasoned polenta in hot oil, about 3 minutes per side. Remove from oil and layer the slices in a large casserole dish. Spoon the vegetable mixture over the polenta and then sprinkle with Mozzarella and Parmesan cheese.

Bake casserole for 30 minutes. Remove from oven and let cool for 5 minutes before serving.

Amber's Zucchini Bread

Ingredients

2 cups grated zucchini
3/4 cup egg substitute
2 cups white sugar
1 cup vegetable oil
2 teaspoons vanilla extract
3 cups all-purpose flour
1 teaspoon salt
2 tablespoons baking soda
1 tablespoon ground cinnamon
2 teaspoons ground nutmeg
1 teaspoon baking powder

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease 2 - 8x4 inch loaf pans.

In a large mixing bowl, combine zucchini, egg substitute, sugar, vegetable oil, and vanilla extract.

In a medium size mixing bowl, mix together flour, salt, baking soda, cinnamon, nutmeg, and baking powder. Gradually mix dry ingredients into the zucchini mixture. Pour batter into the prepared loaf pans.

Bake for 40 to 60 minutes.

Zucchini-Lemon Sorbet

Ingredients

2 zucchini
1/2 cup lemon juice
1 tablespoon lemon zest
2/3 cup sugar
2 sprigs mint leaves

Directions

Cut the zucchini in half lengthwise and scrape out the seeds. Cut the zucchini into chunks and place into a blender along with the lemon juice, lemon zest, sugar, and mint. Puree until smooth, then strain into a bowl through a mesh strainer. Cover, and refrigerate 1-2 hours until cold.

Pour the mixture into an ice cream maker and freeze according to manufacturer's directions to your desired consistency.

Linguini with Vegetables

Ingredients

1 pound linguini pasta
3 tablespoons olive oil
1 small zucchini, thinly sliced
1 yellow squash, thinly sliced
2 carrots, sliced thin
1 red bell pepper, thinly sliced
1/2 onion, sliced
1 tablespoon salt-free herb and spice blend
4 cloves crushed garlic
1/4 cup white wine
1 tablespoon lemon juice

Directions

In a large pot with boiling salted water cook linguini pasta until al dente. Drain well.

Meanwhile, in a large skillet heat olive oil and add thinly sliced zucchini, squash, carrots, red bell pepper, onions, salt-free spice blend, and minced garlic. Cook on medium-high for five minutes, stirring frequently. Add white wine and lemon juice and continue cooking until vegetables are crisp-tender and liquid has reduced, about 5 to 10 minutes.

Toss cooked and drained pasta with sauteed vegetables and serve.

Pepperoni Frittata

Ingredients

1 1/4 cups chopped onion
2 tablespoons vegetable oil
1 cup sliced zucchini
1/2 cup cauliflower florets
5 eggs, beaten
26 slices pepperoni sausage
1/3 cup grated Parmesan cheese

Directions

In a 10-in. ovenproof skillet, saute the onions in oil until tender. Add the zucchini, cauliflower and eggs. Cover and cook over medium heat for 10-15 minutes or until eggs are nearly set.

Arrange pepperoni over eggs. Broil 6 in. from the heat for 2 minutes. Sprinkle with Parmesan cheese; broil 1-2 minutes longer or until eggs are completely set and top is lightly browned. Cut into wedges.

Tortellini Minestrone

Ingredients

1 1/4 pounds Italian turkey
sausage links, casings removed
1 large onion, chopped
2 garlic cloves, minced
6 1/2 cups reduced-sodium beef
broth
1 (14.5 ounce) can diced
tomatoes, undrained
2 cups thinly sliced carrots
1 cup thinly sliced celery
1 cup ketchup
1 teaspoon Italian seasoning
2 cups sliced zucchini
1 medium green pepper, chopped
2 cups frozen cheese tortellini
1/4 cup minced fresh parsley
2 tablespoons grated Parmesan
cheese

Directions

In a Dutch oven or large saucepan, cook the sausage, onion and garlic over medium heat until meat is no longer pink; drain. Add the broth, tomatoes, carrots, celery, ketchup and Italian seasoning. Bring to a boil. Reduce heat; simmer, uncovered, for 20-25 minutes or until vegetables are tender.

Add the zucchini and green pepper; cook 5-7 minutes longer or until green pepper is tender. Stir in tortellini and parsley. Bring to a boil. Reduce heat to medium; cook, uncovered, for 5 minutes or until tortellini is tender. Sprinkle with Parmesan cheese just before serving.

Skillet Zucchini Cornbread

Ingredients

1 1/4 cups self-rising cornmeal
1/4 cup self-rising flour
1 tablespoon sugar
1/4 teaspoon salt
2 eggs, beaten
1/2 cup vegetable oil
3/4 cup cottage cheese
1 onion, chopped
1 1/2 cups grated unpeeled zucchini

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease a cast iron skillet.

Mix together the cornmeal, flour, sugar, and salt in a bowl. Set aside.

In a separate bowl, whisk together the eggs and oil. Stir in the cottage cheese, onion, and zucchini.

Make a well in the dry ingredients and slowly pour in the wet ingredients. Mix until just combined. Pour into the skillet.

Bake until lightly browned and a toothpick inserted in the center comes out clean, 35 to 45 minutes.

Cheddar Zucchini Wedges

Ingredients

1 medium onion, chopped
1/4 cup butter
2 1/2 cups biscuit/baking mix
1 tablespoon minced fresh parsley
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
3 eggs, beaten
1/4 cup milk
1 1/2 cups shredded zucchini
1 cup shredded Cheddar cheese
3/4 cup chopped almonds,
toasted

Directions

In a skillet, saute onion in butter until tender.

In a bowl, combine the biscuit mix, parsley, basil, thyme and onion mixture. Stir in eggs and milk just until combined. Fold in the zucchini, cheese and almonds.

Transfer to a greased 9-in. round baking pan. Bake at 400 degrees for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cut into wedges.

Mom's Zucchini Pie

Ingredients

1 (8 ounce) package refrigerated crescent rolls
1/4 cup margarine
4 cups sliced zucchini
1/4 cup chopped onion
2 tablespoons dried parsley
1/4 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 eggs, lightly beaten
2 cups shredded mozzarella cheese

Directions

Preheat oven to 375 degrees F (190 degrees C). Unroll crescent rolls, and press into a 9 inch pie pan, covering sides and bottom.

Melt margarine in a skillet over medium heat, and cook the zucchini and onion until tender. Season with parsley, oregano, salt, and pepper. Remove skillet from heat, and mix in the eggs and cheese.

Bake 20 minutes in the preheated oven, until set. Cool 10 minutes before serving.

Zucchini Tomato Casserole

Ingredients

6 medium zucchini, diced
4 tablespoons butter or margarine, melted
2 medium tomatoes, diced
1 cup shredded Cheddar cheese
1 cup cubed process cheese (Velveeta)
1 cup soft bread crumbs
2 eggs, beaten
2 tablespoons dried minced onion
1 tablespoon dried parsley flakes
1 teaspoon dried basil
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon pepper

Directions

In a large skillet, saute zucchini in 2 tablespoons butter until crisp-tender; drain well. In a bowl, combine the remaining ingredients. Stir in the zucchini and remaining butter. Transfer to an ungreased 2-qt. baking dish. Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly. Let stand for 10 minutes before serving.

Zucchini Pancakes

Ingredients

4 eggs
2 cups grated zucchini
3/4 cup all-purpose flour
1/2 teaspoon white sugar
1/2 teaspoon salt
3 tablespoons olive oil
4 teaspoons baking powder
1/4 cup butter, melted

Directions

Preheat grill to 425 to 450 degrees F (220 to 225 degrees C).

In a large mixing bowl, beat eggs, add shredded zucchini and mix well using a fork. Add flour, sugar, salt and vegetable oil and stir to blend well. Finally, add baking powder and mix well using a large spoon. The batter's consistency should be like heavy whipping cream.

Spoon batter on hot grill (about 2 tablespoons) for each pancake. Cook until there are no longer bubbles forming in the pancake about 2 minutes; turn over and cook for 2 minutes longer. Rub pancakes with melted butter and serve immediately.

One-Dish Beef and Mushroom Skillet Dinner

Ingredients

1 pound ground beef
1 medium onion, chopped
1/8 teaspoon garlic powder
1 (10.75 ounce) can Campbell's®
Condensed Golden Mushroom
Soup
1 (10.5 ounce) can Campbell's®
Condensed Beef Broth
1/2 teaspoon dried thyme leaves,
crushed
1 (14.5 ounce) can diced tomatoes
1 small zucchini, sliced
1 1/2 cups uncooked corkscrew-
shaped pasta

Directions

Cook the beef, onion and garlic in a 10-inch skillet over medium-high heat until it's well browned, stirring often to separate the meat. Pour off any fat.

Stir the soup, broth, thyme, tomatoes and zucchini in the skillet. Heat to a boil. Stir in the pasta. Reduce the heat to low and cook for 15 minutes or until the pasta is tender.

Sausage, Zucchini and Two Pepper Pasta

Ingredients

1 (8 ounce) package penne pasta
1/2 pound spicy Italian sausage
1/4 red onion, diced
4 cloves garlic, minced
2 tablespoons olive oil
1/4 teaspoon dried oregano
1/4 teaspoon salt
1/8 teaspoon ground black pepper
1/8 teaspoon crushed red pepper flakes
1/4 cup Marsala wine
1 yellow bell pepper, chopped
1 red bell pepper, diced
1 zucchini, diced
1/2 cup fresh sliced mushrooms
2 cups chicken stock
1/4 cup blanched green peas
3 tablespoons grated Parmesan cheese

Directions

In a large pot with boiling salted water cook penne pasta until al dente. Drain.

Meanwhile, in a large skillet cook sausage until brown. Remove from pan. Saute the red onion and garlic in the olive oil until soft and transparent. Add the oregano, salt, ground black pepper, red pepper flakes, 1/2 of the wine, yellow bell pepper, red bell pepper, zucchini, mushrooms, and saute until tender. Add remaining wine and chicken stock and cook until liquid has reduced to a thick sauce, about 20 minutes.

After sauce has reduced, add cooked sausage and thawed peas to the sauce and stir to heat through.

Toss pasta with the sauce to coat evenly. Sprinkle with the grated Parmesan cheese. Serve warm.

Zucchini Parmesan Appetizer

Ingredients

3 pounds zucchini, cubed
5 tablespoons unsalted butter, divided
1 large onion, chopped
4 garlic cloves, minced
2 eggs, beaten
1/2 cup freshly grated Parmesan cheese
1/2 cup fresh white bread crumbs
1/4 cup chopped fresh basil leaves, packed
salt and pepper to taste

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place zucchini in a pot with about 1 inch of water. Bring to a boil, and cook until tender but still firm, about 10 minutes. Drain zucchini and transfer to a large bowl. Mash with a fork, then transfer to a fine mesh strainer or sieve, pressing to release excess water. Return to mixing bowl.

Melt 4 tablespoons butter in a large skillet over medium-high heat. Add onion and garlic, and cook until lightly browned being careful not to burn the garlic. Remove from heat, stir into the zucchini. Mix in the eggs, Parmesan cheese, bread crumbs, and basil. Season with salt and pepper.

Butter an 8 inch square baking dish with remaining butter. Pour the zucchini mixture into the dish, and spread evenly. Bake in the preheated oven until firm in the center and lightly browned on top, about 45 minutes. Allow to cool, cut into squares, and serve.

Chocolate Zucchini Bars

Ingredients

1/2 cup butter
1 3/4 cups white sugar
1/2 cup vegetable oil
2 eggs
1 teaspoon vanilla extract
2 1/2 cups all-purpose flour
1/2 teaspoon salt
4 tablespoons unsweetened cocoa powder
1 teaspoon baking soda
1/2 cup sour milk
1 1/2 cups grated zucchini

Directions

Preheat oven to 325 degrees F (170 degrees C).

Cream margarine, sugar, oil, eggs, and vanilla. Beat well.

Mix flour, salt, cocoa, and baking soda together. Add dry ingredients to first mixture alternately with sour milk. Fold in zucchini.

Bake in a 9 x 13 inch pan for 35 minutes or until done. Frost with a chocolate frosting.

Zucchini Appetizer

Ingredients

1 cup baking mix
1/2 cup vegetable oil
2 tablespoons dried parsley
1 pinch ground black pepper
2 cloves garlic, chopped
1 egg
1/2 cup grated Romano cheese
1/4 teaspoon salt
3 cups sliced zucchini

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a mixing bowl, stir together the baking mix, vegetable oil, dried parsley, pepper, garlic, egg, Romano cheese, salt and zucchini. Pour the mixture into a lightly greased 8x12 inch pan.

Bake 20 minutes, or until golden brown. Cut into squares and serve.

Chicken Tortellini Soup With Zucchini and

Ingredients

1 recipe Fast Chicken Soup Base
1 (9 ounce) package refrigerated
small cheese tortellini
1 (14.5 ounce) can diced tomatoes
2 medium zucchini, diced
1 teaspoon dried basil
1/2 cup chopped fresh parsley
Salt and freshly ground black
pepper

Directions

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 1 9-ounce package refrigerated small cheese tortellini; 1 14.5-ounce can diced tomatoes; 2 medium zucchini, diced; 1 tsp. dried basil.

Before removing from heat, stir in: 1/2 cup chopped fresh parsley.

Final touch: Add salt and pepper, to taste.

Vegetables with Brown Rice

Ingredients

1/4 cup chopped walnuts
3 teaspoons canola oil, divided
1 medium sweet red pepper,
julienned
1 cup broccoli florets
1 medium zucchini, sliced
1 medium yellow summer squash,
sliced
3/4 cup frozen peas
3 tablespoons water
1 teaspoon salt
1/8 teaspoon pepper
2 cups hot cooked brown rice
3 tablespoons minced fresh
parsley

Directions

In a large nonstick skillet, saute walnuts in 1 teaspoon oil for 2 minutes or until lightly toasted. Remove and set aside.

In the same skillet, saute red pepper and broccoli in remaining oil for 1 minute. Add the zucchini and yellow squash; saute 1 minute longer. Stir in the peas, water, salt and pepper. Reduce heat; cover and simmer for 5 minutes or until vegetables are tender.

Combine the rice and parsley on a serving platter or in a serving bowl. Top with vegetable mixture and toasted walnuts.

Janie's Amazing Smoothie

Ingredients

1 zucchini, cubed
5 ice cubes
1 cup orange juice
2 tablespoons granular sucrolose
sweetener (such as Splenda®)
3/4 teaspoon vanilla extract

Directions

Place the zucchini, ice cubes, orange juice, sweetener, and vanilla extract into a blender. Cover, and blend until smooth, about 1 minute.

Pesto Squash

Ingredients

4 zucchini, sliced
1 cup basil pesto
4 tablespoons Parmesan cheese

Directions

Place zucchini in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes.

In a serving bowl, mix together zucchini and pesto. Top with Parmesan cheese.

Quick and Simple Korean Doenjang Chigae (Bean

Ingredients

3 cups vegetable stock
3 cups water
2 cloves garlic, coarsely chopped
2 tablespoons Korean soy bean paste (doenjang)
4 green onions, chopped
1 zucchini, halved and cut into 1/2-inch slices
1/2 (16 ounce) package firm tofu, drained and cubed
1 jalapeno pepper, sliced

Directions

Bring vegetable stock and water to a boil in a saucepan over high heat. Stir in garlic and soy bean paste, stirring until the paste dissolves. Stir in the green onion, zucchini, tofu, and jalapeno. Allow soup to return to a boil, then reduce heat to low and simmer for 15 minutes.

Grilled Turkey Kabobs

Ingredients

- 1/3 cup chili sauce
- 2 tablespoons lemon juice
- 1 tablespoon sugar
- 2 bay leaves
- 1 pound turkey breast tenderloins, cut into 1/2-inch cubes
- 2 medium zucchini, cut into 1/2 inch slices
- 2 small green peppers, cut into 1 1/2 inch squares
- 2 small onions, quartered
- 8 medium fresh mushrooms
- 8 cherry tomatoes
- 1 tablespoon canola oil

Directions

In a bowl, combine the chili sauce, lemon juice, sugar and bay leaves; mix well. Pour 1/4 cup marinade into a large resealable plastic bag; add the turkey. Seal bag and turn to coat; refrigerate for at least 2 hours or overnight. Cover and refrigerate remaining marinade.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade. Discard bay leaves from reserved marinade. On eight metal or soaked wooden skewers, alternately thread turkey and vegetables. Brush lightly with oil. Grill, uncovered, over medium-hot heat for 3-4 minutes on each side or until juices run clear, basting frequently with reserved marinade and turning three times.

Tex-Mex Squash Bake

Ingredients

1 pound ground beef
1/4 cup olive oil, divided
4 zucchini, cut into 1/2-inch cubes
1 red bell pepper, chopped
1 jalapeno pepper, seeded and chopped
4 cloves garlic, minced
4 green onions, chopped -- white and green parts separated
salt and pepper to taste
3 tablespoons tomato paste
4 teaspoons chili powder, or to taste
2 teaspoons ground cumin, or to taste
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can kidney beans, rinsed and drained
1 cup frozen corn, thawed
1/2 cup grated Parmesan cheese, divided
1/4 cup chopped fresh cilantro

Directions

Cook and stir the ground beef in a skillet over medium heat until brown and crumbly, breaking the meat apart as it cooks, about 10 minutes. Drain off excess grease. Set the beef aside.

Preheat oven to 400 degrees F (200 degrees C). Spread the bottom of a 9x13-inch baking dish with about 1 teaspoon of olive oil.

Pour the remaining olive oil into a large skillet over medium-high heat, and cook and stir the zucchini, red bell pepper, jalapeno pepper, garlic, and the white parts of the green onions until the vegetables begin to soften, 3 to 5 minutes. Sprinkle with salt and black pepper, and mix in the tomato paste, chili powder, and cumin. Allow the mixture to simmer until the spices are fragrant, about 1 minute. Remove from heat.

Stir in the browned ground beef, black beans, kidney beans, corn, and 1/4 cup of Parmesan cheese until well combined. Adjust salt and pepper if necessary, and spread the mixture into the prepared baking dish. Top with remaining 1/4 cup of Parmesan cheese, and cover the dish with foil.

Bake in the preheated oven until bubbling in the center, 20 to 25 minutes; remove the foil, return to oven, and bake until the cheese is browned, 5 to 10 more minutes. Sprinkle the remaining green onions (green tops) and cilantro over the top.

Tofu and Noodle Coconut-Curry Soup

Ingredients

1 tablespoon olive oil
1 onion, finely chopped
2 cloves garlic, minced
1/4 cup water
2 carrots, chopped
1/2 zucchini, chopped
1 1/2 tablespoons ground coriander
1 1/2 tablespoons ground cumin
2 1/2 teaspoons ground turmeric
2 1/2 teaspoons ground ginger
1 tablespoon curry powder
1 (16 ounce) package extra-firm tofu, drained and cubed
1 quart vegetable broth
1/2 (16 ounce) package uncooked whole wheat spaghetti
1 (5 ounce) can nonfat evaporated milk
2 tablespoons coconut extract
salt and pepper to taste

Directions

Heat the oil in a skillet over medium heat, and saute the onion and garlic until tender. Stir in water, carrots, and zucchini. Season with coriander, cumin, turmeric, ginger, and curry powder. Mix in tofu, and continue cooking 10 minutes, until vegetables are tender and tofu is heated through.

Bring the broth to boil in a large pot, and cook the noodles about 3 minutes. Stir tofu and vegetables into the pot. Mix in evaporated milk and coconut extract. Season with salt and pepper. Continue cooking until noodles are soft.

Zucchini and Pork Soup

Ingredients

4 pork chops
1/2 cup all-purpose flour
2 teaspoons vegetable oil
1 onion, chopped
2 teaspoons chopped garlic
1 cup chopped red bell pepper
2 zucchinis, quartered and sliced
1/8 cup chopped sun-dried tomatoes
8 ounces fresh mushrooms, sliced
1 (14.5 ounce) can diced tomatoes
2 (14.5 ounce) cans chicken broth
2 tablespoons oyster sauce
2 teaspoons dried basil
1 teaspoon dried oregano
salt and pepper to taste
4 tablespoons grated Parmesan cheese

Directions

Place flour in a resealable plastic bag. Add pork cubes. Seal bag and shake to coat. In a large skillet, heat 1 teaspoon oil over medium high heat. Add pork and brown in oil for about 8 to 10 minutes. Set aside.

In a 5 to 8 quart soup pot, heat remaining teaspoon of oil over medium heat. Add the onions, garlic and bell pepper. Saute for just a few minutes until tender, but not browned.

Add reserved pork, zucchini, sun-dried tomato bits, mushrooms, diced tomatoes, chicken broth, oyster sauce, basil, oregano, salt and pepper. Heat until almost boiling, then reduce heat and simmer for 10 to 15 minutes. Sprinkle with cheese and serve.

Zucchini with Chick Pea and Mushroom Stuffing

Ingredients

4 zucchini, halved
1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, crushed
1/2 (8 ounce) package button mushrooms, sliced
1 teaspoon ground coriander
1 1/2 teaspoons ground cumin, or to taste
1 (15.5 ounce) can chick peas, drained and rinsed
1/2 lemon, juiced
2 tablespoons chopped fresh parsley
sea salt to taste
ground black pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a shallow baking dish.

Scoop out the flesh of the zucchini; chop the flesh and set aside. Place the shells in the prepared dish.

Heat oil in a large skillet over medium heat. Saute onions for 5 minutes, then add garlic and saute 2 minutes more. Stir in chopped zucchini and mushrooms; saute 5 minutes. Stir in coriander, cumin, chick peas, lemon juice, parsley, salt and pepper. Spoon mixture into zucchini shells.

Bake in preheated oven for 30 to 40 minutes, or until zucchini are tender.

Zucchini Pineapple Loaf

Ingredients

2 eggs
1/2 cup vegetable oil
1 cup white sugar
1 cup grated zucchini
1/2 cup crushed pineapple,
drained
1 teaspoon vanilla extract
2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
3/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 cup chopped walnuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease one 9x5x3 inch loaf pan.

Beat eggs, oil, and sugar in a large bowl. Stir in zucchini, pineapple, and vanilla.

In another bowl, measure and combine flour, soda, baking powder, salt, cinnamon, nutmeg, and nuts. Pour all at once into batter. Stir to moisten. Pour into greased loaf pan.

Bake in 350 degree F (175 degree C) oven for 1 hour until bread tests done. Cool for 10 minutes. Turn loaf out of pan to cool on rack. Wrap. Cut in thin slices and spread with butter.

Baked Vegetables II

Ingredients

1 head fresh broccoli, cut into florets
1 head cauliflower, broken into small florets
1 pound carrots, coarsely chopped
1/2 pound fresh lima beans, cut into bite-sized pieces
3/4 pound yellow wax beans, cut into bite-sized pieces
1 zucchini, chopped
5 onions, chopped
6 cloves garlic, minced
2 tablespoons butter
6 ounces shredded Cheddar cheese
1 1/2 cups chopped walnuts

Directions

In a medium saute pan, melt butter or margarine over medium heat. Add onions and garlic; cook and stir until translucent.

Spread broccoli, cauliflower, carrots, lima beans, yellow wax beans, and zucchini in a large baking dish. Sprinkle with walnuts and shredded cheese. Arrange sauteed onions over cheese.

Bake at 375 degrees F (190 degrees C) until vegetables are tender and cheese melts, approximately 30 minutes.

Pepperidge Farm® Vegetable Sandwich Stacks

Ingredients

1 medium eggplant, cut into 1/4-inch slices
1 large zucchini, cut into 1/4-inch diagonal slices
1/2 cup olive oil
1 pound mozzarella cheese, thinly sliced
1/4 cup grated Parmesan cheese
3 cups Prego® Roasted Garlic & Herb Italian Sauce
6 slices Pepperidge Farm® Texas Toast Garlic

Directions

Preheat the oven to 425 degrees F. Place the eggplant and zucchini slices onto 2 baking sheets. Brush the vegetables with the oil.

Roast for 10 minutes or until the vegetables are tender.

Assemble the vegetable stacks on a baking sheet. For each stack, layer 2 eggplant slices, 2 mozzarella cheese slices, 1 tablespoon Parmesan cheese, 1 tablespoon sauce, 2 zucchini slices, 2 mozzarella cheese slices, 1 teaspoon Parmesan cheese and 1 tablespoon sauce, making 6 stacks in all.

Bake the bread according to the package directions. Meanwhile, bake the vegetable stacks for 5 minutes or until the cheese is melted.

Spread each of 6 serving plates with 3 tablespoons sauce. Top each with 1 bread slice. Top the bread slices with the vegetable stacks. Pour the remaining sauce over the vegetable stacks.

Chocolate Zucchini Cake III

Ingredients

2 cups all-purpose flour
2 cups white sugar
3/4 cup unsweetened cocoa powder
2 teaspoons baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon ground cinnamon
4 eggs
1 1/2 cups vegetable oil
3 cups grated zucchini
3/4 cup chopped walnuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch baking pan.

In a medium bowl, stir together the flour, sugar, cocoa, baking soda, baking powder, salt and cinnamon. Add the eggs and oil, mix well. Fold in the nuts and zucchini until they are evenly distributed. Pour into the prepared pan.

Bake for 50 to 60 minutes in the preheated oven, until a knife inserted into the center comes out clean. Cool cake completely before frosting with your favorite frosting.

Grilled Veggie-Portobello Mushroom Burgers

Ingredients

6 large portobello mushroom, stems removed
1 eggplant, sliced into 1/2 inch rounds
1 medium yellow squash, cut into 1/4-inch slices
1 zucchini, cut into 1/4-inch slices
1 (16 fl oz) bottle balsamic vinaigrette
1 (4 ounce) package crumbled blue cheese
6 hamburger buns, split and lightly toasted

Directions

Place the mushrooms, eggplant, winter squash, and zucchini into a shallow bowl or baking dish. Drizzle with the balsamic vinaigrette, turning to coat evenly. Cover, and refrigerate at least 2 hours, or up to 24 hours, stirring occasionally.

Preheat grill to medium-high heat.

Drain vegetables and discard marinade. Place vegetables on preheated grill, and cook until lightly browned, turning once, or about 3 minutes on each side. (Note that cooking times vary between grills.) Sprinkle the mushrooms with blue cheese, and let the cheese melt slightly.

Open the 6 hamburger buns and divide the eggplant, squash, and zucchini among bottom halves. Place the portobello mushrooms on top of the vegetables, cheese side up. Top with the remaining 6 hamburger bun halves. If necessary, use toothpicks to hold the buns in place. Serve immediately.

Vegetable Stack-up Salad

Ingredients

4 cups salad greens
1 small green pepper, chopped
1 (11 ounce) can Mexicorn,
drained
2 small zucchini, sliced
2 cups chopped fresh tomatoes
1 cup sliced celery
2 cups mayonnaise or salad
dressing
2 cups shredded Cheddar cheese
6 bacon strips, cooked and
crumbled

Directions

In a 2-1/2-qt. glass serving bowl, layer salad greens, green pepper, corn, zucchini, tomatoes and celery. Spread mayonnaise over all; seal to edges of bowl. Cover and refrigerate for several hours or overnight. Just before serving, sprinkle with cheese and bacon.

Cheese and Sausage Stuffed Zucchini

Ingredients

12 ounces pork sausage
1 large zucchini
3 eggs, beaten
1 cup shredded Colby cheese
2 cups cottage cheese
1 1/2 cups shredded Italian cheese blend
1/2 cup chopped onion
2 tablespoons Italian seasoning
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 pinch garlic salt
1/2 cup chopped tomatoes

Directions

Preheat oven to 350 degrees F (175 degrees C). Butter a baking dish (size is dependent on the size of your zucchini).

Place crumbled sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

Partially cook zucchini in the microwave on high for 5 minutes. Remove from the microwave and let cool for about 10 minutes. Meanwhile, in a medium bowl combine eggs, Colby cheese, cottage cheese, Italian blend cheese, onion, Italian seasoning, salt and pepper.

Slice the zucchini in half lengthwise, remove the seeds and rinse. Place both halves in prepared baking dish and sprinkle with garlic salt. Layer the sausage, tomatoes and cheese mixture in each half.

Bake in preheated oven for 40 minutes. Then broil for 5 minutes to brown the cheese.

Grilled Chicken and Veggies Over Rice

Ingredients

2 tablespoons I Can't Believe It's Not Butter!® Spread, melted
4 teaspoons Italian seasoning
2 1/2 pounds chicken parts
2 medium zucchini and/or yellow squash, sliced diagonally
1 medium onion, cut into 1/2-inch-thick slices
1 medium red bell pepper, quartered
1 (5.7 ounce) package Knorr® Rice Sides® - Cheddar Broccoli, prepared according to package directions

Directions

Blend spread with Italian seasoning in small bowl.

Brush chicken and vegetables with seasoning mixture.

Grill or broil chicken and vegetables, turning occasionally, until chicken is thoroughly cooked and vegetables are tender. Serve chicken and vegetables with hot Knorr® Rice Sides® - Cheddar Broccoli.

Zucchini Pineapple Bread I

Ingredients

4 eggs
1 1/2 cups white sugar
2 teaspoons vanilla extract
1 cup vegetable oil
1 1/2 teaspoons ground cinnamon
3/4 teaspoon ground nutmeg
1 (8 ounce) can crushed pineapple, drained
2 cups grated zucchini
3 cups all-purpose flour
1 teaspoon salt
1 1/2 teaspoons baking soda
1 1/2 teaspoons baking powder

Directions

Combine flour, baking powder, baking soda, and salt.

In a large bowl, mix oil, eggs, vanilla, sugar, cinnamon, and nutmeg. Blend in pineapple and zucchini. Stir flour mixture into zucchini mixture. Pour batter into two greased and floured 9 x 5 inch loaf pans.

Bake at 350 degrees F (175 degrees C) for 1 hour. Cool on wire racks.

Summer Squash Chicken Alfredo

Ingredients

2 skinless, boneless chicken breast halves
2 tablespoons garlic, minced
1 (8 ounce) package uncooked rigatoni pasta
6 slices bacon
1 tablespoon vegetable oil
1 small zucchini, sliced
1 small yellow squash, sliced
1 cup Alfredo sauce
1/4 cup milk
6 sun-dried tomatoes, softened and chopped
3 tablespoons Parmesan cheese
1/4 cup sliced almonds

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish.

Place the chicken in the prepared baking dish, and coat with the garlic. Bake 25 minutes, or until chicken juices run clear. Cool and chop.

Bring a large pot of lightly salted water to a boil. Place the rigatoni in the pot, cook 10 minutes, until al dente, and drain.

Place bacon in a skillet. Cook over medium high heat until evenly brown. Drain, crumble, and set aside.

Heat the oil in a skillet over medium heat, and saute the zucchini and yellow squash until tender and lightly browned.

In a small bowl, mix the Alfredo sauce and milk. Serve chicken over the cooked pasta. Pour Alfredo sauce over the chicken. Top with zucchini and squash. Sprinkle with sun-dried tomatoes, bacon, Parmesan cheese, and almonds.

Veggie Mac 'N' Cheese

Ingredients

1 medium carrot, thinly sliced
2 tablespoons butter or margarine
1 medium onion, chopped
1 medium zucchini, sliced
1 medium yellow summer squash,
halved lengthwise and sliced
1 (10.75 ounce) can condensed
cheddar cheese soup, undiluted
1/3 cup milk
1/4 teaspoon salt
1/8 teaspoon pepper
1 2/3 cups cooked elbow
macaroni
3/4 cup shredded Cheddar
cheese
4 bacon strips, cooked and
crumbled

Directions

In a large skillet, saute carrot in butter for 2 minutes. Add onion; cook and stir 2 minutes longer. Add zucchini and summer squash; cook for 5 minutes or until vegetables are tender.

In a bowl, combine the soup, milk, salt and pepper. Stir into skillet. Add macaroni; heat through. Sprinkle with cheese. Cover and cook for 2 minutes or until cheese is melted. Sprinkle with bacon.

Zucchini Beef Bake

Ingredients

6 cups water
4 cups sliced zucchini
1 pound ground beef
1 large onion, chopped
1 garlic clove, minced
2 cups cooked rice
1 (8 ounce) can tomato sauce
1 cup small curd cottage cheese
1 egg, lightly beaten
1 1/2 teaspoons minced fresh oregano
1 teaspoon minced fresh basil
1/2 teaspoon salt
1 cup shredded Cheddar cheese

Directions

In a large saucepan, bring water to a boil. Add the zucchini. Return to a boil. Reduce heat; cover and simmer for 3 minutes or just until tender. Drain and immediately place zucchini in ice water. Drain and pat dry.

In a skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the rice, tomato sauce, cottage cheese, egg, oregano, basil and salt.

Arrange half of the zucchini in a greased 13-in. x 9-in. x 2-in. baking dish. Top with meat mixture. Arrange remaining zucchini over top; sprinkle with cheddar cheese. Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly and cheese is melted.

Primavera Pizza

Ingredients

1 (12 inch) prebaked pizza crust
3/4 cup Ragu® Old World Style®
Margherita Smooth Pasta Sauce
2 cups assorted sliced fresh
vegetables (bell peppers, zucchini
and/or blanched broccoli)
1 cup shredded mozzarella
cheese

Directions

Preheat oven to 450 degrees F. Arrange pizza crust on flat cookie sheet. Evenly spread Pasta Sauce over crust. Sprinkle vegetables over sauce, then top with cheese.

Bake 8 minutes or until cheese is melted.

Simple Squash and Sausage

Ingredients

1/2 pound fully cooked smoked sausage, cut into 1/4-inch slices
1 tablespoon olive oil
1 medium zucchini, cut into 1/4-inch slices
1 medium yellow summer squash, cut into 1/4-inch slices
2 tablespoons apricot preserves

Directions

In a large skillet, saute sausage in oil until lightly browned; remove and keep warm. In the same skillet, saute zucchini and yellow squash until crisp tender. Return sausage to the pan. Stir in preserves. Cook and stir until heated through.

Chocolate Zucchini Cake I

Ingredients

1/2 cup butter
1/2 cup vegetable oil
1 3/4 cups white sugar
2 eggs
1/2 cup sour milk
1 teaspoon vanilla extract
2 cups sifted all-purpose flour
1 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon salt
4 tablespoons unsweetened cocoa powder
2 1/2 cups grated zucchini
1/4 cup ground walnuts
1/4 cup semisweet chocolate chips

Directions

Cream together butter or margarine, vegetable oil and sugar.

Add eggs, sour milk, and vanilla. Blend well.

In a separate bowl, sift dry ingredients together.

Blend dry ingredients into the butter mixture.

Add grated zucchini, and mix well.

Spread in a greased floured 9 x 13 inch pan. Sprinkle walnuts and chocolate chips on top.

Bake in a preheated 325 degrees F (165 degrees C) oven for 45 minutes.

Korean Squash

Ingredients

5 medium zucchini, sliced
1 bunch green onions, sliced
1/4 cup white vinegar
1/2 cup soy sauce
1/4 cup water
2 tablespoons sugar
2 tablespoons sesame oil
ground black pepper to taste

Directions

In a large pot, combine the zucchini, green onions, vinegar, soy sauce, water, sugar and sesame oil. Season with black pepper. Mix to blend, then cover and cook over medium heat until zucchini is tender, about 20 minutes.

Kristi's Corn Salad

Ingredients

2 (16 ounce) packages frozen corn kernels, thawed
2 small zucchini, diced
1 (2 ounce) jar chopped pimento peppers
1/2 cup chopped red onion
1 (4 ounce) can chopped green chile peppers, drained
2/3 cup olive oil
1/4 cup fresh lime juice
2 tablespoons cider vinegar
2 teaspoons ground cumin
1 1/2 teaspoons salt
1 teaspoon ground black pepper
1/2 teaspoon garlic salt

Directions

In a large bowl, toss together the corn, zucchini, pimentos, red onion, and green chile peppers.

In a jar with a lid, mix the olive oil, lime juice, cider vinegar, cumin, salt, pepper, and garlic salt. Seal, and shake well.

Pour the oil mixture over the corn mixture, and gently stir to coat all ingredients. Cover, and chill at least 3 hours in the refrigerator before serving.

Creamy PHILADELPHIA® Pasta Primavera

Ingredients

3 cups penne pasta, uncooked
2 tablespoons KRAFT Light Zesty Italian Dressing
1 1/2 pounds boneless, skinless chicken breasts, cut into 1-inch chunks
2 zucchini, cut into chunks
1 1/2 cups cut-up fresh asparagus (1-inch lengths)
1 red pepper, chopped
1 cup fat-free, reduced-sodium chicken broth
4 ounces PHILADELPHIA 1/3 Less Fat Cream Cheese, cubed
1/4 cup KRAFT Grated Parmesan Cheese

Directions

Cook pasta as directed on package.

Meanwhile, heat dressing in large skillet on medium heat. Add chicken and vegetables; cook 10 to 12 min. or until chicken is cooked through, stirring frequently. Add broth and cream cheese; cook 1 min. or until cheese is melted, stirring constantly. Add Parmesan cheese; mix well.

Drain pasta; return to pot. Add chicken and vegetable mixture; toss lightly. Cook 1 min. or until heated through. (Sauce will thicken upon standing.)

Minestrone Soup II

Ingredients

4 slices bacon
1 cup chopped onion
4 cloves garlic, minced
1/3 pound ground beef
1 cup minced celery
1 cup cubed carrots
2 cups tomato puree
2 (14.5 ounce) cans stewed tomatoes
1 (14 ounce) can beef broth
1 (10.5 ounce) can condensed French onion soup
5 cups water
1/4 cup red wine
1 teaspoon dried oregano
1 teaspoon dried basil
salt and pepper to taste
1 cup chopped zucchini
2 cups spinach, rinsed and sliced
1 cup uncooked spinach pasta
1 (15 ounce) can garbanzo beans, drained
1/4 cup chopped parsley

Directions

In a large stock pot, cook bacon and drain off fat. Add onion, garlic, and beef. When onions are translucent, add celery, carrot, pureed tomatoes, whole tomatoes, broth, condensed soup, water, wine, oregano, basil, salt and pepper. Cook for 15 minutes.

Stir in zucchini, spinach, pasta, garbanzo beans and parsley. Cook for 15 minutes and serve with fresh Parmesan cheese.

Tomato Zucchini Casserole

Ingredients

1 1/2 cups grated Cheddar cheese
1/3 cup grated Parmesan cheese
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
2 cloves garlic, minced
salt and pepper to taste
2 medium zucchinis, thinly sliced
5 plum tomatoes, thinly sliced
1/4 cup butter
2 tablespoons finely chopped onion
3/4 cup fine bread crumbs

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly butter a 9x9-inch pan.

In a large bowl, combine Cheddar, Parmesan, oregano, basil, and garlic. Season with salt and pepper, and set aside.

Arrange half of the zucchini slices in the pan. Sprinkle 1/4 of the cheese and herb mixture on top. Arrange half of the tomatoes, and top with another 1/4 of the cheese mixture. Repeat layers.

Melt butter in a skillet over medium heat. Stir in onions, and cook until soft and translucent. Stir in breadcrumbs; cook until they have absorbed the butter. Sprinkle on top of casserole.

Cover loosely with foil, and bake in a preheated oven for 25 minutes. Remove foil, and bake until the top is crusty and the vegetables are tender, about 20 minutes.

Tempeh Ratatouille

Ingredients

2 new potatoes, chopped
1 carrot, chopped
1 onion, chopped
1 small eggplant, peeled and chopped
1/2 cup chopped broccoli
1 zucchini, chopped
1/2 cup green beans
1 (8 ounce) package tempeh
1 (14.5 ounce) can crushed tomatoes
1 (8 ounce) can garbanzo beans, drained
2 cloves garlic, chopped
1/4 cup vegetable broth
1/2 teaspoon dried rosemary
1 cup shredded pepperjack cheese

Directions

Place the potatoes, carrot, and onion in a large saucepan, and add enough water to bring the water level to about 2 inches. Bring to a boil. Cover, reduce heat, and simmer for 5 minutes. Mix in eggplant, broccoli, green beans, and zucchini; simmer for 2 minutes. Mix in tempeh, vegetable broth, crushed tomatoes, and garbanzo beans. Season with rosemary and garlic. Cook for 8 to 10 minutes, or until veggies are tender.

Ladle into bowls, and top with cheese.

Summer Style Chicken

Ingredients

4 boneless, skinless chicken breast halves
1 (14.5 ounce) can stewed tomatoes
1 yellow squash, thinly sliced
1 medium zucchini, thinly sliced
1 1/2 cups shredded mozzarella cheese

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.

Arrange chicken in the prepared baking dish, and top with the stewed tomatoes. Arrange squash and zucchini slices around the chicken. Sprinkle with mozzarella cheese.

Bake 45 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

A and Z Dip

Ingredients

1 zucchini, peeled and finely chopped
1 teaspoon salt
1 (8 ounce) package cream cheese, softened
1/4 cup sour cream
1 (14 ounce) can artichoke hearts, drained and chopped
2 tablespoons chopped black olives
1 teaspoon hot sauce
salt and pepper to taste
1/2 teaspoon pico de gallo seasoning

Directions

Place the zucchini in a colander, and sprinkle with salt. Place the colander over a bowl, and refrigerate for one hour to release the liquid from the zucchini.

In a medium bowl, mix together the cream cheese and sour cream. Stir in the artichoke hearts, drained zucchini, and black olives. Season with hot sauce, salt, pepper, and pico de gallo seasoning. Serve with crackers, raw vegetables, or corn chips.

Fresh Tomato Zucchini Soup

Ingredients

2 1/2 tablespoons olive oil
1 medium zucchini, cubed
1 clove garlic, minced
8 large tomatoes, cored
1 small sweet onion, chopped
1 tablespoon chopped fresh red chile pepper
1 (14 ounce) can vegetable broth
1 tablespoon dried tarragon
2 teaspoons dried dill weed
1 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Heat the oil in a skillet over medium heat. Cook and stir the zucchini and garlic in the skillet until lightly browned. Remove from heat, and set aside.

In a blender or food processor, puree the tomatoes, onion, and chile pepper, leaving a few small chunks.

In a large pot, mix the tomato puree and vegetable broth. Season with tarragon, dill, salt, and pepper. Bring to a boil, reduce heat to low, and mix in the zucchini and garlic. Cover, and cook 45 minutes.

Zucchini Pie

Ingredients

1 (10 inch) unbaked pie crust
2 tablespoons butter, melted
2/3 cup bacon bits
4 cups diced zucchini
4 eggs
1/2 cup heavy cream
1/2 teaspoon dried marjoram
1 teaspoon onion salt
1/4 teaspoon cayenne pepper
2 cups shredded Cheddar cheese

Directions

Preheat oven to 400 degrees F (200 degrees C).

Brush crust with melted butter. Sprinkle bacon bits inside crust. Place zucchini, eggs and cream in a blender; puree until smooth. Pour zucchini mixture into a bowl and stir in marjoram, onion salt and cayenne. Fold cheese and pour mixture into pie crust.

Bake in preheated oven for 15 minutes. Reduce heat to 300 degrees F (150 degrees C) and bake for an additional 45 minutes, or until set.

Chocolate Chip Cookies VI

Ingredients

3/4 cup butter, softened
1 1/2 cups white sugar
1 egg
1 1/2 teaspoons vanilla extract
1 1/2 cups finely chopped zucchini
3 1/4 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
2 teaspoons ground cinnamon
1/2 cup chopped walnuts
3/4 cup miniature semisweet chocolate chips

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.

In a large bowl, cream together the butter, sugar. Beat in egg and vanilla. Stir in the zucchini. Combine the flour, baking powder, salt and cinnamon; stir into the zucchini mixture. Mix in the chocolate chips and walnuts. Drop by heaping spoonfuls onto the prepared cookie sheets.

Bake for 12 to 15 minutes in the preheated oven, until edges are light brown. Remove from baking sheets to cool on wire racks.

Turkey Lasagna with Butternut Squash, Zucchini,

Ingredients

2 tablespoons vegetable oil
1 onion, diced
4 cloves garlic, chopped
1 (20 ounce) package ground turkey
1 (28 ounce) can crushed tomatoes
3 (6 ounce) cans tomato paste
1 1/2 cups water
1 1/2 teaspoons dried basil
1 teaspoon fennel seeds
1 teaspoon Italian seasoning
1/4 teaspoon ground black pepper
1/4 cup chopped fresh parsley
3 1/2 cups peeled and cubed butternut squash
1 (10 ounce) package fresh spinach
1 (15 ounce) container fat-free ricotta cheese
1 egg
2 tablespoons chopped fresh parsley
1/4 teaspoon ground black pepper
1 (6 ounce) package shredded part-skim mozzarella cheese, divided
9 no-boil lasagna noodles
2 zucchini, sliced lengthwise

Directions

Heat the vegetable oil in a large skillet over medium heat; cook the onion and garlic in the hot oil until fragrant, 5 to 7 minutes. Break the turkey into small pieces into the skillet; cook and stir until completely browned, 7 to 10 minutes. Stir the crushed tomatoes, tomato paste, water, basil, fennel seeds, Italian seasoning, 1/4 teaspoon black pepper, and 1/4 cup parsley into the turkey mixture. Reduce heat to medium-low and simmer, stirring occasionally, until the sauce reaches a desired consistency, 60 to 90 minutes.

While the sauce simmers, place the butternut squash in a large, microwave-safe bowl; cover with plastic wrap and cook in microwave on High until tender, about 5 minutes. Set aside.

Cook and stir the spinach in a large skillet over medium heat until wilted, about 5 minutes. Set aside.

Stir the ricotta cheese, egg, 2 tablespoons parsley, 1/4 teaspoon black pepper, and about 2/3 of the mozzarella cheese together in a bowl. Set aside.

Preheat an oven to 375 degrees F (190 degrees C).

Pour 1 1/2 cups of the sauce into the bottom of a 9x13-inch baking dish. Arrange 3 of the lasagna noodles in a layer over the sauce. Spread 1 cup of the ricotta cheese mixture over the noodles. Sprinkle about half of the butternut squash over the ricotta cheese mixture. Layer about half the wilted spinach over the butternut squash. Lay about half the zucchini slices over the spinach in a layer. Repeat the layering. Top with the 3 remaining lasagna noodles. Spread any remaining ricotta cheese mixture over the top of the lasagna. Finish by topping with any remaining sauce mixture. Cover with aluminum foil.

Bake in the preheated oven for 30 minutes. Remove the aluminum foil and sprinkle the remaining mozzarella over the top of the lasagna. Return to oven and bake uncovered until the top is golden brown, about 30 minutes more. Remove and allow the lasagna to rest 15 minutes before cutting to serve.

Italian Omelet

Ingredients

1 cup sliced fresh mushrooms
1 cup sliced zucchini
3 tablespoons butter or margarine,
divided
4 eggs
3 tablespoons water
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup shredded mozzarella
cheese
SAUCE:
1 tablespoon butter or margarine
1 medium tomato, chopped
2 tablespoons minced fresh
parsley
1 garlic clove, minced
1/2 teaspoon dried basil
1/8 teaspoon salt

Directions

In a 8-in. nonstick skillet, saute mushrooms and zucchini in 2 tablespoons butter until tender; remove and keep warm. In the same skillet, melt remaining butter. In a bowl, beat eggs, water, salt and pepper. Pour into the skillet, cook over medium heat. As eggs set, lift edges, letting uncooked portion flow underneath. When eggs are nearly set, spoon vegetable mixture over half of the omelet; sprinkle with cheese. Fold the omelet in half over filling. Cover and cook for 1-2 minutes or until cheese is melted. Meanwhile, melt butter in a small saucepan over medium heat. Add remaining sauce ingredients; cook and stir for 5 minutes or until heated through. Serve over the omelet.

Zucchini Saute

Ingredients

1 tablespoon olive oil
1/2 red onion, diced
salt and pepper to taste
4 zucchini, halved and sliced
1/2 pound fresh mushrooms,
sliced
1 tomato, diced
1 clove garlic, minced
1 teaspoon Italian seasoning

Directions

Heat oil in a large skillet over medium heat. Saute onion with salt and pepper for 2 minutes. Stir in zucchini and mushrooms. When zucchini begins to soften, add tomatoes, garlic and Italian seasoning. Cook until heated through.

Zesty Zucchini and Squash

Ingredients

3 medium small yellow squash,
cubed
3 small zucchini, cubed
1 (10 ounce) can diced tomatoes
with green chile peppers
1/2 onion, chopped
salt to taste
garlic powder to taste

Directions

In a large saucepan, combine squash, zucchini, tomatoes with chiles, onion, salt and garlic powder. Bring to a boil over medium-high heat.

Reduce heat to low and cook until tender-crisp.

Rattlesnake Pasta

Ingredients

1 pound dry fettuccine pasta
2 tablespoons vegetable oil
1/4 cup sliced onions
1/2 cup chopped yellow squash
1/2 cup zucchini, cut diagonally
into 1/2 inch thick slices
3/4 cup sliced mushrooms
(optional)
1 1/4 cups heavy cream
1 jalapeno pepper, seeded and
minced
1 teaspoon minced garlic
1 tablespoon Dijon mustard
1 tablespoon Cajun seasoning
1/2 cup grated Parmesan cheese
1/2 cup diced tomatoes
salt and pepper to taste
3 tablespoons vegetable oil
1 pound rattlesnake meat, cut into
1/2 inch pieces
flour for dredging

Directions

Bring a large pot of lightly salted water to a boil. Add fettuccine and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, heat 2 tablespoons of oil in a large skillet over medium-high heat, add the onions, squash, zucchini, and mushrooms; cook and stir for 5 minutes, until the vegetables are heated through but still firm. Pour in the cream and the cooked fettuccine and simmer for 4 minutes. Mix in the jalapeno, garlic, mustard, and Cajun seasoning and cook for 1 minute. Stir in the Parmesan cheese and the tomatoes. Reduce the heat to low.

Preheat 3 tablespoons of oil in a large skillet over high heat. Dredge the rattlesnake meat in flour and pan fry for 5 minutes or until well done. Arrange the meat on top of the vegetables and pasta to serve.

Minted Zucchini Salad

Ingredients

1/4 cup olive oil
2 tablespoons lemon juice
1 tablespoon minced fresh mint
1/4 teaspoon salt
dash cayenne pepper
1 1/2 pounds zucchini, thinly
sliced

Directions

In a large bowl, whisk the oil, lemon juice, mint, salt and cayenne until blended. Add zucchini; toss to coat. Refrigerate until serving.

Zucchini Relish

Ingredients

3 cups grated zucchini
1/3 cup chopped fresh cilantro
1/4 cup fresh lime juice
3 tablespoons vegetable oil
1 teaspoon salt
1/2 teaspoon white sugar

Directions

In a medium bowl, mix together grated zucchini, cilantro, lime juice, oil, salt, and sugar. Pack into a jar or resealable container and refrigerate overnight before serving.

Legume My Shepherd's Pie

Ingredients

1 (16 ounce) package dried lima beans
1/4 cup milk
salt to taste
2 tablespoons olive oil
1 small onion, chopped
1 pound ground chicken
1 zucchini, chopped
1 large tomato, chopped
1 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1 cup shredded mozzarella cheese
1/4 cup grated Parmesan cheese

Directions

Place the lima beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Drain and rinse.

Preheat an oven to 400 degrees F (200 degrees C). Drain the soaked lima beans and cook according to package directions.

Blend the cooked lima beans and milk together in a blender until smooth; season with salt. Set aside.

Heat the olive oil in a large skillet over medium heat; cook the onion in the hot oil until soft, about 5 minutes. Add the chicken and cook until completely browned, 7 to 10 minutes more. Stir the zucchini, tomato, cumin, and cayenne pepper into the chicken; cook until the vegetables are slightly tender, about 7 minutes more. Spread the mixture into the bottom of an 11x7-inch baking dish; pour the lima bean mixture over the chicken and vegetables in a single, smooth layer. Top with mozzarella and Parmesan cheese.

Bake in the preheated oven until the top is browned and crisp, about 10 minutes.

Zucchini Cake IV

Ingredients

3 cups all-purpose flour
1 teaspoon salt
1/2 teaspoon baking powder
2 teaspoons baking soda
2 teaspoons ground cinnamon
2 cups white sugar
1 cup vegetable oil
3 eggs
2 teaspoons vanilla extract
1/2 cup chopped walnuts
2 cups grated zucchini

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour 4 loaf pans.

In a medium bowl, mix together flour, salt, baking powder, baking soda and cinnamon. Set aside.

In a large bowl, combine sugar, oil, eggs and vanilla. Beat until smooth. Add flour mixture, and beat until smooth. Fold in walnuts and grated zucchini.

Divide batter into 4 well greased loaf pans. Bake at 350 degrees F (175 degrees C) for 60 minutes or until toothpick inserted into middle of cake comes out clean.

Zucchini Bread, Pumpkin Style

Ingredients

3 medium zucchini, cut into chunks
4 3/4 cups all-purpose flour
1 1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
1 1/2 teaspoons salt
1 1/2 teaspoons ground cinnamon
1 1/2 teaspoons ground nutmeg
1 1/2 cups vegetable oil
6 eggs
4 cups white sugar

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease and flour 3 9x5 inch loaf pans, and set aside.

Place the zucchini chunks into a saucepan, and cover with water. Bring to a boil and cook until the zucchini are tender, about 5 minutes. Drain the zucchini, place them in a blender, and blend until they are pureed, about 2 minutes. Let the zucchini puree cool for about 10 minutes.

Mix the flour, baking powder, baking soda, salt, cinnamon, nutmeg, and cloves in a bowl, and stir to eliminate lumps.

Place the zucchini puree in a large bowl, and whisk in the oil, eggs, and sugar. Beat in the flour mixture to form a thick batter.

Divide the batter evenly among the prepared loaf pans, and bake in the preheated oven until the tops are lightly browned and the loaves spring back when gently pressed, 45 minutes to 1 hour. A toothpick inserted into the center should come out clean. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Stuffed Zucchini

Ingredients

4 medium zucchini
1 pound ground beef
1 pound Italian sausage
1 small onion, chopped
1/2 cup dried bread crumbs
1 egg, beaten
1 (28 ounce) can crushed tomatoes
1 (10.75 ounce) can condensed tomato soup
1 cup water

Directions

Preheat oven to 350 degrees (175 degrees C). Grease or spray a 13x9 inch baking dish.

Cut the zucchini in half lengthwise. With a spoon, scoop out the seeds. Chop and reserve about 3/4 of the seeds for the stuffing. In a medium bowl, mix together the ground beef, sausage, chopped onion, bread crumbs, egg and the reserved zucchini seeds. Place the meat mixture equally into all of the zucchini halves; mixture should be piled up over the top. Place the filled zucchini halves into the prepared baking dish.

In a bowl, stir together the crushed tomatoes, tomato soup, and water. Spoon the tomato mixture over the filled zucchini, liberally. Bake in the preheated oven for approximately 45 minutes. You may want to place foil or a cookie sheet underneath the baking dish because it tends to bubble over and splash.

Zucchini Summer Pasta

Ingredients

3 cloves garlic, chopped
1 white onion, chopped
1 tablespoon butter
1 tablespoon vegetable oil
2 zucchinis, thickly sliced
2 yellow squash, thickly sliced
salt and pepper to taste
1 pound angel hair pasta
1 (28 ounce) can crushed tomatoes

Directions

In large skillet, over medium heat, saute garlic and onion in butter and oil about 2 minutes. Reduce heat, and layer zucchini and yellow squash slices on top of onion and garlic. Add salt and pepper, cover and steam 10 minutes, or until squash is tender.

While vegetables are steaming, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Add the crushed tomatoes to the zucchini mixture, stir and heat slightly, but do not cook the tomatoes. Serve the zucchini sauce over the pasta.

Roasted Vegetables

Ingredients

2 medium potatoes, peeled and cut into 1/2-inch cubes
2 medium carrots, cut into 1/2-inch slices
1 large zucchini, cut into 1/2-inch pieces
1 large sweet red pepper, cut into 1-inch pieces
1 tablespoon olive or vegetable oil
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon salt (optional)
1/4 teaspoon pepper
2 garlic cloves, minced

Directions

In a mixing bowl, combine the potatoes, carrots, zucchini and red pepper. Combine the remaining ingredients; drizzle over vegetables. Stir to coat.

Transfer to an ungreased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 375 degrees for 30-35 minutes or until tender.

Zucchini Alfredo

Ingredients

1 (12 ounce) package uncooked egg noodles
3 tablespoons vegetable oil
2 cloves garlic, minced
4 cups shredded zucchini
1/2 cup milk
4 ounces cream cheese, cubed
1/2 cup chopped fresh basil
salt and pepper to taste
grated Parmesan cheese (optional)

Directions

Bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 8 to 10 minutes or until al dente; drain.

Heat the oil in a skillet over medium heat. Stir in garlic, and cook 2 minutes. Mix in zucchini, and cook 10 minutes, until some of the moisture has evaporated.

Pour the milk into the skillet, and stir in cream cheese until melted. Mix in basil. Season with salt and pepper, and sprinkle with Parmesan cheese. Serve over the cooked pasta.

Kangaroo Stir Fry

Ingredients

2 teaspoons chopped fresh ginger root
1 clove garlic, minced
1 teaspoon fish sauce
1 teaspoon soy sauce
2 teaspoons miso paste
1 teaspoon sesame oil
1 tablespoon vegetable oil
1/2 pound kangaroo fillet
1 cup snow peas
1 cup broccoli, chopped
1 cup bok choy, chopped
1 cup chopped green bell pepper
1 cup bean sprouts
1 cup chopped zucchini

Directions

Whisk together the ginger, garlic, soy sauce, fish sauce, miso paste, and sesame oil in a bowl.

Heat the oil in a skillet over medium heat. Add the kangaroo fillet; cook to medium doneness, 3 to 5 minutes per side. Move to a cutting board to rest.

While the meat is resting, return the skillet to medium heat and add the snow peas, broccoli, bok choy, bell pepper, bean sprouts and zucchini; cook and stir until the vegetables are softened. Pour the sauce into the pan and allow to simmer 5 minutes.

While the vegetables simmer, thinly slice the kangaroo. Stir into the vegetables; serve hot.

Crustless Zucchini Pie

Ingredients

1 large onion, finely chopped
1/2 cup vegetable oil
1/2 cup grated Parmesan cheese
4 eggs, beaten
1 tablespoon minced fresh parsley
3 cups grated zucchini
1 cup biscuit/baking mix
1 cup shredded Cheddar cheese

Directions

In a bowl, combine the first five ingredients. Stir in the zucchini, biscuit mix and cheese. Pour into two greased 9-in. pie plates. Bake at 350 degrees F for 35 minutes or until golden brown.

Carrot Zucchini Saute

Ingredients

1 pound carrots, cut into 2-inch julienne strips
1 tablespoon olive or canola oil
3/4 pound zucchini, cut into 2-inch julienne strips
1 tablespoon balsamic vinegar
1/2 teaspoon Italian seasoning
1/2 teaspoon salt

Directions

In a large nonstick skillet, saute carrots in oil for 10 minutes. Add zucchini; saute 10 minutes longer or until vegetables are crisp-tender. Sprinkle with vinegar, Italian seasoning and salt; toss.

Polenta with Homemade Tomato-Seafood Sauce

Ingredients

Tomato-Seafood Sauce:

2 tablespoons butter
1 onion, chopped
3 cloves garlic, minced
1 celery stalk, minced
2 tablespoons olive oil
1 tablespoon dried Italian seasoning
2 tablespoons minced fresh parsley
1 1/2 cubes fish-flavored bouillon cubes
1 cup dry red wine
3 cups canned diced tomatoes
1 tablespoon white sugar
1 pinch cayenne pepper
1 pinch paprika
1 pound mixed frozen seafood
4 squid, cleaned and cut into rings and tentacles
salt and pepper to taste

Polenta:

3 cups water
1 cup coarse polenta (not instant)
1/2 cup baby spinach leaves
1/4 cup grated Parmesan cheese
1/4 cup shredded mozzarella cheese
garlic salt to taste

Vegetable Mix:

2 tablespoons olive oil
1 small red onion, diced
2 zucchini, cut in half lengthwise then into 1/4-inch slices
10 cremini mushrooms, sliced
1 tablespoon balsamic vinegar
sea salt and pepper to taste

Directions

Melt butter in a large saucepan over medium-high heat. Stir in onion and garlic; cook until the onion has softened and the garlic has begun to turn brown, about 5 minutes. Stir in the celery and cook for 5 minutes. Add olive oil, Italian seasoning, parsley, bouillon cubes, and red wine; simmer for 5 minutes, stirring to break up the bouillon cubes. Stir in canned tomatoes, sugar, cayenne, and paprika. Bring to a boil, then reduce heat to medium-low and simmer for 10 minutes.

Take the tomato sauce off of the heat and puree with a stick blender until smooth. Stir in the mixed seafood, and return to a boil over medium-high heat. Stir in squid, reduce heat to medium-low, and gently simmer for 30 minutes; season to taste with salt and pepper.

While the tomato-seafood sauce is simmering, prepare the polenta by bringing water to a boil in a saucepan over medium heat. Reduce heat to medium, and slowly whisk in polenta with a wire whisk. Allow to simmer 5 minutes, whisking constantly. Stir in spinach, Parmesan cheese, and mozzarella cheese. Reduce heat to medium-low, and allow to slowly simmer 15 minutes, stirring frequently to keep from burning. Once the polenta has softened and turned creamy, remove from heat, season to taste with garlic salt, and keep warm.

To prepare the vegetable mix, heat 2 tablespoons olive oil in a large skillet over medium-high heat. Stir in red onion and cook for 2 minutes. Add zucchini and cook for an additional 2 minutes, or until zucchini begins to brown. Stir in mushrooms, and continue cooking until soft. Season with balsamic vinegar and salt and pepper to taste.

To serve, scoop a pile of polenta into the center of each plate; ladle the seafood sauce around, then top with vegetable mixture.

Summer Squash Bundles

Ingredients

- 1 green onion
- 1 medium yellow squash
- 1 medium zucchini
- 1/4 cup chopped leeks (white portion only)
- 2 tablespoons grated Parmesan cheese
- 2 teaspoons Italian seasoning
- 2 teaspoons butter or margarine, melted
- 1/4 teaspoon salt

Directions

Remove white portion of green onion (discard or save for another use). Trim the onion top to 8- or 9-in. lengths. In a saucepan, bring water to a boil. Add onion tops; boil for 1 minute or until softened. Drain and immediately place in ice water. Drain and pat dry; set aside.

Cut squash and zucchini in half lengthwise. Scoop out pulp from zucchini halves, leaving a 3/8-in. shell. Discard pulp. In a bowl, combine the remaining ingredients; fill zucchini shells. Place yellow squash halves, cut side down, over filled zucchini halves. Tie each bundle with a blanched onion top.

Wrap each bundle in a double thickness of heavy-duty foil (12 in. square). Fold foil around squash and seal tightly. Grill, covered, over medium heat for 15-20 minutes or until tender.

Baked Zucchini

Ingredients

1 large zucchini, cut lengthwise
then in half
1 (8 ounce) package cream
cheese, softened
1 cup sour cream
1/4 cup grated Parmesan cheese
1 tablespoon minced garlic
paprika to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of water to a boil. Add zucchini and cook until tender but still firm, about 15 minutes. Drain, cool and scoop out seeds.

In a medium bowl combine cream cheese, sour cream, Parmesan cheese and garlic. Spoon mixture into zucchini halves and sprinkle with paprika.

Bake in preheated oven for 10 to 15 minutes, or until heated through.

Summer Vegetarian Chili

Ingredients

2 tablespoons extra-virgin olive oil
1 cup chopped red onion
5 large cloves garlic, crushed or minced
2 tablespoons chili powder, or more to taste
2 teaspoons ground cumin
2 cups juicy chopped fresh tomatoes
1 (15 ounce) can no-salt-added black beans, drained
1 cup water (or red wine)
1 cup chopped bell pepper (any color)
1 cup chopped zucchini
1 cup corn kernels
1 cup chopped white or portobello mushrooms
1 cup chopped fresh cilantro, packed
1/8 teaspoon cayenne pepper, or more to taste
Salt and freshly ground black pepper, to taste

Directions

Heat oil in medium pot. Add onion, garlic, chili powder and cumin. Saute over medium heat until onion is soft, about 5 minutes. Add remaining ingredients (except garnishes) and stir. Bring to a boil, then lower heat and simmer 20 minutes or until vegetables are soft. Add more liquid if needed.

Serve alone or over rice (preferably brown). Garnish if desired with any of the following: reduced-fat cheddar cheese, onion, fat-free sour cream, guacamole, fresh cilantro.

Bertolli Creamy Fettuccine Primavera

Ingredients

2 tablespoons olive oil
3 cups assorted cut-up fresh vegetables (peas, red bell pepper, zucchini and/or asparagus)*
1 tablespoon finely chopped garlic
1 (15 ounce) jar BertolliB® Creamy Alfredo Sauce
8 ounces fettuccine, cooked and drained

Directions

Heat olive oil in 12-inch nonstick skillet over medium heat and cook vegetables and garlic, covered, 2 minutes or until vegetables are crisp-tender, stirring once.

Stir in Sauce and cook covered 3 minutes or until heated through. Serve over hot fettuccine. Garnish, if desired, with grated Parmesan cheese and ground black pepper.

Lamb with Sauteed Veggies

Ingredients

3 tablespoons olive oil, divided
2 tablespoons Dijon mustard
2 tablespoons balsamic vinegar
2 teaspoons dried thyme
2 garlic cloves, minced
1/4 teaspoon salt
1/4 teaspoon pepper
12 (6 ounce) lamb loin chops (1-inch thick)
1 medium sweet red pepper, thinly sliced
2 small zucchini, thinly sliced
1 medium Sweet Onion, thinly sliced

Directions

In a small bowl, combine 2 tablespoons oil, mustard, vinegar, thyme, garlic, salt and pepper; set aside 1 tablespoon. Place the lamb chops on a broiler pan. Spread remaining mustard mixture over both sides of chops. Broil 4-6 in. from the heat for 4-6 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Meanwhile, in a large skillet, saute the red pepper, zucchini and onion in remaining oil until crisp-tender. Stir in reserved mustard mixture; toss to coat. Serve with lamb chops.

Pan-Fried Squash

Ingredients

1 tablespoon butter
2 cups diced yellow squash
2 cups diced zucchini
2 tablespoons balsamic vinegar

Directions

Melt the butter in a large skillet over medium to medium-high heat. Add the yellow squash and zucchini; cook and stir until lightly browned and tender. Transfer to a bowl, and toss with balsamic vinegar.

Vegetable Medley II

Ingredients

1 cooking spray
1 tomato, diced
1 pinch garlic pepper seasoning
2 cups fresh mushrooms, sliced
2 yellow squash, cubed
2 zucchini, cubed

Directions

Spray a large skillet with cooking spray and add tomatoes. Cook over medium heat for 5 minutes and add garlic pepper. Stir in mushrooms, squash and zucchini. Simmer until vegetables are tender crisp, 10 to 15 minutes.

Parmesan Pork Tenderloin

Ingredients

1 pound pork tenderloin
3 tablespoons fine dry bread crumbs
1 tablespoon grated Parmesan cheese
1 teaspoon salt
1/8 teaspoon pepper
2 teaspoons vegetable oil
1 small onion, thinly sliced
1 clove garlic, minced
2 small zucchini or summer squash, thinly sliced

Directions

Cut tenderloin crosswise into 12 slices, approximately 3/4-inch thick. Place each slice on its cut surface and flatten with heel of hand to 1/2-inch thickness. Combine crumbs, Parmesan cheese, salt and pepper; dredge pork slices to coat.

Heat oil over medium-high heat in nonstick pan. Saute pork for 2 to 3 minutes per side; remove and keep warm. Add onion, garlic and zucchini or squash to skillet and saute 5 minutes or until tender.

Light Zucchini Casserole

Ingredients

1 pound zucchini, shredded
1 small onion, grated
1/3 cup buttermilk
2 tablespoons vegetable oil
1/2 cup grated Parmesan cheese
1 cup biscuit baking mix

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch pie pan.

In a medium bowl combine zucchini, onion, buttermilk, oil, cheese and biscuit mix. Mix well and pour into prepared pie pan.

Bake in preheated oven for 1 hour, or until lightly browned.

Piggy-iggy Casserole

Ingredients

1/2 zucchini, thinly sliced
1/2 pound ground beef
1 1/2 teaspoons salt
1 1/2 teaspoons ground black pepper
1 cup crushed potato chips
1 jalapeno pepper, chopped
6 slices American cheese
1 teaspoon dried basil
1/2 cup water

Directions

Preheat an oven to 375 degrees F (190 degrees C). Grease a 9x13-inch casserole dish.

Arrange the zucchini in a single layer in the bottom of the prepared dish. Season the ground beef with the salt and pepper; spread gently over the layer of zucchini. Sprinkle the crushed potato chips over the beef. Scatter the jalapeno pepper over the chips. Place the cheese slices in a single layer atop the chips and jalapeno peppers.

Bake in the preheated oven until the cheese begins to melt, about 5 minutes; sprinkle the basil over the cheese and return to oven for another 5 minutes. Pour the water into the casserole dish; continue baking until the ground beef is cooked through entirely, about 35 minutes.

Brown Rice and Black Bean Casserole

Ingredients

1/3 cup brown rice
1 cup vegetable broth
1 tablespoon olive oil
1/3 cup diced onion
1 medium zucchini, thinly sliced
2 cooked skinless boneless chicken breast halves, chopped
1/2 cup sliced mushrooms
1/2 teaspoon cumin
salt to taste
ground cayenne pepper to taste
1 (15 ounce) can black beans, drained
1 (4 ounce) can diced green chile peppers, drained
1/3 cup shredded carrots
2 cups shredded Swiss cheese

Directions

Mix the rice and vegetable broth in a pot, and bring to a boil. Reduce heat to low, cover, and simmer 45 minutes, or until rice is tender.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large casserole dish.

Heat the olive oil in a skillet over medium heat, and cook the onion until tender. Mix in the zucchini, chicken, and mushrooms. Season with cumin, salt, and ground cayenne pepper. Cook and stir until zucchini is lightly browned and chicken is heated through.

In large bowl, mix the cooked rice, onion, zucchini, chicken, mushrooms, beans, chiles, carrots, and 1/2 the Swiss cheese. Transfer to the prepared casserole dish, and sprinkle with remaining cheese.

Cover casserole loosely with foil, and bake 30 minutes in the preheated oven. Uncover, and continue baking 10 minutes, or until bubbly and lightly browned.

Zucchini Raisin Cookies

Ingredients

1/2 cup shortening
1 cup sugar
1 egg
1 cup shredded peeled zucchini
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1 cup raisins

Directions

In a mixing bowl, cream shortening and sugar. Add egg; beat well. Stir in zucchini; set aside. Combine flour, baking soda, cinnamon, baking powder, salt, nutmeg and cloves. Add to zucchini mixture; stir until thoroughly combine. Stir in raisins. Drop by rounded teaspoonfuls 2 in. apart on greased baking sheets. Bake at 375 degrees F for 12-15 minutes or until golden brown. Cool on pans for 2 minutes before removing to a wire rack. Cookies are cake-like.

Streuseled Zucchini Bundt Cake

Ingredients

3 cups all-purpose flour
3/4 cup sugar
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
2 egg whites
1 egg
1 1/3 cups fat-free plain yogurt
1/3 cup canola oil
2 cups shredded zucchini, patted dry
4 teaspoons vanilla extract, divided
1 tablespoon dry bread crumbs
1/3 cup packed brown sugar
1/3 cup chopped walnuts
1/3 cup raisins
1 tablespoon ground cinnamon
1/2 teaspoon ground allspice
3/4 cup confectioners' sugar
2 teaspoons fat free milk

Directions

In a large mixing bowl, combine the first five ingredients. In another bowl, beat the egg whites, egg, yogurt and oil until blended. Stir in zucchini and 3 teaspoons vanilla. Add to dry ingredients; mix well.

Coat a 10-in. fluted tube pan with nonstick cooking spray; sprinkle with bread crumbs. Pour a third of the batter into pan. Combine the brown sugar, walnuts, raisins, cinnamon and allspice; sprinkle half over batter. Top with another third of the batter. Sprinkle with remaining brown sugar mixture; top with remaining batter.

Bake at 350 degrees F for 55-65 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely. In a small bowl, combine confectioners' sugar, milk and remaining vanilla; drizzle over cake.

Greek Pasta Salad with Shrimp, Tomatoes,

Ingredients

Dijon Vinaigrette

1/4 cup rice wine vinegar

2 tablespoons Dijon mustard

1 large clove garlic, minced

Big pinch of salt

Black pepper, to taste

2/3 cup extra-virgin olive oil

Pasta Salad

2 medium zucchini, thinly sliced lengthwise

1 medium yellow pepper, halved lengthwise, seeded

2 tablespoons olive oil

Ground black pepper and salt, to taste

2 tablespoons salt for pasta water

1 pound medium pasta shells

1 pound cooked shrimp, halved lengthwise

8 ounces cherry tomatoes, halved

3/4 cup coarsely chopped, pitted Kalamata olives

1 cup crumbled feta cheese

1/2 small red onion, cut into small dice

2 teaspoons dried oregano

Directions

To make the vinaigrette, whisk together the first five ingredients, then slowly whisk in the oil for a thick consistency. Pour into a jar with a tight-fitting lid to transport it to the picnic.

Adjust oven rack to highest position and turn broiler on high. Toss zucchini and bell pepper with olive oil, salt and pepper, and arrange on a large baking sheet with sides. Broil eight to 10 minutes, until spotty brown, turning zucchini slices and pepper halves once. Set aside in a large bowl to cool, then cut into bite-sized pieces.

Bring 1 gallon of water and 2 Tbs. of salt to boil. Add pasta; boil using package times, until just tender. Drain thoroughly (do not rinse) and dump onto the baking sheet. Set aside to cool.

Put vegetables, pasta and remaining ingredients (except dressing) in the bowl or a gallon-sized zipper bag (can be refrigerated for several hours). To serve, add dressing; toss to coat.

Corn Zucchini Skillet

Ingredients

3 ears corn, husked and cleaned
1 tablespoon butter
1 onion, diced
3 small zucchini, cut into 1/4-inch slices
3 small yellow summer squash, cut into 1/4-inch slices
salt and pepper to taste
1 cup lightly packed shredded Cheddar cheese

Directions

Fill a saucepan with water, bring it to a boil, and boil the ears of corn until partially cooked, about 3 minutes. Plunge the ears of corn into ice water to chill, then cut the kernels off the cobs into a bowl.

Melt the butter in a large skillet with a lid over medium heat, and cook and stir the onion until translucent and beginning to brown, about 5 minutes. Stir in the corn; cook and stir until cooked through, about 5 minutes. Add the zucchini and yellow squash slices, and reduce the heat to medium-low. Cover and cook, stirring occasionally, until the squash are tender and the liquid from the vegetables is cooked away, about 8 minutes.

Remove the lid, season the vegetables with salt and pepper, and sprinkle with Cheddar cheese. Place the lid back on the skillet, and turn off the heat. Allow the cheese to melt, and serve hot.

Soft Zucchini Spice Cookies

Ingredients

1/2 cup butter, softened
1 cup packed brown sugar
1 egg
1 3/4 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
3/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon ground cloves
1/4 cup milk
1 1/2 cups grated zucchini
1/2 cup chopped walnuts
1/2 cup raisins
1 teaspoon orange zest

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.

In a large bowl, cream together the butter and brown sugar until smooth, then beat in the egg. Combine the flour, baking powder, salt, cinnamon, nutmeg and cloves; stir into the creamed mixture alternately with the milk. Finally, mix in the zucchini, walnuts, raisins and orange zest. Drop by heaping spoonfuls onto the prepared cookie sheets.

Bake for 12 to 15 minutes in the preheated oven, or until the edges are lightly browned.

Easy Lemon Chicken and Rice

Ingredients

1 1/2 teaspoons cornstarch
1/4 teaspoon garlic powder
1/4 teaspoon grated lemon peel
3/4 cup chicken broth
4 teaspoons lemon juice
1/2 cup julienned sweet red pepper
1/2 cup thinly sliced zucchini
1 tablespoon butter or margarine
3/4 cup uncooked instant rice
3/4 cup cubed cooked chicken breast

Directions

In a bowl, combine cornstarch, garlic powder and lemon peel. Stir in broth and lemon juice until smooth; set aside. In a 3-cup microwave-safe dish, cook pepper and zucchini in butter until crisp-tender. Stir in broth mixture and rice. Cover; microwave on high for 4 minutes. Stir in chicken. Cover and let stand for 5 minutes; fluff rice. Cook 30-45 seconds, until heated through.

Chicken Soup

Ingredients

1 boneless chicken breast half,
cooked and diced
2 cups water
2 carrots, chopped
1 zucchini, diced
1 clove garlic, minced
1/2 teaspoon chicken broth base

Directions

Put cooked chicken meat and water in a large pot and bring to a boil.

Add the carrots, zucchini and garlic and simmer all together for 5 to 10 minutes.

Add the chicken broth and simmer for an additional 5 minutes.
Serve.

Thai Chicken

Ingredients

1 (8 ounce) package rice noodles
boiling water to cover
1 tablespoon peanut oil
1 onion, chopped
1 zucchini, diced
1/2 cup sliced mushrooms
1 pound skinless, boneless
chicken breast meat - cubed
3 tablespoons fish sauce
1 teaspoon green curry paste
2 tablespoons white sugar
1/2 (10 ounce) can coconut milk
2 tablespoons chopped cilantro

Directions

Place the rice noodles in a bowl. Pour the boiling water over the noodles; set aside.

Heat the oil in a large wok or skillet over medium-high heat. Cook and stir the onion, zucchini, and mushrooms until softened; remove from skillet, reserving the oil, and set aside.

Reheat the remaining oil in the skillet. Cook and stir the chicken in the hot oil until no longer pink, about 5 minutes. Return the vegetable mixture to the skillet and add the fish sauce, curry paste, and sugar; stir to coat the chicken and vegetables with sauce.

Drain the rice noodles and add to the mixture. Pour the coconut milk into the skillet and stir to combine. Sprinkle with cilantro to serve.

Stuffed Zucchini I

Ingredients

1 1/2 pounds zucchini, halved
1 1/2 cups dry bread crumbs
2 ounces shredded Cheddar cheese
1/4 cup minced onion
2 tablespoons chopped fresh parsley
1 1/4 teaspoons salt
1/4 cup grated Parmesan cheese, divided
2 eggs, beaten
2 tablespoons butter, diced

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of salted water to a boil. Add zucchini and cook until tender, about 15 minutes; drain. Scoop out the flesh of the zucchini, making a 'boat'.

In a medium bowl combined zucchini flesh, bread crumbs, Cheddar cheese, onion, parsley, salt, most of the Parmesan cheese and egg. Fill zucchini boats with mixture. Dot tops with butter and sprinkle with remaining Parmesan cheese.

Bake in preheated oven for 30 minutes.

Veggie Sausage Strata

Ingredients

2 pounds bulk Italian sausage
2 medium green peppers,
coarsely chopped
1 medium onion, chopped
8 eggs
2 cups milk
2 teaspoons salt
2 teaspoons white pepper
2 teaspoons ground mustard
12 slices bread, cut into 1/2-inch
pieces
1 (10 ounce) package frozen
chopped spinach, thawed and
squeezed dry
2 cups shredded Swiss cheese
2 cups shredded Cheddar cheese
1 medium zucchini, cut into 1/4-
inch slices

Directions

In a large skillet, cook the sausage, green peppers and onion over medium heat until meat is no longer pink; drain. In a large bowl, whisk the eggs, milk, salt, pepper and mustard. Stir in the sausage mixture, bread, spinach, cheeses and zucchini. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Cover and refrigerate overnight.

Remove from the refrigerator 30 minutes before baking. Cover and bake at 350 degrees F for 40 minutes. Uncover; bake 40-45 minutes longer or until a knife inserted near the center comes out clean.

Zucchini Pie with Crumb Topping

Ingredients

1 (9 inch) unbaked pie crust
1 cup peeled, cubed zucchini
2 eggs
1 cup white sugar
1/2 cup butter, melted
2 tablespoons all-purpose flour
1/2 teaspoon vanilla extract

1/2 cup all-purpose flour
1/2 cup brown sugar
3 tablespoons butter

Directions

Preheat oven to 350 degrees F (175 degrees C). Line a 9-inch pie dish with the pie crust, and place the pie dish onto a baking sheet.

Place zucchini into the work bowl of a food processor, and process until pureed. Transfer the puree to a bowl, and whisk with eggs, 1 cup white sugar, 1/2 cup melted butter, 2 tablespoons flour, and the vanilla extract. Pour the mixture into the pie crust.

Place 1/2 cup flour, brown sugar, and 3 tablespoons of butter into a bowl, and cut the mixture with a pastry cutter until the topping resembles coarse crumbs. Sprinkle the topping evenly over the pie filling.

Bake in the preheated oven until the filling is set and the topping is lightly browned, about 45 minutes. Allow to cool for at least 30 minutes before serving.

Lynda's Zucchini

Ingredients

2 zucchini, cut into 1/2-inch slices
1 cup shredded Cheddar cheese
2 tablespoons butter

Directions

Prepare the broiler. Lightly grease a medium baking sheet.

Over medium-low heat melt butter in a large saucepan. Stir in zucchini and cook slowly, stirring occasionally until zucchini is soft and golden brown.

Spread zucchini on the baking sheet and top with cheese.

Broil until cheese is melted.

Rosemary Zucchini Sticks

Ingredients

2 medium zucchini, peeled
1 cup seasoned bread crumbs
1 tablespoon minced fresh
rosemary
1 egg
1 tablespoon water

Directions

Cut each zucchini in half widthwise, then cut each half lengthwise into quarters. In a shallow bowl, combine bread crumbs and rosemary. In another bowl, beat egg and water. Dip zucchini in egg mixture, then coat with crumb mixture. Coat again in egg and crumbs. Arrange on a baking sheet coated with nonstick cooking spray. Bake at 375 degrees F for 20-25 minutes or until tender and golden, turning once.

Zucchini Cake III

Ingredients

- 4 eggs
- 2 cups white sugar
- 1 cup vegetable oil
- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 (8 ounce) can crushed pineapple, drained
- 1 cup chopped walnuts
- 2 cups grated zucchini
- 2 teaspoons vanilla extract
- 1 cup confectioners' sugar
- 2 tablespoons milk

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a tube pan.

Sift together flour, cinnamon, salt, baking powder, and baking soda on to a piece of waxed paper.

In a large bowl, beat eggs and sugar until light colored. Mix in oil. Add sifted ingredients to egg mixture, and beat for 2 minutes. Stir in pineapple, chopped nuts, vanilla, and zucchini. Mix thoroughly. Pour batter into prepared pan.

Bake for 80 minutes, or until tester inserted in the center of the cake comes out clean. Cool for 30 minutes.

To Make Glaze: In a small bowl, combine the confectioners' sugar and the milk. When cake has cooled, pour glaze over cake.

Summer Salad

Ingredients

1 yellow squash, diced
1 zucchini, diced
3 green onions, sliced
1 carrot, cubed
1/2 green bell pepper, diced
1 tomato, chopped
1/2 cup fat free ranch dressing
salt to taste
ground black pepper to taste

Directions

Toss vegetables with dressing, and chill for at least 1 hour. Season with salt and black pepper, and serve.

Lulu's Tomato Hot Pot

Ingredients

1 cup small seashell pasta
1 (16 ounce) can whole peeled tomatoes, chopped
1 pound Italian sausage, cut into 1/2 inch pieces
1 (15 ounce) can Italian tomato sauce
7 cups beef stock
1 cup chopped onion
1 clove garlic, minced
1 cup sliced carrots
1 teaspoon dried basil
1 teaspoon dried oregano
2 cups sliced zucchini
1 cup sliced fresh mushrooms
1 large green bell pepper, diced
1/4 cup chopped fresh parsley
1 1/2 cups sliced dill pickles

Directions

Cook pasta in a large pot of boiling water until al dente. Drain.

Combine tomatoes, sausages, tomato sauce, stock, onion, garlic, carrots, basil, and oregano in a large pot. Simmer over medium low heat for 30 minutes.

Add zucchini, mushrooms, green pepper, parsley, pickles and cooked pasta; simmer for 1 hour, adding water as necessary.

Zucchini Casserole

Ingredients

1 1/3 cups sliced zucchini
3/4 cup water
1 medium onion, chopped
1 tablespoon chopped green pepper
1 egg
1/2 cup mayonnaise
1/3 cup grated Parmesan cheese
1/4 teaspoon salt
1/8 teaspoon pepper
1/3 cup crushed butter-flavored crackers

Directions

In a saucepan, combine the zucchini, water, onion and green pepper; bring to a boil. Reduce heat. Cover and simmer for 5 minutes or until vegetables are crisp-tender; drain.

In a bowl, beat the egg. Add mayonnaise, Parmesan cheese, salt and pepper; mix well. Stir into vegetable mixture. Transfer to a greased 1-qt. baking dish; sprinkle with cracker crumbs. Bake, uncovered, at 350 degrees F for 25-30 minutes or until golden brown.

Zucchini, Chicken and Rice Casserole

Ingredients

Vegetable cooking spray
1 (12 ounce) package refrigerated
or thawed frozen breaded cooked
chicken tenders, cut into bite-
sized strips
2 large zucchini, cut in half
lengthwise and thinly sliced
1 (7 ounce) jar whole roasted
sweet peppers, drained and thinly
sliced
1 cup uncooked quick-cooking
brown rice
1 (10.75 ounce) can Campbell's®
Condensed Cream of Celery Soup
or Campbell's® Condensed 98%
Fat Free Cream of Celery Soup
1 (10.75 ounce) can water
1/2 cup sour cream

Directions

Heat the oven to 375 degrees F. Spray a 3-quart shallow baking dish with the cooking spray.

Stir the chicken, zucchini, peppers and rice in the baking dish.

Stir the soup, water and sour cream in a small bowl. Pour the soup mixture over the chicken mixture. Cover the baking dish.

Bake for 35 minutes or until the rice is tender. Let stand for 10 minutes. Stir the rice before serving.

Meatball Orzo Soup

Ingredients

4 (14 ounce) cans chicken broth
2 (14 ounce) packages frozen
cooked meatballs, thawed
1 small zucchini, shredded
3/4 cup orzo pasta
1 teaspoon ground black pepper
1 teaspoon dried parsley flakes
1/4 cup lemon juice
2 eggs

Directions

Pour chicken broth into a large pot and mix in meatballs, zucchini and orzo. Season with pepper and parsley. Bring to a boil, reduce heat to low and simmer uncovered 30 minutes.

In a bowl, beat together lemon juice and eggs. Mix 1/4 cup hot soup into bowl, then stir entire mixture into the pot. Serve soup hot.

Carrot Zucchini Bread

Ingredients

3 1/2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon ground cinnamon
2 eggs, lightly beaten
1 1/2 cups buttermilk
2 tablespoons butter, melted
1/2 cup packed brown sugar
1 cup shredded zucchini
1 cup shredded carrot
orange, zested
lemon, zested
1/2 cup chopped walnuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease two 9x5-inch loaf pans. Sift together the flour, baking powder, baking soda, salt, and cinnamon; set aside.

Combine the eggs, buttermilk, and melted butter in a mixing bowl. Stir in the brown sugar. Add the zucchini, carrots, and orange and lemon zests.

Stir the dry ingredients to the wet ingredients and stir gently until just combined. Fold in the walnuts.

Pour batter into prepared loaf pans. Bake at 350 degrees F (175 degrees C) for 60 to 75 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 10 minutes before removing to a wire rack to cool completely.

Layered Zucchini Pie

Ingredients

1/2 pound bulk Italian sausage
1 tablespoon olive oil
3 zucchini, cut into 1/4 inch slices
3 cloves garlic, minced
2 tablespoons chopped fresh basil
salt and pepper to taste
2 (8 ounce) packages refrigerated crescent rolls
1 cup shredded mozzarella cheese
1/2 cup grated Parmesan cheese
1/4 cup sun-dried tomato pesto
3 eggs
1/3 cup heavy cream
1 teaspoon paprika

Directions

Preheat an oven to 375 degrees F (190 degrees C). Line a 10 inch springform pan with parchment paper.

Heat a large skillet over medium-high heat. Stir in the Italian sausage; cook and stir until evenly browned, about 10 minutes. Drain well and reserve.

Heat the olive oil the skillet over medium heat. Stir in zucchini and garlic; cook until zucchini is lightly browned, about 10 minutes. Stir basil into the skillet; cover and simmer until zucchini is soft, about 5 minutes. Season with salt and pepper to taste. Cool slightly; place in a square of cheesecloth or a colander and squeeze dry.

Use one can of crescent dough to form a crust in the springform pan, pressing dough up sides. Layer 1/2 cup mozzarella , the cooked zucchini, the cooked sausage, and the remaining 1/2 cup of mozzarella in the crust. Sprinkle with Parmesan cheese; dot with the pesto. Beat the eggs, cream, and paprika in a large bowl; season with salt and pepper. Pour egg mixture over layered ingredients in crust. Place remaining crescent dough, in one piece, on top of pan to form a top crust. Trim; poke hole in the middle to vent.

Place pan on a baking sheet. Bake in preheated oven for 35 minutes. Cover with aluminum foil; bake an additional 15 minutes. Turn off oven; allow pie to rest in warm oven for 20 minutes. Serve warm, or refrigerate for at least 3 hours to serve chilled.

Zucchini Bake

Ingredients

1/2 cup chopped onion
3 cups grated zucchini
1 tablespoon vegetable oil
1 1/4 cups rolled oats
1/4 cup shredded low-fat
mozzarella cheese
1/4 cup egg substitute
1/2 teaspoon dried basil
7/8 teaspoon ground black
pepper
1/3 cup tomato sauce

Directions

Preheat oven to 375 degrees F (190 degrees C).

Coat an 8x12 inch glass baking dish with vegetable cooking spray.

In a medium size frying pan saute onion in oil until tender.

In a medium size mixing bowl combine onion, zucchini, oats, mozzarella cheese, egg, basil or oregano, and pepper. Mix well. Spread mixture into the greased 8x12 inch baking pan. Spread tomato sauce evenly over the top. Bake in the preheated oven for 30 minutes or until heated through.

Chicken, Sausage and Zucchini Pasta

Ingredients

1 (16 ounce) package rotini pasta
4 (3.5 ounce) links Italian sausages, sliced
2 skinless, boneless chicken breast halves, cubed
1 onion, chopped
1 clove garlic, minced
1 green bell pepper, diced
1 teaspoon Italian seasoning
salt to taste
ground black pepper to taste
1 (14.5 ounce) can diced tomatoes
1 3/4 cups spaghetti sauce
1 (4.5 ounce) can sliced mushrooms
3 zucchinis, thickly sliced

Directions

In a large pot with boiling salted water cook rotini pasta until al dente. Drain.

Meanwhile, in a large Dutch oven cook sliced Italian sausage until brown. Add cubed chicken and cook until no pink remains in either meat. Add onion, garlic, green bell pepper, Italian seasoning, salt and ground black pepper and stir together. Cover and simmer until vegetables are tender. Stir in tomatoes, spaghetti sauce, mushrooms, and zucchini. Simmer until zucchini is tender yet crisp.

Toss cooked pasta with sauce. Serve warm.

Jon's Corn and Zucchini

Ingredients

1 stick butter
1 zucchini, cubed
1 onion, chopped
1 (15.5 ounce) can sweet corn,
drained
4 black olives, chopped
1 clove garlic, minced
1/2 teaspoon Cajun seasoning
blend (such as Tony Chachere's®)

Directions

Melt the butter in a skillet over medium heat. Add the zucchini, onion, sweet corn, black olives, and garlic to the skillet; season with the Cajun seasoning blend. Cook and stir until the vegetables have softened, about 10 minutes.

Oven Baked Tempeh

Ingredients

1 1/2 teaspoons olive oil
1/8 teaspoon crushed red pepper flakes
1 leek, sliced
1/3 cup shallots, chopped
1/2 cup red bell pepper, chopped
4 cloves garlic, minced
2 cups baby carrots, halved
1 cup diced zucchini
1 (8 ounce) package seasoned tempeh
1/2 cup dry sherry
1 tomato, chopped
1 tablespoon tamari

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place oil and crushed red pepper in a stovetop-safe and oven proof 2 quart casserole dish. Saute over medium heat for 1 minute. Add leek, shallot, red bell pepper and garlic. Saute for 3 minutes. Add the carrots and zucchini. Saute, stirring frequently for 5 minutes. Add the tempeh and saute for 5 more minutes. Add the sherry, tomato and tamari. Saute for an additional 5 minutes.

Cover casserole dish and bake in at 350 degrees F (175 degrees C) for 30 minutes.

Vegetable Pasta Salad II

Ingredients

1 zucchini, cubed
1 eggplant, cubed
1 onion, chopped
1 green bell pepper, chopped
1 clove minced garlic
2 tablespoons olive oil
1 (12 ounce) package
rotini/corkscrew pasta
2 chopped tomatoes
3 ounces diced feta cheese
1 cup Italian-style salad dressing

Directions

Preheat oven to 350 degrees F (175 degrees C).

Combine zucchini, eggplant, onion, bell pepper and garlic in a baking dish. Toss with olive oil. Bake for about 20 minutes. Remove from oven and cool.

Bring a large pot of lightly salted water to a boil. Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water.

In a bowl combine vegetable mixture, cooled pasta, tomatoes, Feta cubes, and salad dressing; toss until well mixed.

Zucchini Crust Pizza

Ingredients

3 cups shredded zucchini
3/4 cup egg substitute
1/3 cup all-purpose flour
1/2 teaspoon salt
2 cups shredded part-skim
mozzarella cheese
2 small tomatoes, halved and
thinly sliced
1/2 cup chopped onion
1/2 cup julienned green pepper
1 teaspoon dried oregano
1/2 teaspoon dried basil
3 tablespoons shredded
Parmesan cheese

Directions

In a bowl, combine zucchini and egg substitute; mix well. Add flour and salt; stir well. Spread onto the bottom of a 12-in. pizza pan coated with nonstick cooking spray.

Bake at 450 degrees F for 8 minutes. Reduce heat to 350 degrees F. Sprinkle with mozzarella, tomatoes, onion, green pepper, oregano, basil and Parmesan cheese. Bake for 15-20 minutes or until onion is tender and cheese is melted.

Elena's Linguini with Clam Sauce

Ingredients

1 (16 ounce) package linguine pasta
1/2 cup butter
1/4 cup olive oil
1 tablespoon minced garlic, or to taste
2 (6.5 ounce) cans minced clams, drained with juice reserved
2 (6.5 ounce) cans chopped clams, drained with juice reserved
1 tablespoon cornstarch, or as needed
1 (8 ounce) bottle clam juice
2 (8 ounce) cans mushroom pieces, drained
2 zucchini, grated
2 teaspoons cayenne pepper, or to taste
salt to taste
1/2 bunch Italian flat leaf parsley, chopped
1/4 cup grated Parmesan cheese

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the linguine, and return to a boil. Cook, uncovered, stirring occasionally, until the pasta is cooked through but still firm to the bite, about 11 minutes. Drain; return to the pot to keep warm.

Meanwhile, melt the butter with olive oil in a large skillet over medium heat. Cook and stir the garlic, minced clams, and chopped clams for 5 minutes. Add the reserved clam juice and cook for a few more minutes.

In a separate bowl, whisk the cornstarch with part of the bottled clam juice. Stir the cornstarch mixture into the skillet. Adjust the thickness of the sauce, if needed, by whisking a little more cornstarch with more bottled clam juice, and adding to the sauce. Pour the remaining bottled clam juice into the skillet.

Stir in the mushroom pieces, grated zucchini, cayenne pepper, and salt. Cook over medium heat, stirring occasionally, until zucchini is tender, about 5 minutes. Stir in the parsley; remove from heat. Pour the clam sauce over the drained linguine. Mix well; serve with Parmesan cheese.

Crustless Mushroom-Spinach Quiche

Ingredients

1 1/2 cups sliced fresh mushrooms
1 1/2 cups thinly sliced zucchini
1 cup chopped green pepper
1/2 cup chopped onion
1 clove garlic, minced
2 teaspoons canola oil
1 (15 ounce) container part-skim ricotta cheese
1 1/4 cups egg substitute
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
3/4 cup crumbled feta cheese
1 tablespoon minced fresh parsley
1 1/2 teaspoons minced fresh thyme
1/2 teaspoon salt
1/4 teaspoon pepper
2 medium tomatoes, seeded and chopped

Directions

Line the bottom of a 9-in. springform pan coated with nonstick cooking spray with heavy-duty foil; set aside. In a large nonstick skillet, saute the mushrooms, zucchini, green pepper, onion and garlic in oil until tender; drain.

In a large bowl, combine ricotta cheese and egg substitute. Stir in the spinach, feta, parsley, thyme, salt and pepper. Stir in mushroom mixture.

Transfer to prepared pan. Bake at 350 degrees F for 45-55 minutes or until edges are lightly browned and a knife inserted near the center comes out clean. Let stand for 10 minutes. Carefully remove sides of pan. Top each serving with tomatoes.

Zucchini and Onion Pancake

Ingredients

3 zucchini
1 large onion
1 teaspoon dried oregano
salt and pepper to taste
1/4 cup butter

Directions

Grate zucchini and onion into a medium bowl, and drain off excess juices. Stir in the oregano and salt and pepper to taste.

Heat a frying pan over medium high heat and melt butter in the pan. When butter has coated the pan, arrange the zucchini in a flat layer over the bottom of the pan. Fry until golden brown on both sides, about 5 minutes per side. Serve warm.

Parmesan Zucchini Spears

Ingredients

3 small zucchinis
1 teaspoon olive oil
1/2 teaspoon grated lemon peel
1/8 teaspoon salt
1/8 teaspoon pepper
1 tablespoon grated Parmesan cheese

Directions

Cut zucchini lengthwise into quarters, then cut in half crosswise. In a large nonstick skillet, cook and stir zucchini in oil over medium heat for 4 minutes. Sprinkle with lemon peel, salt and pepper. Cook and stir 4-5 minutes longer or until zucchini is crisp-tender. Remove from the heat; sprinkle with Parmesan cheese. Serve immediately.

Veggie No Boiling Lasagna

Ingredients

1 tablespoon olive oil
1 medium sweet onion, thinly sliced
1 medium red bell pepper, thinly sliced
1 medium zucchini, halved lengthwise and thinly sliced
2 (15 ounce) containers ricotta cheese
2 cups shredded mozzarella cheese
1/2 cup grated Parmesan cheese
2 eggs
2 (26 ounce) jars RaguB® Old World StyleB® Pasta Sauce
12 uncooked lasagna noodles

Directions

Preheat oven to 375 degrees F. Heat olive oil in 12-inch nonstick skillet over medium-high heat and cook onion, red pepper and zucchini, stirring occasionally, 5 minutes or until tender.

Meanwhile, combine ricotta cheese, 1 cup mozzarella cheese, 1/4 cup parmesan cheese and eggs in medium bowl.

Spread 1 cup pasta sauce in 13 x 9-inch baking dish. Layer 4 uncooked noodles, then 1 cup sauce, 1/2 of the ricotta mixture and 1/2 of the vegetables; repeat. Top with remaining uncooked noodles and 2 cups sauce. Reserve remaining sauce.

Cover tightly with aluminum foil and bake 1 hour. Remove foil and sprinkle with remaining mozzarella and Parmesan cheeses. Bake uncovered 10 minutes. Let stand 10 minutes before serving. Serve with reserved pasta sauce, heated.

Zucchini Coleslaw

Ingredients

2 cups coarsely shredded zucchini
2 cups shredded cabbage
1 medium carrot, shredded
2 green onions, sliced
1/2 cup thinly sliced radishes
1/3 cup light mayonnaise
1/3 cup mild picante sauce
1/2 teaspoon ground cumin

Directions

Drain zucchini by pressing between layers of paper towels. Place in a large bowl and combine with cabbage, carrot, onions and radishes. In a small bowl, combine remaining ingredients. Pour over vegetables and toss well. Cover and chill at least 1 hour.

Jamaican Spinach Soup

Ingredients

3 tablespoons olive oil
1 onion, chopped
2 stalks celery, chopped
4 cloves garlic, minced
2 tablespoons fresh ginger root, minced
1 tablespoon turbinado sugar
2 teaspoons sea salt
1/4 teaspoon ground turmeric
1/4 teaspoon ground allspice
1/4 teaspoon ground nutmeg
2 potatoes, peeled and diced
4 cups chopped zucchini
6 cups vegetable stock
1 pinch cayenne pepper
1 cup chopped fresh spinach
1/2 red bell pepper, minced

Directions

Heat the oil in a large pot over medium heat. Stir in onion, celery, garlic, ginger, and sugar. Cook 5 minutes, until onion is tender. Season with salt, turmeric, allspice, and nutmeg. Mix in potatoes and zucchini, and pour in the vegetable stock. Bring to a boil, reduce heat to low, and simmer 10 minutes, or until potatoes are tender.

Remove soup from heat, season with cayenne pepper, and stir in spinach. Using a hand blender, blend soup until smooth. Garnish with red bell pepper to serve.

Roasted Garlic Zucchini and Tomatoes

Ingredients

2 zucchini cut in half lengthwise,
then cut into 1/2-inch half moons
2 cups quartered ripe tomatoes
1/2 onion, minced
3 cloves garlic, minced
1/2 teaspoon crushed red pepper
flakes
1/4 cup olive oil
salt and pepper to taste
1/2 cup grated Parmesan cheese
1 tablespoon chopped fresh basil

Directions

Preheat oven to 450 degrees F (230 degrees C). Lightly grease a 9x13 inch baking dish.

Combine the zucchini, tomatoes, onion, garlic, and red pepper flakes in the prepared baking dish. Drizzle with the olive oil, season with salt and pepper, and mix well.

Place in preheated oven. Roast until vegetables are tender and slightly golden, about 18 minutes. Remove from oven; sprinkle with the Parmesan cheese and basil.

Hearty Chicken Vegetable Soup III

Ingredients

1 zucchini, thinly sliced
1 yellow squash, thinly sliced
1 large white onion, diced
1/4 pound fresh green beans, trimmed and snapped
3/4 cup frozen corn kernels, thawed
1 (15 ounce) can white hominy
1 (15 ounce) can chickpeas
8 whole chicken wings, split
3 cubes chicken bouillon
5 tablespoons tomato sauce
1 tablespoon garlic powder
2 white potatoes, peeled and cubed
2 jalapeno peppers, julienned
6 1/2 cups water

Directions

In a large pot, combine zucchini, yellow squash, onion, green beans, corn, hominy, chickpeas, chicken, bouillon, tomato sauce, garlic powder, potatoes, jalapenos and water. Bring to a boil, reduce heat and simmer until chicken falls off the bone and flavors are well blended, 1 to 2 hours.

Zucchini Crisp

Ingredients

8 cups cubed peeled zucchini

3/4 cup lemon juice

1/2 cup sugar

2 teaspoons ground cinnamon

1 teaspoon ground nutmeg

TOPPING:

1 1/3 cups packed brown sugar

1 cup old-fashioned oats

1 cup all-purpose flour

2/3 cup cold butter or margarine

Directions

In a bowl, combine the zucchini, lemon juice, sugar, cinnamon and nutmeg; mix well. Pour into a greased 13-in. x 9-in. x 2-in. baking dish.

For topping, combine brown sugar, oats and flour in a bowl; cut in butter until crumbly. Sprinkle over the zucchini mixture. Bake at 375 degrees F for 45-50 minutes or until bubbly and the zucchini is tender.

Zucchini Pie III

Ingredients

2 (9 inch) unbaked pie crusts
4 cups zucchini, thinly sliced
3/4 cup white sugar
2 tablespoons tapioca
1/4 cup lemon juice
1/2 teaspoon salt
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
2 teaspoons cornstarch
2 teaspoons butter
1 tablespoon milk

Directions

Preheat oven to 400 degrees F (200 degrees C). Line a 9 inch pie pan with one pastry pie crust.

In a large bowl, stir together sugar, tapioca, salt, cinnamon, nutmeg and cornstarch. Add zucchini and lemon juice and blend well. Put mixture into pie crust. Dot with butter. Place second crust over pie crimping the edges together. Then brush top crust with milk and sprinkle with a little sugar if desired.

Bake in preheated oven for 15 minutes. Reduce oven temperature to 350 degrees F (175 degrees C) and bake for an additional 50 minutes.

Vegetarian Penne

Ingredients

2 cups uncooked penne or medium tube pasta
1/3 cup finely chopped onion
1 small yellow summer squash, sliced
1 small zucchini, sliced
1/2 cup sliced fresh mushrooms
1 teaspoon minced garlic
3 tablespoons butter
1 tablespoon all-purpose flour
1/2 teaspoon salt
1/4 teaspoon dried parsley flakes
1/4 teaspoon dried thyme
1/4 teaspoon pepper
1/4 cup heavy whipping cream

Directions

Cook pasta according to package directions. Meanwhile, in a large skillet, saute the onion, summer squash, zucchini, mushrooms and garlic in butter until tender.

In a bowl, whisk the flour, seasonings and cream until smooth; add to the skillet. Cook for 2-3 minutes or until thickened. Drain pasta and add to vegetable mixture. Cook for 2-3 minutes or until heated through.

Squash Blossom Crepes (Crepas de Flor de

Ingredients

2 eggs
3 cups skim milk
1/4 teaspoon salt
1 teaspoon melted butter
2 cups all-purpose flour

2 tablespoons butter
1 clove garlic, minced
1 onion, finely diced
1 cup chicken broth
1 pound zucchini blossoms,
rinsed and chopped
1 large tomato, seeded and diced
1 pinch ground nutmeg, or to
taste (optional)
1 tablespoon chopped fresh
epazote leaves (optional)
1 (8 ounce) container creme
fraiche
salt and black pepper to taste
2 cups half-and-half cream
1 cup grated Manchego cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Place the eggs, milk, 1/4 teaspoon salt, melted butter, and flour into a blender. Blend until no dry lumps of flour remain in the batter. Scrape down the sides of the blender as needed. Heat an oiled, non-stick skillet over medium heat. Pour in enough batter to cover half of the skillet. Tip and rotate the skillet until the batter covers the entire area. Cook until the batter turns from wet to moist, and the edges begin to curl away from the sides of the skillet. Turn the crepe over, and continue cooking until lightly golden on the other side. Place the crepe onto a plate, and cover with a kitchen towel to keep moist. Repeat with the remaining batter, lightly oiling the skillet as needed to keep the crepes from sticking.

Melt 2 tablespoons of butter in a large pot over medium heat. Stir in the garlic and onion, and cook until the onion has softened and turned translucent, about 5 minutes. Pour in the chicken broth, and simmer until reduced to half its original volume. Stir in the chopped zucchini blossoms, cover, and cook a few minutes until the squash blossoms have softened and reduced in volume. Stir in the tomato, nutmeg, and epazote until the tomato begins to soften, about 2 minutes. Add the creme fraiche, then season to taste with salt and pepper.

Roll about 2 tablespoons of zucchini filling in each crepe, and place into a 9x13-inch baking dish. Pour the half-and-half cream evenly over top of the crepes, and sprinkle with grated Manchego cheese. Cover the dish with aluminum foil, tenting if necessary so the foil does not touch the cheese.

Bake in the preheated oven until the crepes are hot and the cheese has melted, about 10 minutes.

Ma Bethie's Zucchini Bake

Ingredients

3 zucchini, thinly sliced or shredded
1 cup all-purpose biscuit baking mix
4 eggs, beaten
1/2 cup butter, melted
1/2 cup grated Parmesan cheese
1/2 cup shredded mozzarella or Cheddar cheese
1/2 cup chopped onion
1 teaspoon minced garlic
1/2 teaspoon dried oregano
2 tablespoons chopped fresh parsley
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Preheat oven to 350 degrees F (175 C).

In a large bowl, toss zucchini with baking mix until well coated. Add beaten eggs, melted butter, and Parmesan and mozzarella cheeses. Using a large spoon or your hands, work mixture together until well blended. Add onion, garlic, oregano, parsley, salt, and pepper, and mix again. Spread mixture into a 13x9 inch baking pan.

Bake in the preheated oven for 30 minutes, or until a toothpick inserted in the center comes out clean and top is golden brown. Serve warm or at room temperature.

Summer Pasta Salad II

Ingredients

1 pound rotini/corkscrew pasta
1 red bell pepper, chopped
1 small zucchini, sliced
1 small red onion, chopped
1 (2 ounce) can sliced black olives
1 (6 ounce) can artichoke hearts, drained
1/4 cup chopped fresh broccoli
1/2 pound salami, cut into strips
1/2 pound pepperoni, each piece cut into 4
1/2 pound mozzarella cheese, cut into strips
2 cups Italian-style salad dressing, divided
1/4 cup grated Parmesan cheese
2 tablespoons chopped fresh parsley
1 clove garlic, chopped
salt and pepper to taste
1 tomato, quartered

Directions

Bring a large pot of lightly salted water to a boil. Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain and rinse under cold water.

In a bowl combine cooked pasta, red pepper, zucchini, onion, olives, artichoke hearts, broccoli, salami, pepperoni and mozzarella cheese. Toss until well mixed. Pour on one cup of the dressing and mix well. Cool in the refrigerator until ready to serve.

When ready to eat, toss with remaining one cup of dressing, Parmesan cheese, parsley, salt, pepper and garlic. Garnish with tomato wedges

Zucchini Cakes

Ingredients

2 cups shredded zucchini
1 cup Italian seasoned bread
crumbs
1 egg
1 tablespoon mayonnaise
1 teaspoon prepared mustard
1 tablespoon Old Bay Seasoning
TM

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.

In a large bowl combine zucchini, bread crumbs, egg, mayonnaise, mustard and Old Bay Seasoning. Mix well and form into patties. Place on prepared baking sheet.

Bake for 20 minutes and turn patties. Bake for another 20 minutes, or until golden brown.

Asparagus-Zucchini Rice

Ingredients

1/2 tablespoon butter
1 onion, chopped
10 spears fresh asparagus,
trimmed and cut into 2 inch pieces
1 zucchini, sliced
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 teaspoon dried thyme
1/8 teaspoon garlic powder
1 pinch cayenne pepper
salt and pepper to taste
2 cups water
1 cup uncooked long-grain white
rice

Directions

In a medium saucepan over medium heat, melt the butter and saute the onion for about 2 minutes. Stir in asparagus and zucchini, and saute 5 minutes, or until tender. Season with oregano, basil, thyme, garlic powder, cayenne pepper, salt, and pepper. Cook and stir until vegetables are coated with the seasonings.

Pour water into the vegetable mixture, and stir in rice. Reduce heat, cover, and simmer 20 minutes, until the rice is tender.

Not Red Spaghetti Sauce

Ingredients

1 1/2 pounds Italian sausage
4 ounces fresh mushrooms, sliced
1/2 cup butter
2 cubes chicken bouillon
1/2 cup sherry
1 1/2 pounds zucchini, sliced
1/2 cup chopped green onion

Directions

In large skillet, over medium heat, cook sausage and mushrooms in butter, until sausage is brown. Add bouillon cubes and sherry and stir until bouillon is dissolved. Add zucchini and onion and cook, uncovered, until zucchini is crisp-tender. Serve over cooked pasta.

Zucchini Pie I

Ingredients

2 cups zucchini - peeled, seeded and sliced
2 eggs, beaten
2 cups white sugar
4 tablespoons all-purpose flour
1/2 teaspoon salt
1/2 cup margarine
2 cups evaporated milk
2 teaspoons vanilla extract
1 recipe pastry for a 9 inch single crust pie
1/4 teaspoon ground nutmeg

Directions

Preheat oven to 350 degrees F (175 degrees C). Place zucchini in a saucepan with enough water to cover, and boil until tender. Drain, and let stand in cold water for about 5 minutes, then drain.

In a bowl, mix together eggs, sugar, flour, salt, margarine, evaporated milk, and vanilla. Add cooked zucchini. In a blender or food processor, blend until smooth and creamy (pudding like). Pour into unbaked pie shell, and sprinkle with nutmeg.

Bake at 350 degrees F (175 degrees C) until knife comes out clean.

Zucchini Saute

Ingredients

1 tablespoon vegetable oil
1 onion, sliced
2 tomatoes, chopped
2 pounds zucchini, peeled and cut into 1 inch thick slices
1 green bell pepper, chopped
salt to taste
ground black pepper to taste
1/4 cup uncooked white rice
1/2 cup water

Directions

Heat oil in a saute pan over medium heat. Add onion, and cook and stir for 3 minutes. Add tomatoes, zucchini, and green pepper. Stir. Season to taste with salt and black pepper. Reduce heat, cover, and simmer for 5 minutes.

Stir in rice and water. Cover, and cook over low heat for 20 minutes.

Tarte Provencale

Ingredients

1/2 cup shredded Swiss cheese
1 (9 inch) prepared pie crust
2 teaspoons olive oil
1 onion, minced
1 clove garlic, minced
2 zucchini, cut in half lengthwise,
then cut into 1/2-inch half moons
6 tomatoes, cubed
1/2 teaspoon herbes de Provence,
or to taste
salt and pepper to taste
2 eggs
1/4 cup milk

Directions

Preheat oven to 350 degrees F (175 degrees C). Sprinkle the swiss cheese onto the bottom of the pie shell, and set aside.

Heat the olive oil in a skillet over medium heat. Stir in the onion and garlic, and cook until the onion has softened and turned translucent, about 5 minutes. Add the zucchini, tomatoes, and herbes de Provence, and cook 3 minutes more; season the mixture with salt and pepper to taste. Turn the heat to medium-low, cover, and cook until the vegetables are tender, about 20 minutes.

Spread the vegetable mixture into the pie shell over the shredded cheese, and flatten the top. Whisk together the eggs and milk, and pour over the vegetable mixture.

Bake in the preheated oven until the custard has set, about 20 minutes.

Pasta Pizzaz

Ingredients

1 pound farfalle (bow tie) pasta
1/3 cup olive oil
1 clove garlic, chopped
1/4 cup butter
2 small zucchini, quartered and sliced
1 onion, chopped
1 tomato, chopped
1 (8 ounce) package mushrooms, sliced
1 tablespoon dried oregano
1 tablespoon paprika
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add farfalle pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large skillet over medium heat, melt the butter with the olive oil and saute the garlic, zucchini, onion tomato, mushrooms, oregano, paprika, salt and pepper for 15 to 20 minutes. Combine the pasta and sauteed vegetables and toss.

Zucchini Oatmeal Cookies

Ingredients

1/2 cup shortening
1 teaspoon vanilla extract
3/4 cup honey
1 egg
1 cup all-purpose flour
1/8 teaspoon baking soda
1 teaspoon baking powder
1 pinch salt
1 cup rolled oats
1/2 cup chopped pecans
1/2 cup grated zucchini
1/2 cup raisins

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.

In a large mixing bowl, cream together the shortening, vanilla, and honey. Beat in the egg until well blended. Combine the flour, baking soda, baking powder and salt; stir into the honey mixture. Stir in the rolled oats, zucchini, pecans and raisins. Drop by teaspoonfuls on greased cookie sheet, and flatten slightly using a fork.

Bake 10 to 12 minutes in the preheated oven, until browned. Remove from cookie sheets to cool on a wire rack.

Italian White Bean Chicken

Ingredients

1 clove garlic, sliced
2 skinless, boneless chicken breast halves
2 zucchinis, sliced
1 (15.5 ounce) can white beans, drained
1 roma tomato, chopped
5 fresh basil leaves
ground black pepper to taste

Directions

Prepare a skillet with cooking spray and place over medium heat. Cook the garlic in the skillet until browned. Add the chicken and cook until slightly browned, about 3 minutes per side. Stir the zucchini and white beans into the skillet; cover and cook about 5 minutes. Scatter the tomato over the dish; cover again and cook another 2 minutes. Add the basil leaves and cook 1 minute more. Season with black pepper to serve.

Baked Vegetables I

Ingredients

2 potatoes, peeled and cubed
4 carrots, cut into 1 inch pieces
1 head fresh broccoli, cut into florets
4 zucchini, thickly sliced
salt to taste
1/4 cup olive oil
1 (1 ounce) package dry onion soup mix

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly oil a large, shallow baking dish.

Combine vegetables in prepared baking dish, and lightly salt. Brush with olive oil, and sprinkle with dry soup mix.

Bake for 30 to 45 minutes in the preheated oven, or until vegetables are tender. You can feel with a fork when they are ready.

Ken's Minestrone Soup

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1 onion, thinly sliced
- 2 large carrots, diced
- 1 (29 ounce) can Italian-style stewed tomatoes
- 1 (15 ounce) can cannellini beans
- 1 (15 ounce) can kidney beans
- 1 (15 ounce) can green beans, drained
- 1 small zucchini, sliced
- 1/4 teaspoon dried parsley
- 1 pinch dried basil
- 1 pinch dried oregano
- 1 pinch Italian seasoning
- 2 bay leaves
- 2 tablespoons vegetarian chicken flavor seasoning
- 1 pinch cayenne pepper

Directions

In a large 4 to 5 quart saucepan, heat olive oil over medium heat. Mix in garlic, onion and carrots. Saute the vegetables until just tender; approximately 5 minutes.

Add tomatoes with juice, cannellini beans, and kidney beans to the saucepan. Fill each can with water, and add the water to the saucepan. Mix in green beans and zucchini. Sprinkle parsley, basil, oregano, Italian seasoning, bay leaves, chicken-style seasoning, and cayenne pepper into the soup; stir well. Bring the soup to a boil, then reduce heat to simmer. Cover, and let simmer 30 minutes.

Veggie Sneak In Meatballs

Ingredients

- 1 egg
- 1/2 cup grated carrot
- 1/2 cup grated zucchini
- 1 small onion, grated
- 1 teaspoon kosher salt
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 pound ground turkey
- 1/2 cup grated Parmesan cheese
- 1/2 cup dry bread crumbs

Directions

Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.

Beat the egg in a mixing bowl, then stir in the carrot, zucchini, onion, salt, basil, and oregano. Add the turkey and Parmesan cheese; mix until evenly blended. Form the turkey mixture into 16 meatballs, roll in bread crumbs, and place onto the prepared baking sheet.

Bake in the preheated oven until the turkey is no longer pink on the inside, and the meatballs are golden brown, about 1 hour.

West Texas-Style Buffalo Chili

Ingredients

1 (8 ounce) package dry black beans
1 (8 ounce) package dry kidney beans
1 tablespoon chili powder
1/2 teaspoon crushed red pepper flakes
salt and pepper to taste
1 jalapeno pepper, seeded and minced
2 tablespoons vegetable oil
1 large sweet onion, chopped
2 green bell peppers, chopped
2 zucchini, diced
3 (10 ounce) cans diced tomatoes with green chile peppers
1 (10 ounce) can tomato sauce
1/2 (16 ounce) jar hot chunky salsa
2 tablespoons chili sauce
2 pounds ground buffalo

Directions

Soak beans in water overnight. Drain and rinse.

In a large pot, combine beans with water to cover. Bring to a boil, reduce heat, and simmer 1 to 2 hours, until tender. Once the beans have absorbed most of the water, and are starting to soften, season with chile powder, red pepper flakes, jalapeno, salt and pepper. Reserve the seeds.

Heat oil in a large heavy skillet over medium low heat. Saute the onion and bell peppers for 3 minutes. Stir in diced zucchini, diced tomatoes, tomato sauce and salsa. Season with jalapeno seeds and chili sauce, stir well, and leave on medium-low heat.

Place ground buffalo meat in a large, deep skillet. Cook over medium high heat until evenly brown. Drain excess fat. Stir buffalo and vegetable mixture into beans. Continue to simmer for 1 hour.

Chocolate Zucchini Bread II

Ingredients

3 cups all-purpose flour
1/4 cup unsweetened cocoa powder
1 tablespoon ground cinnamon
1 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon salt
2 cups white sugar
3 eggs
1 cup vegetable oil
2 teaspoons vanilla extract
2 cups shredded zucchini
1 cup chopped walnuts
1 cup semisweet chocolate chips

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.

In large bowl, combine flour, cocoa, cinnamon, baking soda, baking powder and salt, mix well. In separate bowl, combine sugar and eggs, beat until well blended. Add oil and vanilla; beat until combined. Stir in zucchini. Add flour mixture; stir just until moistened. Stir in nuts and chocolate chips. Spoon evenly into loaf pans.

Bake in preheated oven for 55 to 60 minutes, or until toothpick inserted in center comes out clean. Cool in pans for 10 minutes. Remove bread from pans; cool completely on wire rack.

Pumpkin Flower Soup (Sopa de Flor de Calabaza)

Ingredients

1 poblano chile, or more to taste
1 cup butter
2 large onions, minced
1 head garlic, minced, or to taste
4 cups diced zucchini
2 cups fresh corn kernels
1 cup diced carrots
2 cups tomato puree
6 cups water
1 sprig epazote (found in Hispanic markets)
4 cubes chicken bouillon
4 cups fresh pumpkin flowers, washed and coarsely chopped
1 1/2 cups heavy cream
salt and pepper to taste

Directions

Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil. Cut the poblano pepper in half from top to bottom; remove the stem and seeds, and place the pepper, cut side down, onto the prepared baking sheet. Cook under the preheated broiler until the skin of the pepper has blackened and blistered, about 5 minutes. Place the blackened pepper into a bowl, and tightly seal with plastic wrap. Allow the pepper to steam as it cools, about 10 minutes. Once cool, peel the skin from the pepper.

Melt the butter in a large sauce pan over medium-low heat, and cook and stir the onions until translucent, 3 to 5 minutes. Stir in the garlic, cook and stir for another 2 to 3 minutes until cooked but not browned, and add the zucchini, corn, and carrots. Cook and stir the vegetables until tender, about 15 minutes. Pour in the tomato puree and water, and add the epazote, chicken bouillon cubes, and peeled poblano pepper. Bring the mixture to a boil, reduce heat, and simmer for about 10 minutes.

Working in batches if necessary, pour the soup into a blender and blend until smooth. Pour the blended soup into a large saucepan, and bring to a simmer over medium-low heat. Stir in the chopped pumpkin flowers, and simmer until cooked and tender, 5 to 10 minutes. Stir in the cream, mix well, and add salt and pepper to taste.

Christian's Crazy Sherpa Potatoes

Ingredients

2 tablespoons butter
1 clove garlic, chopped
1/2 large potato, diced
1/4 cup green peas
1/4 cup chopped broccoli
1/4 cup chopped carrot
1/4 cup chopped zucchini
1/4 cup chopped green bell pepper
1/4 cup shredded Cheddar cheese

Directions

Melt butter over medium heat and saute garlic. Stir in potato, peas, broccoli, carrot, zucchini and bell pepper. Stirring occasionally, cook until potatoes start to brown, about 15 minutes. Serve with shredded cheese.

Flax Seed Zucchini Bread

Ingredients

2 3/4 cups all-purpose flour
1/4 cup soy flour
1 teaspoon salt
1 teaspoon baking soda
1/4 teaspoon baking powder
2 teaspoons ground cinnamon
1/2 cup silken tofu
3 eggs
1/2 cup honey
1 cup brown sugar
1/2 cup walnut oil
1 teaspoon almond extract
2 1/2 cups grated zucchini
1/2 cup crushed pineapple,
drained
1/2 cup chopped walnuts
1/2 cup ground flax seed

Directions

Preheat oven to 350 degrees F (175 degrees C). Whisk together the all-purpose flour, soy flour, salt, baking soda, baking powder, and cinnamon in a bowl until blended; set aside.

Place the tofu in a blender, and puree until smooth. Scrape into a bowl, and beat with the eggs, honey, brown sugar, walnut oil, and almond extract until smooth. Stir in the flour mixture until just moistened, then stir in the zucchini, pineapple, walnuts, and flax seed until combined. Divide this batter between two 8x4 inch ungreased loaf pans.

Bake in the preheated oven until a toothpick inserted into the center of the loaves comes out clean, about 1 hour. Cool in the pans on a wire rack before slicing.

Best Italian Sausage Soup

Ingredients

1 1/2 pounds sweet Italian sausage
2 cloves garlic, minced
2 small onions, chopped
2 (16 ounce) cans whole peeled tomatoes
1 1/4 cups dry red wine
5 cups beef broth
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
2 zucchini, sliced
1 green bell pepper, chopped
3 tablespoons chopped fresh parsley
1 (16 ounce) package spinach
fettuccine pasta
salt and pepper to taste

Directions

In a large pot, cook sausage over medium heat until brown. Remove with a slotted spoon, and drain on paper towels. Drain fat from pan, reserving 3 tablespoons.

Cook garlic and onion in reserved fat for 2 to 3 minutes. Stir in tomatoes, wine, broth, basil, and oregano. Transfer to a slow cooker, and stir in sausage, zucchini, bell pepper, and parsley.

Cover, and cook on Low for 4 to 6 hours.

Bring a pot of lightly salted water to a boil. Cook pasta in boiling water until al dente, about 7 minutes. Drain water, and add pasta to the slow cooker. Simmer for a few minutes, and season with salt and pepper before serving.

Vegetarian Moussaka

Ingredients

1 eggplant, thinly sliced
1 tablespoon olive oil
1 large zucchini, thinly sliced
2 potatoes, thinly sliced
1 onion, sliced
1 clove garlic, chopped
1 tablespoon white vinegar
1 (14.5 ounce) can whole peeled tomatoes, chopped
1/2 (14.5 ounce) can lentils, drained, juice reserved
1 teaspoon dried oregano
2 tablespoons chopped fresh parsley
salt and pepper to taste
1 cup crumbled feta cheese

1 1/2 tablespoons butter
2 tablespoons all-purpose flour
1 1/4 cups milk
black pepper to taste
1 pinch ground nutmeg
1 egg, beaten
1/4 cup grated Parmesan cheese

Directions

Sprinkle eggplant slices with salt and set aside for 30 minutes. Rinse and pat dry.

Preheat oven to 375 degrees F (190 degrees C).

Heat oil in a large skillet over medium-high heat. Lightly brown eggplant and zucchini slices on both sides; drain. Adding more oil if necessary, brown potato slices; drain.

Saute onion and garlic until lightly browned. Pour in vinegar and reduce. Stir in tomatoes, lentils, 1/2 the juice from lentils, oregano and parsley. Cover, reduce heat to medium-low, and simmer 15 minutes.

In a 9x13 inch casserole dish layer eggplant, zucchini, potatoes, onions and feta. Pour tomato mixture over vegetables; repeat layering, finishing with a layer of eggplant and zucchini.

Cover and bake in preheated oven for 25 minutes.

Meanwhile, in a small saucepan combine butter, flour and milk. Bring to a slow boil, whisking constantly until thick and smooth. Season with pepper and add nutmeg. Remove from heat, cool for 5 minutes, and stir in beaten egg.

Pour sauce over vegetables and sprinkle with Parmesan cheese. Bake, uncovered, for another 25 to 30 minutes.

Spicy Mexican Style Zucchini Casserole

Ingredients

- 2 tablespoons olive oil
- 3 pounds zucchini, cubed
- 1 cup chopped onion
- 1 teaspoon garlic salt
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- 1 teaspoon cayenne pepper, or to taste
- 1 cup cooked long-grain rice
- 1 cup cooked pinto beans
- 2 1/2 cups salsa
- 1 1/2 cups shredded Cheddar cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat the oil in a large skillet over medium-high heat. Add zucchini and onions; cook and stir until tender, about 10 minutes. Season with garlic salt, paprika, oregano and cayenne pepper, and continue cooking and stirring until fragrant. Mix in the rice, beans and salsa and cook just until heated through. Mix in 1 cup of Cheddar cheese until well blended. Transfer to a 9x13 inch baking dish and top with remaining Cheddar cheese. Cover the dish with a lid or aluminum foil.

Bake for 20 minutes in the preheated oven, or until cheese is melted and bubbly.

Vegetable Lasagna

Ingredients

4 lasagna noodles, cooked and drained
2 medium carrots, grated
1 small zucchini, grated
1 small sweet red pepper, diced
1/2 cup chopped fresh mushrooms
1 garlic clove, minced
2 tablespoons olive or vegetable oil
1/4 cup butter or margarine
1/4 cup all-purpose flour
2 cups milk
1/4 cup grated Parmesan cheese
2 tablespoons minced fresh basil
1/4 teaspoon onion salt
1/4 teaspoon garlic powder
3/4 cup ricotta cheese
1 egg, lightly beaten
1 teaspoon Italian seasoning
2/3 cup shredded mozzarella cheese

Directions

Cut 3 noodles widthwise in half. Cut remaining noodle widthwise into thirds. In a skillet, saute the carrots, zucchini, red pepper, mushrooms and garlic in oil until tender; set aside. In a saucepan, melt butter. Stir in flour until smooth; gradually add the milk. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Add the Parmesan cheese, basil, onion salt and garlic powder. In a bowl, combine the ricotta, egg, cheese and seasoning.

Spread 1/4 cup white sauce in an ungreased 7-in. x 5-in. x 1-1/2-in. (3 cup) baking dish. Cover bottom of dish with 2 large noodle pieces and one small piece. Layer with 1/3 cup mozzarella cheese, 1/2 cup white sauce, half of the vegetables and half of the ricotta cheese mixture. Repeat layers once, starting with the noodles. Top with remaining noodles and sauce.

Cover and bake at 350 degrees F for 30 minutes. Uncover; bake 10 minutes longer or until heated through. Let stand for 5 minutes before cutting.

Fried Zucchini

Ingredients

3 zucchini
1/4 cup yellow cornmeal
2 tablespoons olive oil
salt and pepper to taste

Directions

Wash and dry the zucchini. Trim off ends, then slice zucchini into 1/8 inch thick rounds. Place cornmeal in a medium bowl, and toss in zucchini slices, mixing thoroughly to coat.

Heat oil in a large nonstick skillet over medium heat. Place all of the zucchini pieces into the hot oil and fry over medium heat. Sprinkle with salt and pepper. Watch zucchini closely, adding more oil if it begins to brown too quickly. When it is golden brown on one side, flip it over to brown on other side. It will clump together as it cooks, that is what you want.

When zucchini is evenly browned, turn heat down to low and cover pan with a lid. Allow it to steam until zucchini is slightly tender. Turn zucchini, replace lid, and steam until soft. Remove lid and turn heat back up to medium-high. Fry on both sides until crisp. Serve hot.

Zucchini Beef Casserole

Ingredients

3/4 pound lean ground beef
1 teaspoon garlic powder
1 1/2 cups diced zucchini
1 (14.5 ounce) can diced tomatoes, drained
1/2 cup instant rice
1/2 cup water
1/4 cup chopped onion
1/4 cup reduced-sodium soy sauce
3/4 teaspoon dried basil

Directions

Crumble beef into a 1-1/2-qt. microwave-safe dish; sprinkle with garlic powder. Cover and microwave on high for 2 minutes; stir. Heat 1-2 minutes longer or until no longer pink; drain. Stir in the remaining ingredients. Cover and microwave on high for 20-25 minutes or until vegetables and rice are tender, stirring twice.

Zucchini Cake

Ingredients

3 eggs
3/4 cup vegetable oil
2 cups all-purpose flour
2 cups sugar
2 teaspoons baking powder
1 1/2 teaspoons salt
1 teaspoon ground cinnamon
2 cups shredded zucchini

FROSTING:

1 (3 ounce) package cream cheese, softened
2 tablespoons butter, softened
1 teaspoon vanilla extract
3 cups confectioners' sugar
2 tablespoons milk

Directions

In a mixing bowl, beat eggs and oil. Combine the flour, sugar, baking powder, salt and cinnamon; add to egg mixture and mix well. Stir in zucchini. Spread into a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 350 degrees F for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool completely on a wire rack.

In a small mixing bowl, beat cream cheese, butter and vanilla until smooth. Gradually beat in confectioners' sugar. Add enough milk to achieve spreading consistency. Frost cake and cut into squares. Store leftovers in the refrigerator.

Italian Zucchini Bake

Ingredients

3 1/2 cups shredded zucchini
1/2 teaspoon salt
3/4 cup egg substitute
1/2 cup dry bread crumbs
1/4 cup all-purpose flour
2 teaspoons Italian seasoning
1/2 pound fresh mushrooms,
sliced
2 teaspoons olive or canola oil
1 (15 ounce) can pizza sauce,
divided
3/4 cup chopped green pepper
1/4 cup sliced ripe olives, drained
1 1/2 cups shredded part-skim
mozzarella cheese, divided

Directions

Place zucchini in a colander over a plate; sprinkle with salt and toss. Let stand for 15 minutes. Rinse and drain well. In a bowl, combine the zucchini, egg substitute, bread crumbs, flour and Italian seasoning. Spread in an 11-in. x 7-in. x 2-in. baking dish coated with nonstick cooking spray. Bake, uncovered, at 350 degrees F for 25 minutes.

In a nonstick skillet, saute mushrooms in oil. Spread half of the pizza sauce over zucchini mixture; sprinkle with the mushrooms, green pepper, olives and half of the cheese. Top with remaining pizza sauce and cheese. Bake 15 minutes longer or until hot and bubbly.

Zucchini Parmesan

Ingredients

2 large zucchini, thinly sliced
2 tablespoons olive oil
1 large onion, diced
2 cloves garlic, minced
1 (16 ounce) jar spaghetti sauce
1 cup shredded mozzarella cheese

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a large pot boil the zucchini until tender; drain. Meanwhile, in a medium frying pan heat the olive oil over medium heat and saute the onion and garlic until the onion is tender.

Combine the zucchini, onion and garlic in a 9x12 inch casserole dish, and mix well. Pour the spaghetti sauce over the mixture and stir well. Top with mozzarella cheese (use more or less depending on your preference).

Bake in preheated oven for about 20 minutes, or until heated through and cheese is bubbly.

Middle Eastern Stuffed Zucchini

Ingredients

1/4 pound ground lamb
1/4 cup basmati rice
2 cups tomato puree, divided
1/2 teaspoon dried mint
1/2 teaspoon salt
1/8 teaspoon black pepper
2 pounds small zucchini or yellow squash
1/2 teaspoon salt
1 teaspoon minced garlic
1 tablespoon lemon juice
1/2 teaspoon dried mint

Directions

Mix together the ground lamb, basmati rice, 2 tablespoons tomato puree, 1/2 teaspoon mint, salt, and pepper; mix well, and set aside.

Slice the ends off of the zucchinis and hollow out the centers using an apple corer. Stuff with lamb mixture.

Stir together the remaining tomato puree with 1/2 teaspoon salt in a large skillet. Place the stuffed zucchini into the sauce, and add enough water to cover the zucchini. Bring to a simmer over medium-high heat, then reduce heat to medium-low, cover, and simmer for 30 minutes.

Stir in the garlic, lemon juice, and remaining 1/2 teaspoon of mint. Recover, and simmer an additional 15 minutes. To serve, cut the zucchini crosswise into rounds and arrange on a serving plate. Spoon sauce over the top.

Slow Cooker Mediterranean Stew

Ingredients

1 butternut squash - peeled, seeded, and cubed
2 cups cubed eggplant, with peel
2 cups cubed zucchini
1 (10 ounce) package frozen okra, thawed
1 (8 ounce) can tomato sauce
1 cup chopped onion
1 ripe tomato, chopped
1 carrot, sliced thin
1/2 cup vegetable broth
1/3 cup raisins
1 clove garlic, chopped
1/2 teaspoon ground cumin
1/2 teaspoon ground turmeric
1/4 teaspoon crushed red pepper
1/4 teaspoon ground cinnamon
1/4 teaspoon paprika

Directions

In a slow cooker, combine butternut squash, eggplant, zucchini, okra, tomato sauce, onion, tomato, carrot, broth, raisins, and garlic. Season with cumin, turmeric, red pepper, cinnamon, and paprika.

Cover, and cook on Low for 8 to 10 hours, or until vegetables are tender.

Cranberry Zucchini Bread

Ingredients

3 cups all-purpose flour
2 cups sugar
2 1/2 teaspoons ground cinnamon
1 1/4 teaspoons salt
1 teaspoon baking soda
1/2 teaspoon baking powder
1/4 teaspoon ground nutmeg
3 eggs
1 1/2 cups shredded zucchini
1 cup vegetable oil
1 tablespoon vanilla extract
1 cup chopped fresh or frozen cranberries
1/2 cup chopped walnuts

Directions

In a large bowl, combine the first seven ingredient. In another bowl, beat eggs; add zucchini, oil and vanilla. Stir into dry ingredients just until blended. Fold in the cranberries and walnuts. Pour into two greased and floured 9-in. x 5-in. x 3-in. loaf pans. Bake at 350 degrees F for 50-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Colorful Vegetable Bake

Ingredients

3 cups frozen cut green beans,
thawed and drained
2 medium green peppers,
chopped
6 plum tomatoes, seeded and
chopped
2 cups shredded Cheddar cheese
3 cups chopped zucchini
1 cup biscuit/baking mix
1/2 teaspoon salt
1/2 teaspoon cayenne pepper
6 eggs
1 cup milk

Directions

Place beans and peppers in a greased 13-in. x 9-in. x 2-in. baking dish. Top with tomatoes, cheese and zucchini. In a bowl, combine the biscuit mix, salt, cayenne, eggs and milk just until moistened. Pour over the vegetables.

Bake, uncovered, at 350 degrees F for 55-60 minutes or until puffed and a knife inserted near the center comes out clean. Let stand for 10 minutes before serving.

Jiffy Ground Pork Skillet

Ingredients

1 1/2 pounds uncooked penne or medium tube pasta
1 pound ground pork
1/2 cup chopped onion
1 (14.5 ounce) can stewed tomatoes
1 (8 ounce) can tomato sauce
1 teaspoon Italian seasoning
1 medium zucchini, cut into 1/4-inch slices

Directions

Cook pasta according to package directions. Meanwhile, in a large skillet, cook pork and onion over medium heat until meat is no longer pink; drain. Add the tomatoes, tomato sauce and Italian seasoning. Bring to a boil. Reduce heat; cover and cook for 5 minutes.

Drain pasta and add to the skillet. Stir in zucchini. Cover and cook for 3-5 minutes or until zucchini is crisp-tender.

Zucchini Summer Soup

Ingredients

1 extra large zucchini, cubed
2 teaspoons salt
4 roma (plum) tomatoes, chopped
1 (14.5 ounce) can stewed tomatoes
1 (12 ounce) can tomato paste
1 cup water, or as needed
1 (32 ounce) can chicken broth
1/4 cup white sugar
2 1/2 tablespoons olive oil
2 cloves garlic, minced
1 sweet onion, chopped
1 large green bell pepper, chopped
1 tablespoon lemon juice
3 tablespoons chopped fresh dill
1 tablespoon chopped fresh tarragon
1 tablespoon chopped fresh parsley
3 tablespoons grated Parmesan cheese
salt and pepper to taste

Directions

Place zucchini cubes in colander; sprinkle with 2 teaspoons of salt and let stand to drain for 30 minutes.

Meanwhile, combine in a blender the roma tomatoes, stewed tomatoes, tomato paste, and water; blend until smooth.

Pour tomato mixture and chicken broth into a large stockpot. Bring to a boil over medium heat; immediately reduce heat to low; stir in sugar and simmer, stirring occasionally.

Meanwhile, heat olive oil in a skillet over medium heat. Stir in garlic, onion, green pepper, and zucchini, and cook and stir until onion is clear and zucchini is lightly brown, about 10 minutes. Transfer vegetables to blender and pulse a few times, just enough to chop.

Add vegetables to the stockpot; stir in lemon juice, dill, tarragon, and parsley. Simmer, uncovered, for 35 minutes, stirring occasionally. Stir in Parmesan cheese, salt, and pepper to taste. Simmer an additional five minutes. Let stand for ten minutes before serving.

Zucchini and Rice Casserole

Ingredients

1 1/2 cups water
1/2 cup uncooked white rice
2 pounds zucchini
1/4 cup butter
1/4 cup vegetable oil
1/2 cup grated Parmesan cheese
1/2 cup shredded Cheddar cheese
salt and pepper to taste
2 eggs, beaten
1 cup bread crumbs
2 tablespoons butter, melted

Directions

Bring water to boil, add rice. When water returns to a boil, reduce temperature to a low. Cover rice and cook until rice is tender.

Preheat oven's broiler. Grease a 9x13 inch baking dish.

Cut ends from zucchini and steam until tender. Reserve 2 zucchini for garnish, then dice remaining zucchini.

Combine butter and oil in a Dutch oven and heat until butter is melted. Add rice and diced zucchini, then saute until golden, stirring frequently. Stir in the cheeses until melted and add salt and pepper to taste. Let cool slightly, then stir in eggs quickly. Pour into a prepared baking dish and sprinkle generously with bread crumbs.

Slice reserved zucchini and arrange around the diced mixture. Drizzle melted butter over top.

Broil about 6 inches from the source of heat until lightly browned and bubbly.

Okonomiyaki

Ingredients

1 cup chopped cooked chicken
1 1/2 cups thinly sliced napa cabbage
1/4 cup shredded carrots
3 green onions, chopped
12 fresh green beans, cut into 1/2 inch pieces
1 small green bell pepper, cut into thin strips
1 small zucchini, cut into thin strips
3 eggs, lightly beaten
3/4 cup all-purpose flour
3/4 cup chicken stock
2 teaspoons soy sauce
1 teaspoon vegetable oil
1/4 teaspoon toasted sesame oil

Directions

In a large bowl, mix chicken, cabbage, carrots, green onions, green beans, green bell pepper and zucchini. In a separate bowl, beat together eggs, flour, chicken stock and soy sauce. Pour batter over chicken mixture and toss to thoroughly coat.

Mix vegetable oil and sesame oil in a skillet over medium heat. Scoop about 1/4 cup batter into skillet, enough to make a 2 1/2 inch circle. Cover and cook 4 minutes, or until bottom is golden brown. Flip and continue cooking 4 minutes, or until cooked through. Drain on paper towels.

Mom's Vegetable Medley

Ingredients

2 celery ribs, chopped
1 medium green pepper, chopped
2 tablespoons chopped onion
2 tablespoons butter or margarine
3 small zucchini, quartered
lengthwise and sliced
1 medium tomato, chopped
1 tablespoon onion soup mix

Directions

In a skillet, saute celery, green pepper and onion in butter for 6-8 minutes. Add zucchini; cook and stir over medium heat until tender. Add tomato and soup mix; cook and stir until the tomato is tender.

Italian Stuffed Zucchini

Ingredients

1 zucchini
2 tablespoons Italian-style dried bread crumbs
2 tablespoons grated Parmesan cheese
2/3 cup frozen burger-style crumbles
1/2 cup spaghetti sauce
1/4 cup shredded mozzarella cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Slice each zucchini in half lengthwise. Hollow out the zucchini. Place the scraped out zucchini into a medium bowl. Combine zucchini, bread crumbs, Parmesan cheese, burger-style crumbles and pasta sauce. Mix well.

Place mixture into hollowed out zucchini. Arrange zucchini in a baking dish, sprinkle with mozzarella cheese; bake for 40 minutes.

Sausage Vegetable Packets

Ingredients

1/2 pound fully cooked smoked sausage, cut into 1/2-inch pieces
3 medium zucchini, sliced
3 medium tomatoes, sliced
1 medium green pepper, sliced
1/4 cup butter or margarine, melted
1 envelope onion soup mix
1 tablespoon brown sugar
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

In a large bowl, combine all of the ingredients. Divide between two pieces of double-layer heavy-duty foil (about 12 in. square). Fold foil around sausage mixture and seal tightly. Grill, covered, over medium heat for 25-30 minutes or until the vegetables are tender.

Vegetable Stuffed Cannelloni

Ingredients

8 cannelloni noodles
5 cloves garlic, minced
5 shallots, chopped
2 tablespoons olive oil
1 cup dry sherry
2 cups heavy whipping cream
salt and pepper to taste
1 onion, chopped
1 cup fresh sliced mushrooms
1 zucchini, chopped
1 small eggplant, diced
2 roasted red bell peppers, diced
1 teaspoon dried basil
1 teaspoon dried oregano
3/4 cup ricotta cheese
1 cup grated Parmesan cheese

Directions

In a large pot of salted water, parboil cannelloni. (Parboiling is partially cooking the noodles in boiling water; they will finish cooking when baked.)

Meanwhile, cook 2 cloves garlic and 2 shallots in 1 tablespoon olive oil in a medium saucepan over medium heat for 30 seconds. Pour in sherry, raise heat to high, and reduce liquid by half. Stir in cream, and reduce until there is about 1 1/2 cups liquid. Remove from heat, and season with salt and pepper to taste. Set cream sauce aside.

In a large skillet, heat one tablespoon olive oil over medium heat. Cook onion, 3 shallots, 3 cloves garlic, mushrooms, zucchini, and eggplant in olive oil until all vegetables are tender. Transfer to a large bowl. Stir in red peppers, basil, oregano, ricotta, and Parmesan cheese. Season to taste with salt and pepper. Set filling aside.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9x13 inch baking dish. Stuff vegetable/cheese filling into cannelloni. Place in prepared baking dish, and cover with cream sauce.

Bake in preheated oven for 25 minutes.

Bundle of Veggies

Ingredients

8 ounces whole fresh mushrooms
8 ounces cherry tomatoes
1 cup sliced zucchini
1 tablespoon olive oil
1 tablespoon butter, melted
1/2 teaspoon salt
1/2 teaspoon onion powder
1/2 teaspoon Italian seasoning
1/8 teaspoon garlic powder
Dash pepper

Directions

Place mushrooms, tomatoes and zucchini on a double thickness of heavy-duty foil (about 18 in. square). Combine the remaining ingredients; drizzle over vegetables. Fold the foil around vegetables and seal tightly. Grill, covered, over medium heat for 20-25 minutes or until tender.

Cheesy Zucchini Bake

Ingredients

2 medium tomatoes, peeled and cut into wedges
2 small zucchini, sliced
2 small yellow squash, sliced
1/8 teaspoon dried thyme
1/2 teaspoon dried basil
1 dash garlic powder
1/2 cup shredded Cheddar cheese
1/2 cup grated Parmesan cheese
1/3 cup dry bread crumbs
1 cup shredded mozzarella cheese

Directions

Combine tomatoes, squash, seasonings and cheddar cheese. Place in a 1-1/2-qt. casserole. Top with the Parmesan cheese and bread crumbs. Bake at 350 degrees F for about 45 minutes or until vegetables are tender. Sprinkle with mozzarella cheese and let stand for 5 minutes before serving.

BBQ Beer Brat Kabobs

Ingredients

1 (19 ounce) package Bob Evans® Beer Bratwurst, cut into 1-inch pieces
1 green bell pepper, cut into 1-inch pieces
1 medium zucchini, cut into 1-inch pieces
1 red bell pepper, cut into 1-inch pieces
1 medium yellow squash, cut into 1-inch pieces
2 cups fresh button mushroom caps
1 medium red onion, cut into 1-inch pieces
2 cups Bob Evans® Wildfire BBQ Sauce
6 (10 inch) wooden skewers

Directions

Soak wooden skewers in water 30 minutes. Alternately thread bratwurst and vegetables onto skewers. Grill or broil kabobs 12 to 15 minutes or until brats are cooked through, turning and brushing occasionally with barbecue sauce. Refrigerate leftovers.

Halibut Steaks

Ingredients

- 1 tablespoon olive oil
- 1 small onion, halved and thinly sliced
- 1/2 bell pepper, sliced thinly
- 8 ounces sliced fresh mushrooms
- 1 clove chopped fresh garlic
- 2 medium zucchini, julienned
- 6 (6 ounce) halibut steaks
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon ground black pepper
- 1 medium tomato, thinly sliced

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Heat the olive oil in a skillet over medium heat. Add the onion, bell pepper, mushrooms, garlic and zucchini. Cover, and cook stirring occasionally, until the onions are translucent, about 5 minutes.

Place halibut steaks into a shallow baking dish, and top with the sauteed vegetables. Season with basil, salt and pepper.

Bake for 10 minutes in the preheated oven, then remove the dish, and cover the fillets with a layer of sliced tomato. Return to the oven, and bake for an additional 10 minutes, or until fish flakes easily with a fork.

Veggie Burgers

Ingredients

- 2 teaspoons olive oil
- 1 small onion, grated
- 2 cloves crushed garlic
- 2 carrots, shredded
- 1 small summer squash, shredded
- 1 small zucchini, shredded
- 1 1/2 cups rolled oats
- 1/4 cup shredded Cheddar cheese
- 1 egg, beaten
- 1 tablespoon soy sauce
- 1 1/2 cups all-purpose flour

Directions

Heat the olive oil in a skillet over low heat, and cook the onion and garlic for about 5 minutes, until tender. Mix in the carrots, squash, and zucchini. Continue to cook and stir for 2 minutes. Remove pan from heat, and mix in oats, cheese, and egg. Stir in soy sauce, transfer the mixture to a bowl, and refrigerate 1 hour.

Preheat the grill for high heat.

Place the flour on a large plate. Form the vegetable mixture into eight 3 inch round patties. Drop each patty into the flour, lightly coating both sides.

Oil the grill grate, and grill patties 5 minutes on each side, or until heated through and nicely browned.

Tomato-Basil Zucchini

Ingredients

1 (10.75 ounce) can Campbell's®
Condensed Tomato Soup
1 tablespoon lemon juice
1 tablespoon finely shredded fresh
basil leaves
1/2 teaspoon garlic powder
4 medium zucchini, sliced
1 small green pepper, cut into 2-
inch strips
1 large onion, sliced
1/4 cup grated Parmesan cheese

Directions

Mix soup, lemon juice, basil, garlic, zucchini, pepper and onion in skillet. Heat to a boil. Cover.

Cook over low heat 15 minutes or until vegetables are tender-crisp. Stir in cheese.

Sophie's Zucchini Bread

Ingredients

3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
3 teaspoons ground cinnamon
1/4 teaspoon baking powder
3 eggs
2 cups white sugar
3 teaspoons vanilla extract
1 cup vegetable oil
3 cups grated zucchini
1 cup chopped walnuts (optional)

Directions

Preheat oven to 350 degrees F (175 degrees C).

Sift together flour, salt, soda, cinnamon, baking powder.

Beat eggs. Add and mix well sugar, vanilla, and oil. Add zucchini to egg mixture. Add dry ingredients, mixing well. Stir in nuts if desired. Pour into 2 ungreased loaf pans.

Bake at 350 degrees F (175 degrees C) for 1 hour.

Caribbean Zucchini Bread

Ingredients

- 2 cups all-purpose flour
- 1 cup whole wheat flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 1 tablespoon ground cinnamon
- 1/2 teaspoon nutmeg
- 2 ripe bananas, mashed
- 3 eggs
- 1/2 cup vegetable oil
- 1/2 cup unsweetened applesauce
- 1 cup packed brown sugar
- 1 cup white sugar
- 2 teaspoons vanilla extract
- 2 1/2 cups grated zucchini
- 1 cup chopped walnuts
- 1/2 cup shredded coconut

Directions

Preheat an oven to 325 degrees F (165 degrees C). Grease and flour 2 9x5-inch loaf pans.

Whisk the all-purpose flour, whole wheat flour, salt, baking soda, baking powder, cinnamon, and nutmeg together in a bowl. Beat the bananas, eggs, vegetable oil, applesauce, brown sugar, white sugar, and vanilla together in a separate large bowl. Stir the flour mixture into the wet mixture. Fold the zucchini, walnuts, and coconut into the batter until evenly combined. Pour into the prepared pans.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, 40 to 50 minutes. Cool in the pans for 25 minutes before removing to cool completely on a wire rack.

Zucchini Blossom a la Feta

Ingredients

1/2 cup olive oil
4 eggs
2 cups dry bread crumbs
8 ounces feta cheese, cut into
small cubes
18 zucchini blossoms

Directions

Heat the olive oil in a skillet over medium heat.

Lightly beat the eggs in a bowl. Place the bread crumbs on a dish. Insert a cube of feta cheese into each zucchini blossom. Dip the blossoms in the eggs, then dredge in the bread crumbs to lightly coat.

Fry zucchini blossoms in the skillet until golden brown.

Three-Cheese Pasta Shells

Ingredients

1 (16 ounce) jar salsa
1 (8 ounce) can no-salt-added tomato sauce
1/2 cup shredded carrots
1/2 cup shredded zucchini
1/2 cup sliced fresh mushrooms
1/4 cup chopped green onions
1 garlic clove, minced
1 teaspoon canola oil
1 (15 ounce) container reduced-fat ricotta cheese
1/4 cup grated Parmesan cheese
1/4 cup shredded part-skim mozzarella cheese
1/4 cup egg substitute
2 teaspoons dried basil
16 jumbo pasta shells, cooked and drained

Directions

In a bowl, combine the salsa and tomato sauce; spread half in an 11-in. x 7-in. x 2-in. baking dish coated with nonstick cooking spray.

In a skillet, saute the carrot, zucchini, mushrooms, onions and garlic in oil until crisp-tender. remove from the heat. stir in the cheeses, egg substitute and basil. Stuff into pasta shells; place in prepared baking dish. Top with the remaining salsa mixture. Cover and bake at 350 degrees F for 40-45 minutes or until heated through.

Sneaky Mommy's Chocolate Zucchini Cake

Ingredients

2 1/2 cups whole wheat flour
1/4 cup unsweetened cocoa powder
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon baking powder
1/2 teaspoon ground cloves
2 eggs
1 cup sugar
1/2 cup unsweetened applesauce
1/2 cup vegetable oil
3/4 cup apple juice concentrate, thawed
1 teaspoon vanilla extract
1/2 cup milk
2 cups shredded, unpeeled zucchini
1/2 cup shredded carrot
1 cup chopped raisins
1/3 cup chopped dates

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish. Whisk together the flour, cocoa powder, baking soda, cinnamon, baking powder, and cloves in a bowl; set aside.

Beat together the eggs, sugar, applesauce, vegetable oil, apple juice concentrate, and vanilla extract in a mixing bowl until smooth. Stir in the dry mixture alternately with the milk, then add the zucchini, carrot, raisins, and dates; stir until just moistened. Pour into the prepared baking dish.

Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, 35 to 45 minutes. Cool in the pan set over a wire rack.

Zucchini, Tomato, and Onion Casserole

Ingredients

1 zucchini, thinly sliced
1 large tomato, thinly sliced
1 onion, thinly sliced
1/2 cup unsalted butter
1/4 cup red wine vinegar
1 teaspoon garlic salt
1 teaspoon dried basil
1/2 teaspoon dry mustard
2 cups grated Parmesan cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 2-quart baking dish.

Arrange the zucchini slices, tomato slices, and onion slices in alternating layers in the prepared baking dish. Melt the butter in a saucepan over medium-low heat; stir the vinegar, garlic salt, basil, and mustard into the melted butter. Pour the butter mixture over the vegetables; sprinkle the Parmesan cheese over the dish.

Bake in the preheated oven until thoroughly heated, about 30 minutes.

Mini Zucchini Bread

Ingredients

2 eggs
3/4 cup sugar
1/2 cup vegetable oil
1 1/2 teaspoons molasses
1 1/2 teaspoons vanilla extract
1 cup shredded zucchini
1 1/2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 teaspoon baking powder
1/2 cup chopped pecans

Directions

In a mixing bowl, beat the eggs, sugar, oil, molasses and vanilla. Add zucchini; mix well. Combine the flour, baking soda, salt, cinnamon and baking powder; stir into zucchini mixture just until moistened. Stir in nuts.

Transfer to two greased and floured 5-3/4-in. x 3-in. x 2-in. loaf pans. Bake at 350 degrees F for 38-42 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to a wire rack.

Pork Delight

Ingredients

1 tablespoon vegetable oil
4 thick cut boneless pork chops,
cubed
1 apple - peeled, cored and diced
4 green onions, diced
4 cloves garlic, minced
1 (4 ounce) package diced
mushrooms
2 zucchini, sliced
3 (14.5 ounce) cans Italian-style
diced tomatoes, drained
4 teaspoons cinnamon
dried Italian seasoning to taste

Directions

Heat the oil in a skillet over medium heat, and cook the pork until evenly brown.

Stir the apple, green onions, garlic, mushrooms, and zucchini into the skillet, and cook until lightly browned. Mix in the tomatoes, and season with cinnamon and Italian seasoning. Reduce heat to low, and simmer 30 minutes, stirring occasionally.

Don't Knock it Until You Try it Zucchini Chocolate

Ingredients

1 cup grated zucchini, frozen
2 large ripe bananas, peeled and frozen
2 tablespoons cocoa powder
1/4 cup chopped peanuts
1/2 cup sugar
1 cup half and half

Directions

Blend the zucchini, bananas, cocoa powder, peanuts, sugar, and half and half in a food processor until smooth, thick, and creamy.

Chocolate Wave Zucchini Bread

Ingredients

1/3 cup shortening
1 1/3 cups white sugar
2 eggs
1 1/2 cups grated zucchini
1/3 cup water
1 teaspoon vanilla extract
1 2/3 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon baking powder
1 teaspoon pumpkin pie spice
1/3 cup chopped walnuts
3 tablespoons unsweetened cocoa powder
1/3 cup mini semi-sweet chocolate chips

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease one 9 x 5 inch loaf pan.

In a large bowl, cream shortening and sugar together. Mix in eggs. Add zucchini, water, and vanilla; stir. Blend in flour, baking soda, salt, baking powder, and pumpkin pie spice. Stir in nuts.

Divide batter in half, and add cocoa powder and chocolate chips to one of the halves. Pour plain batter into bottom of the loaf pan. Pour chocolate batter on top of plain batter.

Bake until wooden pick inserted into center comes out clean, about 1 hour. Cool 10 minutes, and remove from pan. Store in refrigerator.

Marinated Barbequed Vegetables

Ingredients

1 small eggplant, cut into 3/4 inch thick slices
2 small red bell peppers, seeded and cut into wide strips
3 zucchinis, sliced
6 fresh mushrooms, stems removed
1/4 cup olive oil
1/4 cup lemon juice
1/4 cup coarsely chopped fresh basil
2 cloves garlic, peeled and minced

Directions

Place eggplant, red bell peppers, zucchinis and fresh mushrooms in a medium bowl.

In a medium bowl, whisk together olive oil, lemon juice, basil and garlic. Pour the mixture over the vegetables, cover and marinate in the refrigerator at least 1 hour.

Preheat an outdoor grill for high heat.

Place vegetables directly on the grill or on skewers. Cook on the prepared grill 2 to 3 minutes per side, brushing frequently with the marinade, or to desired doneness.

Peanut Butter Drops

Ingredients

1 cup shortening
1 cup chunky peanut butter
1 cup packed brown sugar
1/2 cup sugar
2 eggs
1 teaspoon vanilla extract
1 cup shredded peeled zucchini
3 cups all-purpose flour
1 teaspoon salt
1/2 teaspoon baking powder
1/2 teaspoon baking soda

Directions

In a mixing bowl, cream the shortening, peanut butter and sugars. Beat in eggs and vanilla. Stir in zucchini.

Combine dry ingredients; add to the zucchini mixture. Drop by rounded tablespoonfuls 2 in. apart onto greased baking sheets.

Bake at 350 degrees for 12-15 minutes or until lightly browned. Cool on wire racks.

Stuffed Zucchini Boats

Ingredients

- 1 pound lean ground beef
- 1 large onion, chopped
- 3 cups cubed French bread
- 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
- 1/2 cup minced fresh parsley
- 1/2 cup tomato sauce
- 1/4 cup shredded Parmesan cheese
- 1 egg, beaten
- 1 teaspoon salt
- 1/2 teaspoon dried thyme
- 6 medium zucchini
- 1 cup water

Directions

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the bread cubes, spinach, parsley, tomato sauce, Parmesan cheese, egg, salt and thyme; set aside.

Cut each zucchini in half lengthwise. Scoop out seeds, leaving a 1/4-in. shell. Spoon about 6 tablespoons beef mixture into each zucchini half. Place in two ungreased 13-in. x 9-in. x 2-in. baking dishes. Pour 1/2 cup water into each dish. Cover and bake at 350 degrees F for 30 minutes. Uncover; bake 10 minutes longer or until zucchini is tender.

Vegetable and Tofu Burger

Ingredients

- 1 carrot, shredded
- 1 zucchini, shredded
- 1 (10 ounce) package silken tofu
- 1 small yellow onion, diced
- 1 celery, finely chopped
- 1 egg, lightly beaten
- 1/2 cup dry bread crumbs
- 2 tablespoons red Thai curry paste
- 1/3 cup fresh basil leaves
- 1 tablespoon olive oil

Directions

Press carrot and zucchini between paper towels to remove excess moisture. In a medium bowl combine carrots, zucchini, tofu, onion, celery, egg, bread crumbs and curry paste.

Chop 2/3 of the basil and add it to the tofu mixture. Mix well and form into 4 patties, about 1/2 inch thick.

Heat oil in a large skillet over medium heat. Cook patties for 5 minutes on each side, or until golden brown. Serve with remaining basil leaves.

Pesto Minestrone

Ingredients

1/2 cup chopped onion
1 teaspoon minced garlic
2 teaspoons olive oil
2 1/4 cups water
2 cups frozen mixed vegetables
1 (14.5 ounce) can vegetable broth
3/4 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon pepper
1 (9 ounce) package refrigerated cheese tortellini
2 cups diced zucchini
2 tablespoons prepared pesto

Directions

In a large saucepan, saute onion and garlic in oil until tender. Stir in water, mixed vegetables, broth, oregano, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 3 minutes. Add the tortellini, zucchini and pesto. Simmer, uncovered, 6-8 minutes longer or until pasta and vegetables are tender.

Baked Zucchini Squares

Ingredients

- 1 cup biscuit/baking mix
- 1/2 cup grated Parmesan cheese
- 1 tablespoon minced fresh parsley
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons dried basil
- 1/2 teaspoon salt
- 4 eggs
- 1/2 cup vegetable oil
- 1 small onion, chopped
- 3 medium zucchini, thinly sliced

Directions

In a bowl, combine the biscuit mix, Parmesan cheese, parsley, oregano, basil and salt. Combine eggs, oil and onion; stir into dry ingredients just until combined. Stir in zucchini. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Bake at 350 degrees F for 30-35 minutes or until golden brown and set. Cut into squares.

Asparagus Avocado Medley

Ingredients

1 pound fresh asparagus, trimmed and cut into 1 1/2 inch pieces
8 fresh mushrooms, sliced
1 large ripe avocado, peeled and cubed
1 medium zucchini, diced
1 large tomato, seeded and chopped
1 medium red onion, sliced
2 tablespoons lemon juice
2 tablespoons olive or canola oil
1 tablespoon balsamic vinegar
1 teaspoon Dijon mustard
1 garlic clove, minced
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

Place asparagus and 2 tablespoons water in a microwave-safe dish. Cover and microwave on high for 3-6 minutes or until crisp-tender, stirring once; drain and cool.

In a large bowl, combine the asparagus, mushrooms, avocado, zucchini, tomato and onion; toss gently. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over salad and toss gently to coat. Cover and refrigerate until serving.

Zucchini Casserole II

Ingredients

6 cups diced zucchini
1 (10.75 ounce) can condensed cream of mushroom soup
1 cup sour cream
1 cup chopped onion
1 cup shredded carrots
1 (6 ounce) package herb-seasoned dry bread stuffing mix
1/2 cup margarine, melted

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.

In a large saucepan over medium-high heat, cook zucchini in lightly salted water until crisp-tender, about 5 minutes. Drain, and place in a large bowl. Stir in the condensed soup, sour cream, onion and carrots.

In a small bowl, Mix together stuffing and melted margarine. Spread half of the stuffing mixture in the bottom of the casserole dish. Add the zucchini mixture, and top with remaining stuffing mixture.

Bake for 20 minutes in the preheated oven, or until the top is golden brown.

Zucchini, Tomato and Provolone Bake

Ingredients

1 pound zucchini squash
1/4 cup prepared pesto
1/4 teaspoon ground black pepper
1 cup panko bread crumbs, divided
1 pound plum tomatoes, cut into 1/4-inch slices
8 slices SARGENTO® Sliced Reduced Sodium Provolone Cheese

Directions

Wash zucchini but do not dry. Cut crosswise into 1/4-inch thick slices; transfer to a microwave-safe casserole dish. Cover with lid. Cook in microwave oven 3 to 4 minutes or until crisp-tender. Drain in colander; rinse with cold water to stop cooking. Transfer to clean kitchen towel or paper towels to dry. Toss zucchini with pesto sauce and pepper.

Sprinkle 1/2 cup breadcrumbs in bottom of 8 or 9-inch baking dish. Spoon half of zucchini mixture evenly over crumbs. Arrange half of tomato slices over zucchini; top with 4 slices cheese. Repeat layering with remaining zucchini mixture, tomatoes, cheese and breadcrumbs.

Bake in a preheated 375 degrees F 25 to 30 minutes or until golden brown.

Zucchini Chocolate Orange Cake

Ingredients

2 1/2 cups all-purpose flour
1/2 cup unsweetened cocoa powder
2 1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
3/4 cup butter
2 cups white sugar
3 eggs, beaten
2 teaspoons vanilla extract
1/2 cup milk
3 cups grated zucchini
1 tablespoon orange zest
1 cup chopped walnuts

1 1/4 cups confectioners' sugar
1/4 cup orange juice
1 teaspoon vanilla extract

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour Bundt pan.

In a medium bowl, sift flour, cocoa, baking powder, baking soda, salt and cinnamon. Set aside.

In a large bowl, cream butter and sugar until fluffy. Add eggs, 2 teaspoons vanilla and milk to the butter mixture. Stir in dry ingredients and mix until well blended. Fold in zucchini, orange zest and nuts.

Pour into a greased and floured Bundt cake pan. Bake at 350 degrees F (175 degrees C) for 50 to 60 minutes, or until a toothpick inserted into center of cake comes out clean. Allow to cool, then drizzle with glaze.

To make the glaze: In a small bowl mix together sugar, orange juice and 1 teaspoon vanilla. Invert cake onto serving dish, then pour glaze over.

Minestrone Soup

Ingredients

4 cups vegetable stock
2 (14.5 ounce) cans stewed tomatoes
1 large potato, cubed
1 onion, chopped
2 stalks celery, chopped
2 carrots, chopped
1 large head cabbage, finely chopped
2 tablespoons Italian seasoning
1 (15 ounce) can kidney beans
3 cups fresh corn kernels
1 large zucchini, sliced
1 cup uncooked orzo pasta
salt and pepper to taste

Directions

In a large soup pot combine the vegetable stock, the undrained tomatoes, potato, onion, celery, carrot, cabbage and Italian seasoning. Bring to a boil and reduce heat. Simmer for about 15 minutes.

Stir in the beans, corn, zucchini and pasta; simmer for 10 to 15 more minutes until the vegetables are tender. Season with salt and pepper.

Crescent Beef Casserole

Ingredients

- 1 pound lean ground beef
- 1 cup diced zucchini
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper
- 2 teaspoons olive oil
- 1 cup tomato puree
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups mashed potatoes
- 1 cup crumbled feta cheese
- 1 (8 ounce) package refrigerated crescent rolls

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain and set aside. In the same skillet, saute the zucchini, onion and green pepper in oil until crisp-tender. Stir in the beef, tomato puree, oregano, salt and pepper; heat through.

Spread mashed potatoes in an 11-in. x 7-in. x 2-in. baking dish coated with nonstick cooking spray. Top with beef mixture; sprinkle with feta cheese.

Unroll crescent dough. Separate into four rectangles; arrange three rectangles over the casserole. Bake at 375 degrees F for 12-15 minutes or until top is browned. Roll remaining dough into two crescent rolls; bake for another use.

Chunky Veggie Chowder

Ingredients

2 medium onions, finely chopped
2 garlic cloves, minced
2 tablespoons butter or stick margarine
3 medium carrots, chopped
2 celery ribs, sliced
2 medium potatoes, cubed
1 small zucchini, cubed
2 (10.5 ounce) cans condensed chicken broth, undiluted
1/4 cup minced fresh parsley
3/4 teaspoon dried thyme
1 cup frozen peas
1 cup frozen corn
1/4 cup all-purpose flour
3 cups milk
salt and pepper to taste

Directions

In a large saucepan or soup kettle, saute onions and garlic in butter until tender. add the carrots, celery, potatoes, zucchini, broth, parsley and thyme. Bring to a boil. Reduce heat; cover and simmer until vegetables are tender, about 20 minutes.

Stir in peas and corn. In a bowl, combine flour, milk, salt if desired and pepper until smooth; gradually add to soup. Bring to a boil; cook and stir for 2 minutes or until thickened.

Olive-Cheese Zucchini Boats

Ingredients

1 medium zucchini
1/4 cup water
1/8 teaspoon salt
1 tablespoon butter or margarine
1/4 cup soft bread crumbs
2 tablespoons chopped stuffed olives
2 tablespoons shredded Cheddar cheese

Directions

Cut zucchini in half lengthwise; scoop out and reserve pulp, leaving 1/4-in. shells. Place zucchini shells, cut side down, in a skillet. Add water. Bring to a boil; reduce heat. Cover and simmer for 5-6 minutes or until tender; drain.

Turn shells cut side up; sprinkle with salt. Chop zucchini pulp; saute in a small saucepan in butter for 5 minutes or until tender. Stir in bread crumbs and olives. Spoon into the zucchini shells; sprinkle with cheese. Cover and cook over medium heat (with no added water) for 5 minutes or until cheese is melted.

Zucchini and Blue Cheese Side

Ingredients

2 tablespoons extra-virgin olive oil
2 zucchini, halved lengthwise and sliced
1 clove garlic, minced
1 (14.5 ounce) can fire roasted chopped tomatoes (such as Hunts®)
1/4 cup crumbled blue cheese

Directions

Heat the olive oil in a large skillet over medium-high heat. Place the zucchini and garlic in the skillet, cover. Cook until zucchini is just tender, about 5 minutes. Stir in tomatoes; heat until warmed through. Remove from heat; sprinkle immediately with blue cheese. Cover, and allow cheese to soften before serving.

Smoky Grilled Vegetables

Ingredients

1 eggplant, sliced into 1/2 inch rounds
2 red bell peppers, halved and seeded
2 yellow bell peppers, halved and seeded
2 zucchini, sliced
2 large onions, peeled and sliced into 1/2-inch thick rounds
4 tablespoons vegetable oil
1 cup teriyaki sauce

Directions

Brush vegetables with oil to coat.

Prepare smoker using manufacturer's instructions using either alder or apple chips. Place veggies in single layers on smoker racks. Smoke for about 30 minutes.

Preheat grill for high heat.

Brush grate with oil. Arrange vegetables on grill, with the peppers away from the center. Cook for 10 to 15 minutes, turning once. Baste with teriyaki sauce frequently. Vegetables will cook at different rates; remove tender pieces from the grill, and continue cooking until all are done.

Zucchini-Cheese Appetizer Squares

Ingredients

8 tablespoons grated Parmesan cheese
1/2 cup vegetable oil
1/2 cup sesame seeds
1 onion, chopped
1 clove garlic, minced
2 1/2 cups grated zucchini
6 eggs, beaten
1/3 cup dried bread crumbs
1/2 teaspoon salt
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon ground black pepper
3 cups shredded Cheddar cheese

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13 inch pan and sprinkle with 3 tablespoons of Parmesan cheese.

Place 1/2 tablespoon vegetable oil in a medium size frying pan, heat on medium-high. Add sesame seeds and stir constantly until seeds are lightly browned.

In a large mixing bowl, combine vegetable oil, onion, garlic, zucchini, eggs, bread crumbs, salt, basil, oregano, pepper and Cheddar cheese; stir until well combined. Press mixture into prepared baking pan. Sprinkle Parmesan cheese and sesame seeds over the zucchini mixture.

Bake 30 minutes or until set when lightly touched in the center. Let cool at least 15 minutes before cutting into 1 inch squares.

Barley Primavera

Ingredients

4 cups low fat, low sodium chicken broth
2 cloves garlic, minced
1/2 cup red onion, minced
1/2 cup diced carrots
1 cup pearl barley
1/2 cup diced zucchini
2 tablespoons chopped fresh parsley
1 teaspoon olive oil
1 tablespoon lemon juice
salt and pepper to taste

Directions

Heat 1/4 cup of the broth in a saucepan over medium high heat. Add the garlic and onion and saute for 5 minutes. Add the carrots and saute for 5 minutes.

Add the remaining broth and bring to a boil. Add the barley, lower the heat, cover, and simmer until the liquid is almost absorbed, about 50 minutes.

Add the zucchini, parsley, oil, and lemon juice. Simmer for 5 more minutes; season with salt and pepper.

Spicy Kielbasa Soup

Ingredients

1/2 pound reduced-fat smoked turkey kielbasa, sliced
1 medium onion, chopped
1 medium green pepper, chopped
1 celery ribs with leaves, thinly sliced
4 garlic cloves, minced
2 (14.5 ounce) cans reduced sodium chicken broth
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (14.5 ounce) can stewed tomatoes, cut up
1 small zucchini, sliced
1 medium carrot, shredded
1 tablespoon dried parsley flakes
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon pepper

Directions

In a nonstick skillet, cook kielbasa over medium heat until lightly browned. Add the onion, green pepper, celery and garlic. Cook and stir for 5 minutes or until vegetable are tender. Transfer to a slow cooker. Stir in the remaining ingredients. Cover and cook on low for 8-9 hours.

Creamy Zucchini

Ingredients

1 tablespoon vegetable oil
1/2 red onion, sliced
salt and pepper to taste
1 pound zucchini, sliced
1 tablespoon crushed garlic
1 (14.5 ounce) can diced tomatoes
1 (15.25 ounce) can whole kernel corn, drained
1/2 cup heavy cream

Directions

Heat oil in a large saucepan over medium heat. Stir in red onion, salt and pepper, and cook about 5 minutes, until onion is tender. Stir in zucchini, and cook 3 to 5 minutes. Mix in garlic and tomatoes. Continue cooking, stirring occasionally, until the mixture comes to a boil.

Stir corn and cream into the mixture. Reduce heat to low, and continue cooking, stirring occasionally until thick and bubbly, 15 to 20 minutes.

Aunt Rita's Italian Stew

Ingredients

1 pound mild Italian sausage links, cut into 1-inch pieces
1 cup chopped onion
1 tablespoon minced garlic
2 yellow summer squash, thinly sliced
2 zucchini, thinly sliced
2 carrots, thinly sliced (optional)
2 cups sliced fresh mushrooms (optional)
2 (14.5 ounce) cans Italian-style stewed tomatoes
2 tablespoons grated Parmesan cheese

Directions

Cook the sausage with onion and garlic in a large, deep skillet or pot over medium heat, until the meat is browned, 10 to 15 minutes, stirring frequently. Mix in the summer squash, zucchini, carrots, mushrooms, and stewed tomatoes, reduce heat to medium-low, and bring the mixture to a simmer. Cook, stirring occasionally, until the vegetables are tender, about 20 minutes. Sprinkle with Parmesan cheese, and serve.

Give Away Zucchini Grill Out

Ingredients

2 large zucchini
1 (16 ounce) bottle Italian-style
salad dressing

Directions

Rinse zucchini and slice into 1/2 inch rounds. Place zucchini pieces into a large bowl and cover with salad dressing. Stir to coat, cover and refrigerate for two to three hours.

Preheat the grill for high heat. Lightly oil grate and place zucchini on to grill. Cook 3 to 4 minutes on each side or until done.

Zucchini Relish

Ingredients

1 cup chopped zucchini
1/2 cup chopped onion
1 tablespoon white sugar
1 tablespoon chopped fresh basil
2 tablespoons chopped red bell pepper
2 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

In a medium bowl, stir together the zucchini, onion, sugar, basil, red pepper, lemon juice, salt and pepper. Cover and refrigerate until serving.

Spinach and Chicken Salad

Ingredients

1 (10 ounce) bag fresh spinach,
rinsed and dried
4 cooked skinless, boneless
chicken breast halves, sliced
1 zucchini, halved lengthwise and
sliced
1 red bell pepper, chopped
1/2 cup black olives
3 ounces fontina cheese,
shredded
1/2 cup fat-free roasted garlic
salad dressing

Directions

Place equal portions of spinach onto four salad plates. Arrange chicken, zucchini, bell pepper, and black olives over spinach, and top with cheese. Drizzle dressing over salad.

Zucchini Chocolate Chip Cupcakes

Ingredients

2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
4 tablespoons instant hot chocolate mix
1/2 cup butter
1/2 cup olive oil
1 3/4 cups white sugar
2 eggs
1/2 cup sour milk
1 teaspoon vanilla extract
2 1/2 cups grated zucchini
1 cup chocolate chips

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease and flour 18 muffin cups or use paper liners. Mix together the flour, baking soda, salt, cinnamon, nutmeg and hot chocolate mix. Set aside.

In a large bowl, cream together the butter, olive oil and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the sour milk and vanilla. Beat in the flour mixture, just until incorporated. Stir in the grated zucchini and chocolate chips. Pour batter into prepared pan.

Bake in the preheated oven for 25 to 30 minutes, or until the top of the cupcakes springs back when lightly pressed. Cool in pans over a wire rack for at least 10 minutes before removing from baking cups. They are really gooey fresh from the oven!

Zucchini Provencal

Ingredients

1 small onion, thinly sliced
1 tablespoon olive or vegetable oil
1 medium zucchini, cubed
2 plum tomatoes, peeled,
quartered and chopped
2 tablespoons chopped green
pepper
1 garlic clove, minced
1/4 teaspoon salt
1/8 teaspoon pepper
1 tablespoon grated Parmesan
cheese
2 teaspoons minced fresh parsley

Directions

In a small skillet, saute onion in oil until tender. Add the zucchini, tomatoes, green pepper, garlic, salt and pepper. Reduce heat; simmer, uncovered, for 8-10 minutes or until vegetables are tender. Sprinkle with Parmesan cheese and parsley.

Totally Vegged-Out Burgers

Ingredients

1 Morningstar FarmsB®
GrillersB® Original
1/4 small zucchini
2 tablespoons cucumber
1 tablespoon low-fat plain yogurt
1/2 teaspoon fresh dill
1/4 teaspoon dillweed
1/8 teaspoon lemon-pepper
seasoning salt
1 whole-wheat hamburger bun
1 slice tomato
2 teaspoons red onion

Directions

Cook veggie burger according to package directions.

Meanwhile, use vegetable peeler to cut zucchini lengthwise into very thin strips. Set aside. In small bowl stir together cucumber, yogurt, dill and seasoning salt. Serve burger in bun with tomato, zucchini, yogurt mixture and red onion.

Very Veggie Omelet

Ingredients

1 small onion, chopped
1/4 cup chopped green pepper
1 tablespoon butter or stick margarine
1 small zucchini, chopped
3/4 cup chopped tomato
1/4 teaspoon dried oregano
1/8 teaspoon pepper
4 egg whites
1/4 cup water
1/4 teaspoon cream of tartar
1/4 teaspoon salt
1/4 cup egg substitute
1/2 cup shredded reduced-fat Cheddar cheese, divided

Directions

In a large nonstick skillet, saute onion and green pepper in butter until tender. Add the zucchini, tomato, oregano and pepper. Cook and stir for 5-8 minutes or until vegetables are tender and liquid is nearly evaporated. Set aside and keep warm. In a mixing bowl, beat egg whites, water, cream of tartar and salt until stiff peaks form. Place egg substitute in another bowl; fold in egg white mixture.

Pour into a 10-in. ovenproof skillet coated with nonstick cooking spray. Cook over medium heat for 5 minutes or until bottom is lightly browned. Bake at 350 degrees F for 9-10 minutes or until a knife inserted near the center comes out clean. Spoon vegetable mixture over one side; sprinkle with half of the cheese. To fold, score middle of omelet with a sharp knife; fold omelet over filling. Transfer to a warm platter. Sprinkle with remaining cheese. Cut in half to serve.

Colorful Vegetable Saute

Ingredients

2 medium sweet red peppers,
julienned
2 medium green peppers,
julienned
2 medium zucchini, julienned
4 medium carrots, julienned
1 tablespoon olive or vegetable oil
4 cups thinly sliced red cabbage
1/4 teaspoon salt
1/4 teaspoon pepper
4 teaspoons cider or white wine
vinegar
1/4 cup water
1 tablespoon sesame seeds,
toasted

Directions

In a large skillet, saute peppers, zucchini and carrots in oil for 5 minutes. Add cabbage, salt and pepper; saute 1 minute longer. Combine vinegar and water; pour over the vegetables. Saute 3 minutes more. Sprinkle with sesame seeds; cook and stir for 1 minute.

Vegetable Bean Barley Soup

Ingredients

1 medium onion, chopped
1 garlic clove, minced
1/2 teaspoon dried basil
1/2 teaspoon dill weed
2 tablespoons canola oil
2 (14.5 ounce) cans reduced sodium chicken broth
1 3/4 cups water
1 cup chopped carrots
1/2 cup medium pearl barley
1 (16 ounce) can pork and beans
2 small zucchini, sliced
1/2 teaspoon salt
1/4 teaspoon pepper
1 (14.5 ounce) can diced tomatoes, undrained
1 teaspoon cider vinegar

Directions

In a large saucepan or Dutch oven, saute the onion, garlic, basil and dill in oil until onion is tender. Add the broth, water, carrots and barley. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.

Add the pork and beans, zucchini, salt and pepper. Cover and simmer 10-15 minutes longer or until vegetables and barley are tender. Just before serving, stir in tomatoes and vinegar; heat through.

Asian-Style Zucchini

Ingredients

1 teaspoon butter
1 large zucchini, halved
lengthwise and cut into 1 inch
slices
2 tablespoons soy sauce, divided
2 tablespoons sesame seeds
garlic powder to taste
ground black pepper to taste

Directions

Melt the butter in a skillet over medium heat. Stir in the zucchini, and cook until lightly browned. Sprinkle with soy sauce and sesame seeds. Season with garlic powder and pepper, and continue cooking until zucchini is well coated and tender.

Zucchini Apple Pie

Ingredients

1 recipe pastry for a 9 inch double crust pie
2 large zucchini
2 tablespoons lemon juice
1 pinch salt
1 1/4 cups packed brown sugar
1 1/2 teaspoons ground cinnamon
1 1/2 teaspoons cream of tartar
1 pinch ground nutmeg
3 tablespoons all-purpose flour

Directions

Peel the zucchini. Cut into quarters lengthwise, then remove seeds and cut crosswise (as you would cut apples for apple pie). Toss together 4 cups chopped zucchini, lemon juice and salt. Place mixture into frying pan and cook until tender-crisp.

In a separate bowl, mix together the brown sugar, cinnamon, cream of tartar, nutmeg and flour. Add the cooked zucchini to sugar mixture and mix well. It will be a little runny, but that's OK.

Place filling into a 9 inch pie crust, dot with butter, and place top crust on. Bake in oven at 400 degrees F (205 degrees C) for 40 minutes or until golden brown.

Terrific Turkey Chili

Ingredients

3 tablespoons vegetable oil, divided
1 1/2 pounds ground turkey
1 (1 ounce) package taco seasoning mix
1 teaspoon ground coriander
1 teaspoon dried oregano
1 teaspoon chili pepper flakes
2 tablespoons tomato paste
1 (14.5 ounce) can beef broth
1 (7 ounce) can salsa
1 (14.5 ounce) can crushed tomatoes, or coarsely chopped tomatoes packed in puree
1 (7 ounce) can chopped green chile peppers
1 medium onion, finely chopped
1 green bell pepper, diced
3 medium zucchini, halved lengthwise and sliced
1 bunch green onions, chopped
1 cup sour cream
1 cup shredded Cheddar cheese

Directions

Heat 1 tablespoon of oil in a large stock pot over medium-high heat. Crumble turkey into the pot, stirring with a wooden spoon to break apart as much as possible. Season with taco seasoning mix, coriander, oregano, chili flakes, and tomato paste, and mix until meat is evenly coated with seasonings. Continue cooking, reducing heat if necessary, until turkey is well browned.

Pour in beef broth, and simmer to reduce liquid slightly, about 5 minutes. Add salsa, tomatoes, and green chilies, and continue cooking at a moderate simmer for ten minutes. Adjust the thickness at any time you feel necessary by adding water.

While chili is still cooking, heat one tablespoon of oil in a large skillet over medium-high heat. Cook onion and green bell pepper, stirring occasionally for 5 minutes, or until onion is translucent and bell pepper is lightly browned. Add onion and bell pepper to the chili, and continue cooking at a very low simmer.

In the same skillet, heat the remaining tablespoon of oil over medium-high heat. Add the zucchini, and cook stirring occasionally, for 5 minutes, or until lightly browned. Add the zucchini to the chili, reduce heat, and continue cooking 15 minutes more. Again, adjust the consistency with water as needed.

Ladle chili into serving bowls. Top with sour cream, green onion, and cheddar cheese, and serve.

Steamed Squash Medley with Sun-Dried

Ingredients

6 dehydrated sun-dried tomatoes
2 cups boiling water
6 small zucchini, sliced
6 small yellow squash, sliced
1 sweet onion, chopped
2 tablespoons butter
1 teaspoon white sugar
1/4 teaspoon freshly ground black pepper
salt to taste

Directions

Place the sun-dried tomatoes in a bowl with the boiling water, and allow to sit 10 minutes. Remove tomatoes with a slotted spoon, and coarsely chop. Reserve the water.

Transfer the reserved sun-dried tomato water to a saucepan, and bring to a boil. Place the chopped sun-dried tomatoes, zucchini, squash, and onion in a steamer basket, and set over the boiling water. Reduce heat to low, cover, and simmer 15 minutes, or until vegetables are tender. Discard water.

Transfer the steamed vegetables to a bowl, and mix with butter, sugar, pepper, and salt to serve.

Roasted Vegetable Lasagna

Ingredients

1 pound eggplant, sliced into 1/4 inch rounds
1/2 pound medium fresh mushrooms, cut into 1/4 inch slices
3 small zucchini, cut lengthwise into 1/4-inch slices
2 sweet red pepper, cut lengthwise into 6 pieces each
3 tablespoons olive oil
1 clove garlic, minced
1 teaspoon salt
1/2 teaspoon pepper
1 (15 ounce) container reduced-fat ricotta cheese
1/4 cup grated Parmesan cheese
1/4 cup egg substitute
1 (26 ounce) jar meatless spaghetti sauce
12 no-boil lasagna noodles
2 cups shredded part-skim mozzarella cheese
3 tablespoons minced fresh basil

Directions

Coat two 15-in. x 10-in. x 1-in. baking pans with nonstick cooking spray. Place eggplant and mushrooms on a prepared pan. Place the zucchini and red pepper on the second pan. Combine the oil and garlic; brush over both sides of vegetables. Sprinkle with salt and pepper. Bake, uncovered, at 400 degrees F for 15 minutes. Turn vegetables over. Bake 15 minutes longer. Remove eggplant and mushrooms. Bake zucchini and red pepper 5-10 minutes longer or until edges are browned.

In a bowl, combine the ricotta cheese, Parmesan cheese and egg substitute. Spread about 1/4 cup pasta sauce in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Layer with four lasagna noodles (noodles will overlap slightly), half of ricotta cheese mixture, half of vegetables, a third of pasta sauce and 2/3 cup mozzarella cheese. Sprinkle with half of basil. Repeat layers. Top with the remaining noodles and pasta sauce.

Cover and bake at 350 degrees F for 40 minutes. Uncover; sprinkle with remaining cheese. Bake 5-10 minutes longer or until edges are bubbly and cheese is melted. Let stand for 10 minutes before cutting.

Easy Green Chile Chicken Enchiladas

Ingredients

4 skinless, boneless chicken breast halves
2 (19 ounce) cans green enchilada sauce
24 corn tortillas
1 cup 2% shredded Mexican style cheese
1 large zucchini, shredded

Directions

Place the chicken breasts in a slow cooker along with one can of enchilada sauce. Cook on High until tender and no longer pink, about 3 hours. Shred using two forks and return to the slow cooker.

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.

Pour the remaining can of enchilada sauce into a shallow dish. Dip tortillas in the sauce; fill each with 1/3 cup shredded chicken, a sprinkle of Mexican style cheese, and a bit of grated zucchini. Roll up and place in the prepared baking dish, seam side down. Top enchiladas with any leftover sauce and remaining cheese.

Cover dish and bake in preheated oven for 20 minutes. Remove cover; continue to bake until the cheese has melted, and enchiladas are hot, about 10 additional minutes.

Zucchini 'Noodles'

Ingredients

6 zucchini
2 teaspoons salt
3 tablespoons margarine
1 clove garlic, minced (optional)
salt and black pepper to taste
1/4 cup grated Parmesan cheese

Directions

Cut zucchini into thin, noodle-like strips (a mandoline works well for this). Toss with the 2 teaspoons salt, and place in a colander to drain for 30 minutes.

Bring a pot of water to boil. Add zucchini; cook for one minute. Drain; rinse immediately with cold water to stop cooking.

Heat margarine in a large skillet over medium high heat. Add zucchini and garlic; cook and stir until just tender, about 5 minutes. Season to taste with salt and pepper. Sprinkle with Parmesan cheese.

Italian Vegetable Soup

Ingredients

2 (14.5 ounce) cans vegetable broth
1 (28 ounce) can peeled and crushed tomatoes
2 large carrots, coarsely chopped
1/2 cup frozen green beans
1 stalk celery, thickly sliced
1/3 cup frozen pearl onions
2 cloves garlic, minced
1 tablespoon dried parsley
3/4 teaspoon dried basil
1 bay leaf
1 cube vegetable bouillon
1/2 cup macaroni
1 (15 ounce) can kidney beans, drained
3 small zucchinis, cubed

Directions

In large saucepan or Dutch oven, bring broth, tomatoes, carrots, frozen green beans, celery, onions, garlic, parsley, basil, bay leaf and vegetable bouillon cube to a boil. Reduce heat. Cover and simmer 15 minutes.

Stir in macaroni, kidney beans, and zucchini. Bring soup back to a boil, and then reduce heat to simmer. Cover and cook for 10 to 15 minutes. Remove bay leaf and serve.

Zucchini Skins

Ingredients

3 tablespoons melted butter
1 cup bread crumbs
1/4 cup grated Parmesan cheese
1 pinch garlic powder
4 small zucchini
1 tablespoon olive oil
1 pinch fresh-ground black pepper
3 tablespoons sour cream
1/2 cup bacon bits
1/2 cup shredded mozzarella cheese

Directions

Stir together the melted butter, bread crumbs, Parmesan cheese, and garlic powder in a small bowl; set aside. Slice the zucchini in half lengthwise, remove the seeds with a spoon and rinse under cold water.

Bring a large pot of water to a boil. Cook the zucchini halves in the boiling water until slightly tender but still mostly firm, about 5 minutes; drain and pat dry with paper towels.

Preheat your oven's broiler. Place the zucchini on a broiler pan, hollowed-side facing up. Season each zucchini with the olive oil and pepper

Roast the zucchini under the broiler until sizzling, about 5 minutes; remove from oven. Layer the sour cream, bacon bits, mozzarella cheese, and the breadcrumb mixture in the center of the zucchini halves in equal amounts. Return the zucchini to the oven until the breadcrumbs are brown and the cheese is melted, 1 to 2 minutes.

Zucchini Parmigiana

Ingredients

- 1 cup dry bread crumbs
- 1 cup grated Parmesan cheese
- 1 clove garlic, minced
- 1 teaspoon chopped fresh basil
- 1/2 teaspoon dried oregano
- 3 large zucchinis, sliced
- 8 egg whites, divided
- 3 cups ricotta cheese
- 1/4 cup fresh parsley, chopped
- 3 cups tomato sauce
- 2 cups shredded mozzarella cheese

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking sheet.

In a shallow, medium bowl, mix bread crumbs, Parmesan cheese, garlic, basil, and oregano. Set aside 2/3 cup of the mixture.

Place 2 egg whites in a small bowl. Dip zucchini slices in the egg whites, then coat with the bread crumb mixture. Arrange coated slices on the prepared baking sheet, and bake 12 to 15 minutes in the preheated oven, until lightly browned.

In a medium bowl, mix ricotta, parsley, and the remaining 6 egg whites.

Spread 1/2 the tomato sauce in the bottom of a 9x13 inch baking dish. Layer with 1/2 the zucchini, 1/2 the ricotta mixture, and 1/2 the mozzarella cheese. Repeat layers, and top with remaining bread crumb mixture.

Bake 45 minutes in the preheated oven. Serve warm.

Sweet And Sour Chicken Meatballs

Ingredients

2 tablespoons olive oil
1 onion, chopped
1 green bell pepper, chopped
1 large carrots, chopped
1 (14.5 ounce) can chicken broth
1 (15 ounce) can tomato sauce
1/4 cup packed brown sugar
1/4 cup distilled white vinegar
1 (8 ounce) can crushed pineapple with juice
1/4 cup ketchup
1 slice white bread
2 tablespoons milk
3/4 pound ground chicken
1/2 zucchini, shredded
1 egg, beaten
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
2 cups instant rice

Directions

Heat oil in a large skillet. Add onion, green pepper, and carrot. Cook for 5 minutes, until onion is softened. Stir in broth, tomato sauce, brown sugar, white vinegar, pineapple with juice, and ketchup. Simmer for 10 minutes, or until vegetables are tender.

Meanwhile, soak bread in milk in a large bowl until milk is absorbed. Mix together with ground chicken, shredded zucchini, egg, salt, black pepper, and garlic powder. Shape into 12 meatballs, about 2 tablespoons each.

Drop meatballs into simmering sauce. Cook 15 minutes, or until cooked through, turn over once during cooking.

Remove skillet from heat. Stir in rice. Cover, and let stand 5 minutes. Fluff rice with fork before serving.

Zucchini Bread II

Ingredients

3 eggs
3/4 cup vegetable oil
1 2/3 cups packed brown sugar
2 cups grated zucchini
2 teaspoons vanilla extract
3 cups all-purpose flour
3 teaspoons ground cinnamon
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
1/2 cup raisins
1/2 cup chopped walnuts

Directions

In a large bowl, beat eggs well. Add oil, brown sugar, zucchini, and vanilla; stir well. Blend in flour, cinnamon, baking powder, soda, and salt. Stir in raisins and nuts. Pour batter into two greased and floured 9 x 5 inch loaf pans.

Bake at 325 degrees F (165 degrees C) for 1 hour. Cool.

A Vegetable Stew - Tabakh Rohoo

Ingredients

1 tablespoon ghee (clarified butter)
1 pound lamb meat, cut into small pieces
1/2 teaspoon ground allspice
1/4 teaspoon ground cinnamon
1/8 teaspoon ground cloves
1/8 teaspoon ground nutmeg
1 pinch ground cardamom
2 onions, sliced
1 potato, peeled and sliced
1 pound eggplant, peeled and cubed
1 pound zucchini, thickly sliced
2 pounds tomatoes, cubed
1 chile pepper, chopped
salt to taste
1 tablespoon tomato paste
1/4 cup water
6 cloves garlic
salt to taste
3 tablespoons dried mint

Directions

Heat the ghee in a large pot over medium heat. Place the lamb meat in the pot, and cook until evenly brown. Season with allspice, cinnamon, cloves, nutmeg, and cardamom.

Place a layer of onion on top of the lamb in the pot, followed by layers of potato, eggplant, zucchini, and tomatoes. Do not stir. Place the chile pepper in the center of the vegetables. Season with salt. Mix the tomato paste and water, and pour over the vegetables. Bring to a boil, reduce heat to low, and simmer 1 hour, until vegetables are tender.

With a mortar and pestle, crush together the garlic, salt, and mint. Mix with 2 tablespoons of liquid from the pot, and pour over ingredients in pot. When removing the mixture to the serving dish - a fairly open or wide bowl - tip the pot and let it slide out the side so that it stays in the layers.

Zucchini Souffle

Ingredients

1 cup flour
1 teaspoon baking powder
4 eggs
1/2 cup vegetable oil
1 onion, chopped
2 pounds zucchini, peeled and diced
salt and pepper to taste
paprika
chopped fresh parsley

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Sift flour and baking powder together into a bowl. Lightly beat eggs, and mix them into the flour with the oil. Stir in the onion and zucchini, and season with salt and pepper. Pour mixture into a well-greased 9x13 inch baking dish, and sprinkle with paprika and parsley.

Bake in preheated oven for one hour.

Pork and Sea Shells with Summer Vegetables

Ingredients

1 (16 ounce) package seashell pasta
3 tablespoons olive oil, divided
6 boneless pork loin chops, cut into bite sized pieces
Worcestershire sauce to taste
salt and pepper to taste
1 medium green bell pepper, chopped
1 yellow squash, cut into bite sized pieces
1 zucchini, cut into bite sized pieces
6 ounces fresh mushrooms, sliced
1 medium onion, chopped
3 cloves garlic, finely chopped
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can diced tomatoes with juice
2 tablespoons tomato paste
1/4 cup red wine
2 1/3 tablespoons dried basil
1 teaspoon dried thyme
1 teaspoon dried oregano
2 bay leaves
1 dash red pepper flakes
grated Parmesan cheese for topping

Directions

Bring a large pot of lightly salted water to a boil. Add seashell pasta, cook for 8 to 10 minutes, until al dente, and drain.

Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Place the pork in the skillet, and season with Worcestershire sauce, salt, and pepper. Cook and stir 10 minutes, or until almost done. Remove from heat, and set aside.

Heat the remaining olive oil in the skillet over medium heat. Cook and stir the green pepper, squash, zucchini, mushrooms, onion, and garlic 3 to 4 minutes. Return the pork to the skillet.

Mix in the tomato sauce, diced tomatoes, tomato paste, and wine into the skillet. Season with basil, thyme, oregano, bay leaves, and red pepper flakes. Reduce heat to low, and simmer 35 minutes. Remove the bay leaves, and serve over the cooked pasta with a sprinkling of Parmesan cheese.

Zucchini Fruit Cocktail Loaf

Ingredients

3 eggs
2 cups sugar
1 cup vegetable oil
2 teaspoons vanilla extract
2 cups chopped peeled zucchini
1 (16 ounce) can fruit cocktail,
drained
3 cups all-purpose flour
2 teaspoons baking soda
1 1/2 teaspoons ground cinnamon
1 teaspoon salt
3/4 teaspoon ground nutmeg
1 cup chopped walnuts

Directions

In a large mixing bowl, beat eggs. Add sugar, oil and vanilla; beat well. Stir in zucchini and fruit cocktail. Combine dry ingredients; stir into zucchini mixture. Stir in nuts. Pour into two greased and floured 8-in. x 4-in. x 2-in. loaf pans. Bake at 325 degrees F for 60-70 minutes or until bread tests done. Cool 10 minutes before removing from pans to a wire rack.

Lisa's Lasagne

Ingredients

2 tablespoons olive oil
3 onions, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 yellow bell pepper, chopped
2 sliced zucchini
8 chopped tomatoes
3 tablespoons tomato paste
4 cloves garlic, minced
2 tablespoons dried oregano
2 tablespoons dried basil
1 tablespoon dried thyme
salt and pepper to taste
2 tablespoons butter
1 1/2 tablespoons all-purpose flour
3 cups milk
1 cup shredded Cheddar cheese
1/8 teaspoon freshly ground nutmeg
salt and pepper to taste
12 spinach lasagna noodles

Directions

Heat the oil in a large saucepan. Add the onions and saute for 3 minutes. Add the peppers and saute for 2 minutes. Add the zucchini and saute 3 minutes before adding the tomatoes, tomato paste, garlic and oregano, basil, thyme, salt and pepper. Cover the saucepan and simmer for 20 to 30 minutes (the longer the better as long as the sauce is not sticky.)

Preheat the oven to 200 degrees F (95 degrees C). Grease a 9x13 inch baking dish.

While the sauce cooks, melt 2 tablespoons butter in a saucepan. Add the flour into the butter, stir vigorously for 2 minutes. Gradually add the milk, stirring until the sauce thickens. Stir in the cheese, reserving as much as you will want to sprinkle on top of the lasagna. Stir the cheese into the flour and butter mixture until it has melted completely. Season with nutmeg, salt, and pepper.

Soak the lasagna noodles in water for 30 seconds.

Cover the bottom of the prepared dish with some of the tomato sauce, followed by a layer of the lasagna sheet, and the cheese sauce. Continue layering these ingredients ending with a layer of cheese sauce. Sprinkle the final layer of cheese sauce with nutmeg, salt, pepper, and the reserved cheese.

Bake the lasagna 40 to 50 minutes, until the top of the lasagna is golden brown.

Pulique (Chicken in Guatemalan Pulique Sauce)

Ingredients

1 pound chicken thighs
3 zucchini, thickly sliced
4 potatoes, cut into chunks
2 carrots, sliced
5 cups chicken broth
1 teaspoon salt

For Pulique Sauce:

1/4 cup masa harina flour
2 tablespoons water
6 tomatoes, cored and cut into chunks
6 large fresh tomatillos, husks removed
2 cloves garlic, cut in half
1 onion, cut into chunks
3 dried guajillo chile peppers, stems and seeds removed
1 (1 inch) piece cinnamon stick
6 whole cumin seeds
2 whole cloves
2 black peppercorns
3 tablespoons dried epazote
2 teaspoons achiote seed
1/4 cup olive oil
salt to taste

Directions

Place the chicken thighs, zucchini, potatoes, carrots, chicken broth, and 1 teaspoon of salt into a large pot. Bring to a boil, reduce the heat, and simmer until the chicken is no longer pink and the vegetables are tender, about 20 minutes. Remove the chicken and vegetables from the pot, reserving the broth, and set aside.

Mix the masa harina with water in a small bowl, and let stand until the corn flour has absorbed the water and made a pliable dough, about 10 minutes. Form the masa dough into a 2 inch ball. Place the dough ball, tomatoes, tomatillos, garlic, onion, guajillo peppers, cinnamon stick, cumin seeds, cloves, peppercorns, epazote, and achiote seed into the broth, bring to a boil, reduce the heat, and simmer until the vegetables are tender, about 20 minutes.

Discard the cinnamon stick, and remove the vegetables and dough ball from the broth with a strainer. Place them into a blender, and working in batches if necessary, blend the ingredients until mostly smooth. Strain the sauce, and set it aside. Retain about 1/2 cup of broth.

Heat the olive oil in a large pot over medium heat, and slowly pour the sauce into the hot oil, letting it fry and bubble until it starts to change color, about 3 minutes. Add the chicken, zucchini, potatoes, and carrots to the sauce, pour in about 1/2 cup of reserved chicken broth, and stir. Season with salt to taste, and simmer over low heat for about 10 minutes to blend the flavors.

Soft Zucchini Spice Cookies

Ingredients

1/2 cup butter, softened
1 cup packed brown sugar
1 egg
1 3/4 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
3/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon ground cloves
1/4 cup milk
1 1/2 cups grated zucchini
1/2 cup chopped walnuts
1/2 cup raisins
1 teaspoon orange zest

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.

In a large bowl, cream together the butter and brown sugar until smooth, then beat in the egg. Combine the flour, baking powder, salt, cinnamon, nutmeg and cloves; stir into the creamed mixture alternately with the milk. Finally, mix in the zucchini, walnuts, raisins and orange zest. Drop by heaping spoonfuls onto the prepared cookie sheets.

Bake for 12 to 15 minutes in the preheated oven, or until the edges are lightly browned.

Six-Veggie Bake

Ingredients

1 (1 pound) loaf Italian bread, cut into 1/2-inch cubes
1 (14.5 ounce) can diced tomatoes, undrained
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
1 cup chopped fresh mushrooms
1 cup shredded part-skim mozzarella cheese
1/2 cup chopped green pepper
1/2 cup chopped zucchini
2 green onions, chopped
1 teaspoon dried basil
1/2 teaspoon dried oregano
1 cup fat-free milk
1 cup egg substitute
1 teaspoon salt-free seasoning blend
1/4 teaspoon pepper

Directions

In a large bowl, combine the first 10 ingredients; mix well. Place in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. In a small bowl, combine milk, egg substitute, seasoning blend and pepper; pour over the vegetable mixture. Cover and refrigerate for 2 hours or overnight. Remove from the refrigerator 30 minutes before baking. Cover and bake at 425 degrees F for 15 minutes. Uncover; bake 15 minutes longer or until a knife inserted near the center comes out clean.

Chocolate Zucchini Bread

Ingredients

3 cups all-purpose flour
3 cups sugar
1/2 cup baking cocoa
1 1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
1 teaspoon salt
1/4 teaspoon ground cinnamon
4 eggs
1 1/2 cups vegetable oil
2 tablespoons butter or margarine,
melted
1 1/2 teaspoons vanilla extract
1 1/2 teaspoons almond extract
3 cups grated zucchini
1 cup chopped pecans
1/2 cup raisins

Directions

In a large bowl, combine the first seven ingredients. Combine the eggs, oil, butter and extracts; mix well. Stir into dry ingredients just until moistened. Fold in zucchini, pecans and raisins. Pour into three greased and floured 8-in. x 4-in. x 2-in. loaf pans. Bake at 350 degrees F for 55-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; remove from the pans to wire racks.

Summer Squash Casserole

Ingredients

4 zucchini, chopped
2 onions, chopped
1 (10.75 ounce) can condensed cream of mushroom soup
1/2 cup sour cream
3 medium carrots, grated
1 (5.5 ounce) package croutons
1/2 cup butter
8 ounces shredded mozzarella cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Boil squash and onion in a small amount of water for 5 minutes. Place boiled squash and onions in a 9x13 inch baking dish. Mix in soup, sour cream, carrots, croutons, and butter. Top with Mozzarella cheese.

Cover dish and bake in preheated oven for one hour.

Peanut Butter Drops

Ingredients

1 cup shortening
1 cup chunky peanut butter
1 cup packed brown sugar
1/2 cup sugar
2 eggs
1 teaspoon vanilla extract
1 cup shredded peeled zucchini
3 cups all-purpose flour
1 teaspoon salt
1/2 teaspoon baking powder
1/2 teaspoon baking soda

Directions

In a mixing bowl, cream the shortening, peanut butter and sugar. Beat in eggs and vanilla. Stir in zucchini. Combine dry ingredients; add to the zucchini mixture. Drop by rounded tablespoonfuls 2 in. apart onto greased baking sheet. Bake at 350 degrees F for 12-15 minutes or until lightly browned. Cool on wire racks.

Sweet Zucchini Relish

Ingredients

12 cups shredded unpeeled zucchini
4 cups chopped onion
5 tablespoons canning salt
1 red bell pepper, chopped
1 green bell pepper, chopped
6 cups white sugar
2 1/2 cups white vinegar
1 tablespoon cornstarch
3/4 teaspoon ground nutmeg
3/4 teaspoon ground turmeric
1 1/2 teaspoons celery seed
1/2 teaspoon ground black pepper

Directions

Place the zucchini and onion in a large, non-metallic bowl, and sprinkle the salt ovetop. Use your hands to evenly mix the salt throughout the zucchini. Cover, and refrigerate overnight.

The following day, drain the zucchini in a colander, and rinse well with cool water. Squeeze out excess water and set aside. Place the red and green bell pepper, sugar, vinegar, and cornstarch into a large pot. Add the nutmeg, turmeric, celery seed and pepper. Stir to combine, then add the drained zucchini. Bring to a boil over medium-high heat, then reduce the heat to medium-low, and simmer 30 minutes.

Meanwhile, sterilize 7 one-pint jars and lids to hold relish. Pack relish into sterilized jars, making sure there are no spaces or air pockets. Fill jars all the way to top. Screw on lids.

Place a rack in the bottom of a large stockpot and fill halfway with boiling water. Carefully lower jars into pot using a holder. Leave a 2 inch space between jars. Pour in more boiling water if necessary, until tops of jars are covered by 2 inches of water. Bring water to a full boil, then cover and process for 30 minutes.

Remove jars from pot and place on cloth-covered or wood surface, several inches apart, until cool. Once cool, press top of each lid with finger, ensuring that seal is tight (lid does not move up or down at all).

Moroccan Couscous

Ingredients

1 1/4 teaspoons ground cumin
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1/8 teaspoon ground cayenne pepper
1/2 teaspoon ground cardamom
1/4 teaspoon ground coriander
1/4 teaspoon ground allspice
1 tablespoon olive oil
1 red onion, cut in half and thinly sliced
1 red, green, or yellow bell pepper, cut into 1" pieces
2 zucchinis, halved lengthwise and cut into 3/4 inch pieces
1/2 cup golden raisins
1 teaspoon kosher salt
grated zest of one orange
1 (14.5 ounce) can low sodium garbanzo beans, rinsed and drained
1 1/2 cups chicken broth
1/2 cup orange juice
1 1/2 cups couscous
3 tablespoons chopped fresh mint

Directions

Place a large, heavy bottomed pot over medium heat. Stir in the cumin, ginger, cloves, cayenne, cardamom, coriander, and allspice; gently toast until fragrant, about 2 to 3 minutes. Stir in oil and onion, cook until softened. Stir in the bell pepper, and zucchini; cook for 5 minutes. Stir in the raisins, salt, zest, and garbanzos.

Pour in the chicken broth and orange juice; turn heat to high and bring to a boil. When the mixture is boiling, stir in the couscous and remove from heat; cover, and let stand 5 minutes. Fluff with a fork, and fold in chopped mint.

Chicken Ranch Pasta Salad

Ingredients

3 TysonB® Grilled & ReadyB,Ÿ
Fully Cooked Grilled Breast Fillets
2 cups penne pasta, cooked,
drained and cooled
1 medium zucchini, chopped
1 medium yellow squash,
chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1/4 cup Parmesan cheese, freshly
grated
3/4 cup ranch-style salad dressing

Directions

Cook chicken according to package directions. Cut into cubes.

Toss chicken, pasta, zucchini, squash and peppers together in large bowl.

Combine cheese and dressing in small bowl. Pour over chicken and pasta mixture. Toss to coat. Chill before serving.

Beef and Garden Vegetable Soup

Ingredients

2 tablespoons olive oil
2 pounds beef stew meat, cut into bite-size pieces
1 large onion, chopped
2 bay leaves
3 carrots, diced
4 small red potatoes, diced
2 quarts beef stock
1/2 pound fresh green beans, cut into 1-inch pieces
3 ears fresh corn, kernels cut from cob
1/2 cup frozen petite peas
1 zucchini, diced
1/2 head cabbage, chopped
2 (14.5 ounce) cans diced tomatoes
1 teaspoon Italian seasoning blend
1/4 teaspoon garlic powder
salt and ground black pepper to taste
1/3 cup uncooked orzo pasta

Directions

Heat the olive oil in a stock pot over medium-high heat; cook the beef in the hot oil until completely browned, 7 to 10 minutes. Add the onion and bay leaves, reduce heat to medium, cook until the onion is softened, 5 to 7 minutes. Use a wooden spoon to scrape any bits stuck to the bottom of the pot. Stir the carrots, potatoes, and beef stock into the mixture; bring to a simmer and cook until the vegetables are just barely tender, about 5 minutes.

Stir the green beans, corn, peas, zucchini, cabbage, tomatoes, Italian seasoning blend, garlic powder, salt, and pepper into the beef mixture. Cover the stock pot, reduce heat to medium-low, and simmer the soup until the beef is cooked through and the vegetables are tender, 45 to 50 minutes.

Stir the orzo pasta into the soup; replace the cover to the stock pot and continue cooking until the pasta is tender, about 5 minutes more.

St. Patrick's Day Zucchini-Oatmeal Cookies

Ingredients

1/2 cup butter
3/4 cup white sugar
1 egg
1/2 teaspoon vanilla extract
1 1/2 cups grated zucchini
1 1/2 cups all-purpose flour
1/2 teaspoon baking soda
1 teaspoon ground cinnamon
1 cup quick cooking oats
1 cup granola
2 cups semisweet chocolate chips

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, cream butter and sugar until fluffy. Stir in the egg and vanilla, mix well, then stir in the shredded zucchini. Sift together the flour, baking soda and cinnamon, stir into the zucchini mixture. Finally, stir in the oats, granola and chocolate chips.

Drop dough from a teaspoon onto an unprepared cookie sheet. Leave at least 2 inches between cookies. Bake for 10 to 12 minutes in the preheated oven. The cookies will stay soft and moist because of the zucchini.

Bean and Veggie Pitas

Ingredients

2 cups thinly sliced red cabbage
1 1/2 cups canned red beans,
rinsed and drained
1 (10 ounce) can diced tomatoes
with green chilies, drained
1 cup fresh or frozen corn
1/2 cup diced zucchini
1/2 cup diced yellow summer
squash
1/4 cup finely chopped onion
1 tablespoon minced fresh cilantro
1 tablespoon lime juice
DIJON DRESSING:
3 tablespoons olive or canola oil
3 tablespoons red wine vinegar or
cider vinegar
3 tablespoons Dijon mustard
2 tablespoons honey
1 tablespoon lime juice
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon ground cumin
1/8 teaspoon cayenne pepper
6 (6 inch) whole wheat pita
breads, halved
12 lettuce leaves

Directions

In a bowl, combine the first nine ingredients; set aside. In a jar with tight-fitting lid, combine the oil, vinegar, mustard, honey, lime juice, garlic powder, salt, cumin and cayenne; shake well. Line pita halves with lettuce; fill each with about 1/3 cup vegetable mixture. Drizzle with dressing.

Zucchini Casserole I

Ingredients

8 cups diced zucchini
1 red bell pepper, chopped
1 cup cornflakes cereal
1 cup shredded Cheddar cheese
1/2 cup olive oil
1 teaspoon dried basil
2 eggs, beaten
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly oil a 9x13 inch baking dish.

In a large bowl, combine zucchini, bell pepper, cornflakes, cheese, oil, basil, and eggs. Season with salt and pepper to taste. Spread evenly into prepared baking dish.

Bake in the preheated oven for 45 minutes, or until top is golden brown.

Zucchini Pasta Casserole

Ingredients

1 cup diced zucchini
1/2 cup diced green pepper
1/2 cup diced sweet red pepper
1/4 cup diced onion
2 tablespoons cooking oil
1/4 cup Italian seasoned dry
bread crumbs
1/4 teaspoon salt
1/8 teaspoon pepper
1 cup cooked tricolor spiral pasta
grated Parmesan cheese

Directions

In a small skillet, saute vegetables in oil until tender, about 7 minutes. Stir in the bread crumbs, salt and pepper; cook for 2-3 minutes. Remove from the heat; stir in pasta. Pour into a greased 1-qt. baking dish. Sprinkle with Parmesan cheese if desired. Bake, uncovered, at 375 degrees F for 10 minutes or until heated through.

Zucchini with Pecans

Ingredients

1 1/2 cups julienned zucchini
1 teaspoon olive or vegetable oil
1/4 teaspoon garlic salt
Dash pepper
2 tablespoons toasted, chopped pecans

Directions

In a skillet, saute zucchini in oil for 5 minutes or until crisp-tender. Sprinkle with garlic salt, pepper and pecans. Serve immediately.

Wild Rice Casserole

Ingredients

1 cup uncooked brown rice
1/2 cup uncooked wild rice
1 red bell pepper, chopped
1 green bell pepper, chopped
1 zucchini, sliced
1 carrot, sliced
1 celery, sliced
1 teaspoon garlic powder
1 teaspoon onion powder
1 cube vegetable bouillon
2 tablespoons margarine
2 cups water
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Rinse the brown and wild rice; pour into a 2 quart casserole dish. To the rice add red bell pepper, green bell pepper, zucchini, carrot and celery. Stir in garlic powder, onion powder, vegetable bouillon and margarine. Mix well, pour water over mixture, and cover.

Bake in preheated oven for 30 minutes; check at this point to see if more water needs to be added. Bake for 15 to 30 minutes more, or until rice is cooked. Stir well before serving and season with salt and pepper.

Curried Zucchini Soup

Ingredients

2 tablespoons extra virgin olive oil
1 large onion, halved and thinly sliced
1 tablespoon curry powder
sea salt to taste
4 small zucchini, halved lengthwise and cut into 1 inch slices
1 quart chicken stock

Directions

Heat the oil in a large pot. Stir in the onion, and season with curry powder and salt. Cook and stir until onion is tender. Stir in zucchini, and cook until tender. Pour in the chicken stock. Bring to a boil. Cover, reduce heat to low, and simmer 20 minutes.

Remove soup from heat. Use a hand blender, or transfer in batches to a blender, and blend until almost smooth.

Zucchini Casserole III

Ingredients

8 small zucchini, cut into 1/4 inch rounds
1 onion, sliced
6 tomatoes, sliced
1/2 pound thinly sliced pepperoni
1 (16 ounce) package small curd cottage cheese
1/4 pound shredded Cheddar cheese
1/4 pound shredded mozzarella cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Cover bottom of baking dish with half of the zucchini slices. Layer with half of the onion rings, tomato slices and pepperoni slices. Sprinkle with half of each of the cottage cheese, Cheddar cheese and mozzarella cheese. Repeat layers.

Bake in preheated oven for 30 to 40 minutes, or until zucchini is tender, and cheese is melted.

Sweet and Sour Tofu Veggies

Ingredients

3 cups water
1 1/2 cups long-grain brown rice
1 pound firm tofu
1/4 cup unsweetened pineapple juice
2 tablespoons fresh lemon juice
2 tablespoons ketchup
2 tablespoons real maple syrup
2 tablespoons tamari
1 tablespoon dark sesame oil
2 1/4 teaspoons arrowroot powder
2 1/2 teaspoons grated fresh ginger root
2 tablespoons vegetable oil
1 onion, thinly sliced
1 carrots, sliced diagonally
4 ounces fresh green beans, cut into 1-inch lengths
1 large chopped red bell pepper
8 ounces fresh mushrooms, sliced
1 zucchini, cut into 1/2-inch slices
1 cup pineapple chunks

Directions

In a medium saucepan bring 2 cups of the water to a boil over high heat. Add the rice, reduce the heat, and simmer until the rice is tender and water is absorbed, 30 to 40 minutes. Transfer to a serving platter and keep warm.

Remove excess water from the tofu, and then cut it into 1/2-inch cubes.

In a small bowl, whisk the pineapple juice, lemon juice, ketchup, maple syrup, tamari, sesame oil, arrowroot, and ginger together.

In a wok or large skillet, heat the vegetable oil over medium-high heat. Add the onion, carrot, green beans, bell pepper, mushrooms, and zucchini and stir-fry until tender, 3 to 5 minutes.

Add the pineapple juice mixture, tofu and pineapple. Cook, stirring often, until the sauce is thickened, about 2 minutes. Spoon the veggies and sauce over the brown rice and serve.

Squash and Pepper Skillet

Ingredients

1 medium onion, thinly sliced
1 tablespoon olive or vegetable oil
5 medium zucchini, sliced
3 medium yellow summer squash, sliced
1 small sweet red or green pepper, julienned
1 garlic clove, minced
salt and pepper to taste

Directions

In a skillet, saute onion in oil until tender. Add the zucchini, yellow squash, red pepper and garlic; stir-fry for 12-15 minutes or until vegetables are crisp-tender. Season with salt and pepper.

Lemon Pepper Zucchini

Ingredients

2 zucchini, cut into 1/2-inch slices
3 tablespoons butter, melted
2 tablespoons lemon pepper

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place zucchini slices on a baking sheet and brush with melted butter. Season with lemon pepper.

Bake in preheated oven for 20 to 25 minutes, or until tender.

Chocolate Zucchini Bread

Ingredients

1/2 cup butter, softened
1 cup sugar
2 eggs
1 teaspoon vanilla extract
1 1/2 cups all-purpose flour
3 tablespoons baking cocoa
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1 cup grated unpeeled zucchini
1/2 cup semisweet chocolate chips

Directions

In a large mixing bowl, cream the butter and sugar. Beat in eggs and vanilla. Combine the flour, cocoa, salt, baking soda and cinnamon; gradually add to creamed mixture. Stir in the zucchini and chocolate chips.

Spoon into a greased 8-in. x 4-in. x 2-in. loaf pan. Bake at 350 degrees F for 60-70 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack.

Zucchini Crepes

Ingredients

1 cup all-purpose flour
2 eggs
1/2 cup egg substitute
1 1/2 cups fat-free milk
3/4 teaspoon salt
FILLING:
1 large onion, chopped
1 medium green pepper, chopped
1 cup sliced fresh mushrooms
1 tablespoon canola oil
1 medium zucchini, shredded and squeezed dry
2 medium tomatoes, chopped and seeded
1 1/2 cups shredded reduced-fat Cheddar cheese, divided
1/4 teaspoon salt
1/4 teaspoon dried oregano
1/8 teaspoon pepper
1 1/2 cups meatless spaghetti sauce

Directions

In a bowl, whisk together flour, eggs, egg substitute, milk and salt until smooth. Cover and refrigerate for 1 hour.

Heat an 8-in. nonstick skillet coated with nonstick cooking spray; pour about 1/4 cup batter into center of skillet. Lift and tilt pan to evenly coat bottom. Cook until top appears dry; turn and cook 15-20 seconds longer. Remove to a wire rack. Repeat with remaining batter, add nonstick cooking spray as needed. When cool, stack crepes with waxed paper to paper towels in between.

In a skillet, saute the onion, green pepper and mushrooms in oil until tender. Add zucchini; saute 2-3 minutes longer. Remove from the heat; stir in tomatoes, 1 cup of cheese, salt, oregano and pepper. Spoon onto crepes and roll up. Arrange in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray.

Spread spaghetti sauce over crepes. Cover and bake at 350 degrees F for 15-20 minutes. Sprinkle with remaining cheese. Bake, uncovered, 5 minutes longer or until cheese is melted.

Grilled Pesto Vegetable Tart

Ingredients

1/2 (17.3 ounce) package
Pepperidge Farm® Puff Pastry
Sheets
1 egg
1 tablespoon water
3 tablespoons olive oil
2 teaspoons chopped garlic
1 baby eggplant , cut diagonally in
1/2-inch thick slices
1 large zucchini , cut diagonally in
1/2-inch thick slices
1 large yellow squash , cut
diagonally in 1/2-inch thick slices
1 tablespoon prepared pesto
sauce
4 ounces goat cheese, crumbled
1 whole roasted sweet pepper ,
drained and cut into thin strips

Directions

Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle. Heat the oven to 400 degrees F. Lightly grease or line a baking sheet with parchment paper. Stir the egg and water with a fork in a small bowl.

Unfold the pastry sheet on a lightly floured surface. Roll the sheet into a 13x11-inch rectangle. Place on the prepared sheet. Brush the edges of the rectangle with the egg mixture. Fold over the edges 1/2 inch on all sides, pressing firmly with a fork to form a rim. Prick the pastry thoroughly with a fork. Refrigerate for 30 minutes.

Stir the oil and garlic in a small bowl. Place the eggplant, zucchini and squash in a single layer on a shallow-sided pan. Brush with the oil mixture. Turn vegetables over and brush with more oil. Season to taste. Bake the vegetables 4 minutes, turning halfway through cooking. Cool slightly.

Spread the pesto on the pastry. Arrange the vegetables alternately in rows. Sprinkle with the cheese.

Bake for 20 minutes or until golden. Sprinkle with the red pepper. Serve immediately.

Frosted Cinnamon Zucchini Bars

Ingredients

3/4 cup butter or margarine,
softened
1/2 cup sugar
1/2 cup packed brown sugar
2 eggs
1 teaspoon vanilla extract
1 3/4 cups all-purpose flour
1 1/2 teaspoons baking powder
2 cups shredded zucchini
1 cup flaked coconut
3/4 cup chopped walnuts
FROSTING:
2 cups confectioners' sugar
1 teaspoon ground cinnamon
2 tablespoons butter or margarine,
melted
1 teaspoon vanilla extract
2 tablespoons milk

Directions

In a mixing bowl, cream butter and sugars. Add the eggs, one at a time, beating well after each addition. Beat in vanilla. Combine four and baking powder; gradually add to the creamed mixture. Stir in zucchini, coconut and nuts.

Spread into a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 350 degrees F for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

In a bowl, combine sugar and cinnamon. Stir in butter, vanilla and enough milk until frosting reaches spreading consistency. Frost cooled bars; cut.

Zucchini Pie

Ingredients

1 (8 ounce) package refrigerated crescent rolls
3 medium zucchini, thinly sliced
1 garlic clove, minced
2 tablespoons butter or margarine
2 teaspoons minced fresh parsley
1 teaspoon snipped fresh dill
1/4 teaspoon salt
1/4 teaspoon pepper
1 cup shredded Monterey Jack cheese, divided
2 eggs, lightly beaten

Directions

Separate crescent dough into eight triangles; place in a greased 9-in. pie plate with points toward the center. Press onto the bottom and up the sides of plate to form a crust; seal perforations.

In a skillet, saute zucchini and garlic in butter. Add the parsley, dill, salt, pepper and 1/2 cup cheese. Spoon into the crust. Pour eggs over top; sprinkle with remaining cheese. Cover edges loosely with foil. Bake at 375 degrees F for 25-30 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before cutting.

Chocolate Zucchini Roll

Ingredients

3 eggs
1 teaspoon vanilla extract
1 cup all-purpose flour
3/4 cup sugar
1/2 cup baking cocoa
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/4 teaspoon salt
1 cup shredded peeled zucchini

FILLING:

1 (8 ounce) package cream cheese, softened
1/4 cup butter or margarine, softened
2 teaspoons vanilla extract
1 cup confectioners' sugar
Additional confectioners' sugar

Directions

In a mixing bowl, beat eggs and vanilla. Combine flour, sugar, cocoa, baking soda, cinnamon and salt; add to egg mixture and mix well. (batter will be thick). Stir in zucchini. Spread into a greased and waxed paper-lined 15-in. x 10-in. x 1-in. baking pan. Bake at 350 degrees F for 10-15 minutes or until cake springs back when lightly touched.

Turn onto a linen towel dusted with confectioners' sugar. Peel off waxed paper and roll up, jelly-roll style, starting with a short side. Cool on a wire rack.

In a mixing bowl, beat cream cheese, butter and vanilla until fluffy. Beat in confectioners' sugar. Unroll cake; spread filling to within 1 in. of edges. Roll up again; dust with confectioners' sugar. Refrigerate until serving.

Thai Red Chicken Curry

Ingredients

2 teaspoons olive oil
1 pound skinless, boneless
chicken breast halves - cut into
thin strips
1 tablespoon Thai red curry paste
1 cup sliced halved zucchini
1 red bell pepper, seeded and
sliced into strips
1/2 cup sliced carrots
1 onion, quartered then halved
1 tablespoon cornstarch
1 (14 ounce) can light coconut
milk
2 tablespoons chopped fresh
cilantro

Directions

Heat the oil in a large skillet over medium-high heat. Add the chicken pieces; cook and stir for about 3 minutes. Mix in the curry paste, zucchini, bell pepper, carrot and onion. Cook and stir for a few minutes.

Dissolve the cornstarch in the coconut milk, then pour into the skillet. Bring to a boil, then simmer over medium heat for 1 minutes. Right before serving, stir in the cilantro.

Angel's Pasta

Ingredients

8 ounces angel hair pasta
1 tablespoon crushed garlic
1 tablespoon olive oil
2 zucchini, sliced
salt and pepper to taste
3 tomatoes, chopped
12 leaves fresh basil
4 ounces mozzarella cheese,
shredded

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, heat a medium skillet over medium heat. Pour in oil and saute garlic until golden. Stir in zucchini, salt and pepper. Saute 2 minutes, then mix in tomato and cook a few minutes more. Chop basil and add to vegetables right before mixing with pasta.

Combine pasta and vegetables. Serve topped with mozzarella.

Cheesy Zucchini Bites

Ingredients

5 medium zucchini
4 ounces blue cheese, crumbled
3 tablespoons grated Parmesan cheese
1 teaspoon dried basil
1/8 teaspoon pepper
1 pint cherry tomatoes, thinly sliced

Directions

Cut zucchini into 3/4-in. slices. Using a melon baller or small spoon, scoop out the insides and discard, leaving the bottom intact. Place zucchini on an ungreased baking sheet; spoon 1/2 teaspoon crumbled blue cheese into each. Combine Parmesan cheese, basil and pepper; sprinkle half over blue cheese. Top each with a tomato slice; sprinkle with remaining Parmesan mixture. Bake at 400 degrees F for 5-7 minutes or until cheese is melted. Serve warm.

Beaker's Vegetable Barley Soup

Ingredients

- 2 quarts vegetable broth
- 1 cup uncooked barley
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 1 (14.5 ounce) can diced tomatoes with juice
- 1 zucchini, chopped
- 1 (15 ounce) can garbanzo beans, drained
- 1 onion, chopped
- 3 bay leaves
- 1 teaspoon garlic powder
- 1 teaspoon white sugar
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon dried parsley
- 1 teaspoon curry powder
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce

Directions

Pour the vegetable broth into a large pot. Add the barley, carrots, celery, tomatoes, zucchini, garbanzo beans, onion, and bay leaves. Season with garlic powder, sugar, salt, pepper, parsley, curry powder, paprika, and Worcestershire sauce. Bring to a boil, then cover and simmer over medium-low heat for 90 minutes. The soup will be very thick. You may adjust by adding more broth or less barley if desired. Remove bay leaves before serving.

Baked Chicken and Zucchini

Ingredients

1 egg
1 tablespoon water
3/4 teaspoon salt, divided
1/8 teaspoon pepper
1 cup dry bread crumbs
4 boneless, skinless chicken breast halves
4 tablespoons olive oil, divided
5 medium zucchini, sliced
4 medium tomatoes, sliced
1 cup shredded mozzarella cheese, divided
2 teaspoons minced fresh basil

Directions

In a shallow bowl, beat egg, water, 1/2 teaspoon salt and pepper. Set aside 2 tablespoons bread crumbs. Place the remaining crumbs in a large resealable plastic bag. Dip chicken in egg mixture, then place in bag and shake to coat.

In a skillet, cook chicken in 2 tablespoons oil for 2-3 minutes on each side or until golden brown; remove and set aside. In the same skillet, saute zucchini in remaining oil until crisp-tender; drain. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish.

Sprinkle the reserved bread crumbs over the zucchini. Top with tomato slices; sprinkle with 2/3 cup mozzarella cheese, basil and remaining salt. Top with chicken. Cover and bake at 400 degrees F for 25 minutes. Uncover; sprinkle with remaining cheese. Bake 10 minutes longer or until cheese is melted.

Mimi's Zucchini Pie

Ingredients

4 eggs
1/4 cup vegetable oil
salt and pepper to taste
1 teaspoon baking powder
1 cup all-purpose baking mix
1 1/2 cups sliced zucchini
1 1/2 cups sliced yellow squash
1/4 cup chopped onion
1 large ripe tomato, sliced
1/4 cup grated Parmesan cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch deep dish pie plate.

Whisk together eggs and oil in a bowl with salt and pepper. Stir in baking powder and baking mix until moistened. Gently fold in zucchini, summer squash, and onion. Pour into prepared pie plate, and arrange sliced tomato over top. Sprinkle with Parmesan cheese to taste.

Bake in preheated oven until puffed and golden brown, about 35 minutes.

Zucchini Wrapped in Tortillas

Ingredients

1 tablespoon vegetable oil
1 teaspoon mustard seed
(optional)
1 teaspoon cumin seeds
1 small red onion, thinly sliced
1 tablespoon grated fresh ginger
4 cups grated zucchini
1/2 teaspoon chili powder
1/4 teaspoon ground black
pepper
1/4 teaspoon ground cloves
1/4 teaspoon ground cinnamon
salt to taste
4 (10 inch) flour tortillas
4 fresh chives
1/2 cup sour cream (optional)

Directions

In a medium size wok or saute pan, heat the oil over medium-high heat. Add mustard and cumin seeds. As they begin to pop, lower the heat and add the onion and ginger. Saute until onions are soft and light pink in color.

Add the shredded zucchini, increase the heat slightly. Stir frequently until the zucchini gets soft and well-cooked, approximately 5 to 10 minutes. Stir in the chili powder, pepper, clove, cinnamon and salt.

Warm the tortillas and place the tortillas on a flat surface. Place 1/4 of the zucchini filling in the center of each tortilla. Roll up each tortilla and tie it closed with a chive. You can serve the wrap with a dollop of sour cream on the side, it makes for a well rounded wrap!

Five Spice Muffins

Ingredients

2 cups shredded zucchini
1/3 cup boiling water
2 3/4 cups all-purpose flour
1 1/2 cups white sugar
2/3 cup sunflower seeds
1 1/4 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground cloves
1 teaspoon ground coriander
1 teaspoon ground nutmeg
3 eggs, beaten
1/3 cup vegetable oil
1 teaspoon vanilla extract

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 12 cup and a 6 cup muffin pan.

In a large bowl, stir together zucchini and boiling water.

In a separate bowl, mix flour, sugar, sunflower seeds, baking soda, salt, cinnamon, cloves, coriander, and nutmeg.

Blend eggs, vegetable oil, and vanilla extract with the zucchini. Stir the zucchini mixture into the flour mixture. Spoon into the prepared muffin pans.

Bake 20 to 25 minutes in the preheated oven, or until a knife inserted into the center of a muffin comes out clean.

Briam (Greek Mixed Vegetables in Tomato Sauce)

Ingredients

4 tomatoes
1/2 cup olive oil
2 tablespoons red wine vinegar
2 tablespoons white sugar
1/3 cup chopped fresh parsley
1/3 cup chopped fresh mint
1/3 cup chopped fresh basil
2 tablespoons fresh oregano
1/4 cup capers
2 cloves garlic
salt and ground black pepper to taste

2 tablespoons olive oil
2 onions, sliced
2 potatoes, sliced
2 eggplant, sliced
3 zucchini, sliced
3 green bell peppers, sliced
2 cups okra

Directions

Preheat oven to 350 degrees F (175 degrees C). Place three of the tomatoes, the 1/2 cup olive oil, red wine vinegar, sugar, parsley, mint, basil, oregano, capers, and garlic in the bowl of a food processor and process to create a fresh tomato sauce. Season with salt and black pepper; set aside. Chop the remaining tomato; set aside.

Heat the 2 tablespoons olive oil in a skillet over medium heat, and cook and stir the onions until slightly golden, about 10 minutes.

Stir together the onions, potatoes, eggplant, zucchini, bell peppers, okra, the reserved chopped tomato, and the fresh tomato sauce, and place the mixture in a large baking pan. If needed, stir in a little water so that the vegetables are just covered with sauce.

Bake in the preheated oven until all vegetables are tender, about 1 hour.

Abby's Super Zucchini Loaf

Ingredients

3 zucchinis
1 1/4 teaspoons salt
2 1/4 cups sifted unbleached all-purpose flour
2 teaspoons baking soda
1 tablespoon ground cinnamon
1/4 teaspoon freshly grated nutmeg
3 eggs
1 1/3 cups white sugar
1 cup vegetable oil
2 1/2 teaspoons vanilla extract
1 1/2 cups chopped walnuts
1 cup golden raisins

Directions

Soak raisins in warm water for 30 minutes. Drain thoroughly in a colander or strainer; set aside.

Clean the zucchini and trim off the ends. Do not peel. Shred with a medium sized shredder. You should have about 4 cups when finished. Sprinkle the zucchini with 1 teaspoon of the salt and place on a plate. Mix it with your hands to evenly distribute the salt. Place a heavy saucepan on top of the zucchini and allow it to sit for 20 minutes to purge itself of liquid.

Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8x4 inch loaf pans and set aside.

Set aside 2 tablespoons of the flour. Sift together the remaining flour, soda, spices, and remaining 1/4 teaspoon salt.

Beat eggs on medium speed for about 3 minutes. Add the sugar, a little at a time and beat for a good 5 minutes. The mixture should be light in color and thick. While beating, slowly pour in the oil.

Empty the zucchini into a colander and squeeze to release the juices.

Add the vanilla to the beating eggs and then add in the zucchini. Add the dry ingredients, a little at a time and mix just until the dry ingredients are mixed in. Do not overmix.

In a small bowl combine the remaining 2 tablespoons flour, nuts, and drained raisins, and mix together to coat. Fold into the batter. Pour into the prepared pans.

Bake at 350 degrees F (175 degrees C) about 1 hour or until a toothpick comes out clean. Remove to a rack to cool for 10 minutes. Remove from pans and cool on a rack completely.

Raspberry Chicken Salsa Torte

Ingredients

1 tablespoon olive oil
1 onion, cut into strips
3 (10 inch) flour tortillas
2 cloves garlic, minced
1 (16 ounce) jar raspberry salsa
3 cups grated zucchini
3 cups shredded Monterey Jack cheese
3/4 pound skinless, boneless chicken breast halves - cooked and shredded
sour cream (optional)

Directions

In a large skillet heat oil, then add onion and garlic. Saute for 5 minutes. Add zucchini, and saute for another 5 minutes, stirring occasionally. Drain well, and remove skillet from heat. Stir in chicken; set aside.

Preheat oven to 400 degrees F (200 degrees C).

Spray a 10 inch pie plate with cooking spray. Spread 1/2 of the chicken mixture into it, then sprinkle with 1/2 of the cheese. Place 1 tortilla on top of the cheese layer, then spread on 1/2 of the salsa and add 1 more tortilla. Spread the remaining 1/2 of the salsa, then the remaining 1/2 of the chicken mixture over the tortilla. Top with 1 more tortilla and sprinkle with the remaining 1/2 of the cheese.

Cover with foil, and bake in the preheated oven for 40 minutes. Remove cover, and bake for an additional 15 minutes. Let cool for 10 minutes. Cut into wedges, and serve with sour cream.

Zucchini Tomato Pie

Ingredients

2 cups chopped zucchini
1 cup chopped tomato
1/2 cup chopped onion
1/3 cup grated Parmesan cheese
3/4 cup biscuit baking mix
1/2 cup milk
3 eggs
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Preheat oven to 400 degrees F (200 degrees C). Grease a 10 inch pie pan.

Combine zucchini, tomato, onion, and Parmesan cheese in prepared pie pan. In a small bowl, combine biscuit mix, milk, eggs, and salt and pepper. Beat until smooth, then pour over vegetable mixture.

Bake in preheated oven for 30 minutes, or until a knife inserted into the center comes out clean.

Bow Ties, Zucchini, Carrots, and Chicken

Ingredients

1 tablespoon olive oil
12 cloves garlic, pressed and divided
4 zucchini, thinly sliced
salt and pepper to taste
1 1/4 pounds skinless, boneless chicken breast halves - cut into bite-size pieces
1 pound carrots, peeled and thinly sliced
1 (16 ounce) package uncooked farfalle (bow tie) pasta
1/4 cup butter
1 (14 ounce) can chicken broth
3/4 cup water
1 (.18 ounce) packet chicken bouillon granules
1/2 cup grated Parmesan cheese

Directions

Heat the oil in a skillet over medium heat, and cook 4 cloves garlic 1 minute, until golden brown. Place zucchini in the skillet, season with salt and pepper, and cook until tender. Set aside. Place chicken in the skillet, and cook 10 minutes, or until juices run clear.

Place the carrots in a pot with enough water to cover, and bring to a boil. Cook until tender, drain, and set aside.

Bring a large pot of lightly salted water to a boil. Add farfalle pasta and cook for 8 to 10 minutes or until al dente; drain.

Melt the butter in the skillet over medium heat, and cook the remaining garlic until golden brown. Pour in the chicken broth and water, and stir in bouillon granules until dissolved. Gradually stir in Parmesan cheese. Mix in zucchini, chicken, and carrot, and continue cooking until heated through. Gently toss with pasta to serve.

Zippy Shrimp Linguine

Ingredients

1 (16 ounce) package linguine
1 pound large uncooked shrimp,
peeled and deveined
2 garlic cloves, minced
1/2 teaspoon crushed red pepper
flakes
2 tablespoons olive oil
1 teaspoon butter
1 1/2 cups sliced zucchini
1 cup sliced yellow summer
squash
1 cup julienned carrots
1 cup fresh broccoli florets
1 tablespoon minced fresh parsley
1 tablespoon minced fresh basil
3/4 teaspoon salt
1/2 cup shredded Parmesan
cheese

Directions

Cook pasta according to package directions. Meanwhile, in a large nonstick skillet, stir-fry the shrimp, garlic and pepper flakes in oil and butter for 3-5 minutes or until shrimp turn pink. Remove shrimp; keep warm. Add the zucchini, summer squash, carrots and broccoli to same skillet; stir-fry for 8-10 minutes or until crisp-tender. Return shrimp to skillet. Drain the pasta; add to skillet along with the parsley, basil and salt. heat through. Sprinkle with Parmesan cheese.

Zucchini Corn Saute

Ingredients

4 1/2 cups sliced zucchini (1/4 inch thick)
1/4 cup diced onion
1 tablespoon olive or canola oil
1 1/2 cups fresh or frozen corn, thawed
1/2 teaspoon salt
1/4 teaspoon ground cumin
1/8 teaspoon pepper

Directions

In a nonstick skillet, saute zucchini and onion in oil for 4-5 minutes. Stir in corn; saute 2 minutes longer or until vegetables are tender. Sprinkle with salt, cumin and pepper.

Italian Sausage and Zucchini

Ingredients

1 1/2 pounds Italian sausage links
2 small zucchini, sliced
1 small yellow squash, sliced
1/2 cup chopped onion
1 (14.5 ounce) can stewed tomatoes, with liquid

Directions

In a large skillet over medium heat, brown the Italian sausage until the inside is no longer pink. Cut sausage into 1/4 inch slices, and continue cooking until browned.

Stir in the zucchini, yellow squash, and onion; cook and stir for 2 minutes. Pour in the tomatoes, with liquid. Reduce heat, cover, and simmer for 10 to 15 minutes.

Hamburger Minestrone

Ingredients

1 pound lean ground beef
1/2 cup chopped onion
1 garlic clove, minced
6 cups water
1 (28 ounce) can diced tomatoes, undrained
1 1/2 cups sliced zucchini
1 (16 ounce) can kidney beans, rinsed and drained
1 1/2 cups frozen whole-kernel corn, thawed
1 cup shredded cabbage
1 celery rib with leaves, chopped
2 teaspoons beef bouillon granules
2 teaspoons Italian seasoning
3/4 teaspoon salt
1/2 cup uncooked elbow macaroni

Directions

In a Dutch oven, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Add the water, tomatoes, zucchini, beans, corn, cabbage, celery, bouillon, Italian seasoning and salt; bring to a boil. Add macaroni. Reduce heat; cover and simmer for 15 minutes or until macaroni is tender.

Anna's Linguica and Potato Stew

Ingredients

6 slices bacon
1 large onion, sliced
2 cloves garlic, chopped
1 pound linguica sausage, sliced
3 pounds potatoes, cubed
4 small zucchini, sliced
2 (8 ounce) cans tomato sauce
1/2 cup red wine
1/4 cup chopped fresh parsley
1 tablespoon dried basil
salt and pepper to taste

Directions

In a skillet over medium-high heat, cook the bacon until crisp and evenly brown. Drain, reserving juices, and break into bite-size pieces. Place the pieces in a slow cooker. Cook the onion and garlic in the reserved bacon juices over medium heat until tender. Drain, and place in the slow cooker. Quickly brown the linguica sausage in the skillet over medium-high heat, and place in the slow cooker.

Add the potatoes, zucchini, tomato sauce, and red wine to the slow cooker, and season with parsley, basil, salt, and pepper. Stir to evenly distribute ingredients. Cover, and cook 2 1/2 hours on High, stirring occasionally, until the potatoes are tender.

25-Minute Tunisian Vegetable Couscous

Ingredients

1 tablespoon olive oil
1 red onion, chopped
1 zucchini, coarsely chopped
1 yellow squash, coarsely chopped
1 carrot, coarsely chopped
1 red bell pepper, coarsely chopped
1 yellow bell pepper, coarsely chopped
1/2 cup sliced baby portabella mushrooms
4 cups vegetable broth
1/2 teaspoon smoked sweet paprika
1/4 teaspoon ground cardamom
1/4 teaspoon salt
1 tablespoon chopped fresh cilantro
1 (16 ounce) can chickpeas, drained
2 Roma tomatoes, sliced
2 cups dry couscous
1 teaspoon grated orange zest
1 tablespoon grated Parmesan cheese (optional)
1/2 teaspoon paprika (optional)
1 tablespoon finely chopped toasted almonds (optional)

Directions

Heat oil in large pot over medium-low heat. Place onion, zucchini, yellow squash, and carrot in pot and cook, stirring occasionally, until onions begin to soften and turn translucent, about 5 minutes. Stir in the red and yellow peppers and mushrooms; cook another 3 minutes. Vegetables should still be firm.

Pour in the vegetable stock and season with paprika, cardamom, salt, and cilantro. Bring mixture to a boil; reduce heat to low. Stir in chickpeas and tomatoes. Slowly pour in the couscous; stir. Cover pot immediately and remove from the heat. Let stand, covered, for 5 minutes. Fluff couscous with a fork. The couscous should have absorbed about half the cooking liquid.

Serve at slightly warmer than room temperature. Garnish with orange zest and the grated cheese, paprika, and almonds.

Martian Cookies

Ingredients

1/2 cup butter
3/4 cup white sugar
1 egg
1/2 teaspoon vanilla extract
1 1/2 cups all-purpose flour
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup quick cooking oats
1 cup grated zucchini
1 cup chopped walnuts
1/2 cup semisweet chocolate chips
1/2 cup butterscotch chips

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large mixing bowl beat butter until soft, add sugar, and beat until fluffy. Add egg and vanilla, beat well.

In a medium bowl stir together flour, cinnamon, baking soda, and salt. With mixer on low speed, gradually add flour mixture to butter mixture, beat until well mixed. With a wooden spoon, stir in oats, zucchini, walnuts or pecans, chocolate and butterscotch pieces.

Drop by rounded teaspoons about 2 inches apart onto ungreased cookie sheets. Bake for 10-12 minutes or until golden brown. Cool sheets and then cookies on a cooling rack. ENJOY!

Lemon Zucchini and Cucumber Salad

Ingredients

1 zucchini, sliced into rounds
1 cucumber, peeled and thinly sliced
1/3 cup balsamic vinegar
3 tablespoons olive oil
1 tablespoon lemon juice
salt and pepper to taste
1 twist lemon peel for garnish

Directions

Place the zucchini slices into a steamer basket and set over one inch of water in a saucepan. Bring to a boil, cover and steam for 3 to 5 minutes, or until tender. Remove from the steamer and cool slightly.

In a salad bowl, combine the zucchini and cucumber slices. In a separate bowl, whisk together the balsamic vinegar, olive oil, lemon juice, salt and pepper. Pour over the zucchini and cucumber. Toss to coat, then garnish with lemon peel.

Butter Fried Zucchini

Ingredients

2 eggs, beaten
2 cups all-purpose flour
2 large zucchini, cut into 1/2 inch slices
3/4 cup margarine
salt and pepper to taste

Directions

Place the beaten eggs in a bowl. Place the flour on a dish. Dip the zucchini in the eggs, then dredge in the flour to coat.

Melt the margarine in a large skillet over medium heat. Fry the coated zucchini slices in the margarine until lightly browned. Season with salt and pepper.

Quick Chicken Stew

Ingredients

2 tablespoons olive oil
1 pound skinless, boneless chicken breast halves - cut into bite-size pieces
2 cloves garlic, minced
1 medium onion, cut into 1/2-inch pieces
1 medium carrot, thinly sliced
1 medium zucchini, cut into 1/2-inch pieces
1 medium red bell pepper, cut into 1/2 inch pieces
2 (14.5 ounce) cans diced tomatoes with juice
1/2 teaspoon red pepper flakes
1/2 teaspoon dried basil
1 bay leaf
2 tablespoons butter
salt and pepper to taste

Directions

Heat the olive oil in large skillet over medium-high heat. Stir in chicken and cook about 1 minute. Mix in garlic and onion; cook until tender. Stir in carrot, zucchini, and red bell pepper. Pour in tomatoes with juice. Season with red pepper flakes, basil, and bay leaf, and continue cooking 10 minutes, until vegetables are tender and chicken juices run clear. Stir in the butter until melted, and season with salt and pepper just before serving.

Grande Ravioli Salmone e Vedure

Ingredients

For the Ravioli:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 green onion, chopped
- 1 eggplant, peeled and cubed
- sea salt and pepper to taste
- 1 1/4 cups sliced fresh mushrooms
- 1 cup fresh spinach
- 1 cup cooked salmon, flaked
- 3 tablespoons ricotta cheese
- 3 tablespoons cottage cheese
- 3 tablespoons grated Parmesan cheese
- 2 tablespoons finely chopped fresh parsley
- 1 1/2 teaspoons dried basil
- 1 pound fresh pasta sheets

For the Roasted Vegetables:

- 4 cups cauliflower florets
- 1 tablespoon olive oil
- 1/2 cup dry bread crumbs
- 2 cloves garlic, minced
- 1 tablespoon grated Parmesan cheese
- sea salt and pepper to taste
- olive oil cooking spray
- 8 ounces cherry tomatoes, halved
- 1 zucchini, grated

- 1 tablespoon butter
- 1 tablespoon finely chopped fresh parsley

Directions

Heat 1 tablespoon of olive oil in a skillet over medium-high heat. Add the minced garlic and the chopped green onion and cook for 2 minutes. Stir in the eggplant, salt, and pepper and cook until the eggplant begins to brown, about 7 minutes.

Mix in the mushrooms and cook until the mushrooms are soft and have given off all of their liquid. Reduce the heat to low and add the spinach. Cook until the spinach wilts, about 1 to 2 minutes. Remove the pan from the heat. Stir in the salmon, ricotta, cottage cheese, Parmesan cheese, chopped parsley, and the dried basil. Mix well and set aside.

On a lightly floured surface, roll out the pasta dough into a long thin rectangle; the dough should be about 1 millimeter thick. Slice the dough in half, width-wise, to make two rectangles. Spoon half the salmon mixture onto one side of each rectangle. Fold the other side of the rectangle over the filling and press to seal the dough around the filling. Trim the edges to make a nice shape and crimp edges to seal. Repeat with remaining raviolo. Refrigerate ravioli for 1 hour.

Coat the cauliflower with 1 tablespoon of olive oil. Mix together the minced garlic, Parmesan cheese, bread crumbs, and salt and pepper to taste. Pour the garlic-bread crumb mixture over the cauliflower and toss to combine.

Preheat an oven to 400 degrees F (200 degrees C).

Spray a baking sheet with olive oil cooking spray. Place the ravioli in the center of the tray. Surround the ravioli with the seasoned cauliflower. Arrange the cherry tomatoes over the cauliflower and top with grated zucchini and sprinkle with salt and pepper to taste.

Bake the ravioli and vegetables in the preheated oven until the cauliflower and zucchini begin to brown, about 20 minutes. Remove the baking sheet from the oven. Use a spatula to transfer each raviolo to the center of a dinner plate. Spoon cauliflower mixture around the ravioli. Spread 1/2 tablespoon butter on each raviolo, sprinkle with the remaining chopped parsley, and serve.

Nicole's Winter Carrot Zucchini Bread

Ingredients

- 1 cup all-purpose flour
- 1 1/2 cups whole wheat flour
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1 teaspoon salt
- 6 egg whites
- 1/2 cup unsweetened applesauce
- 1 1/2 cups brown sugar
- 1 cup grated unpeeled zucchini
- 1 cup grated carrot
- 2 teaspoons vanilla extract
- 1/2 cup raisins
- 1/2 cup chopped pecans

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease a 9x5 inch loaf pan with non-stick spray. Sift together all-purpose flour, whole wheat flour, baking soda, baking powder, cinnamon, nutmeg, cloves, and salt in a large bowl until well blended.

Beat egg whites with a mixer until light and frothy. Stir in applesauce, brown sugar, zucchini, carrots, and vanilla until well combined. Mix in the raisins and pecans. Add the flour mixture, stirring just until blended. Pour the batter into the prepared pan.

Bake until a toothpick inserted in the center comes out clean, about 1 hour 20 minutes. Cool bread in pans for 10 minutes, then remove, and cool completely on a wire rack.

Orange-Chicken Rice Bowl

Ingredients

2 tablespoons Asian-style toasted sesame salad dressing
1 pound skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces
1/4 cup orange juice
2 tablespoons Asian-style toasted sesame salad dressing
1 red bell pepper, cut into 1 inch chunks
1 zucchini, cut into 1 inch chunks
2 cups broccoli florets
2 green onions, cut into 1/2-inch pieces

Directions

Heat a large skillet over medium heat, and place 2 tablespoons of sesame salad dressing in the skillet. Add the chicken, and cook and stir until no longer pink in the middle and beginning to brown, 5 to 7 minutes. Stir in the orange juice and 2 more tablespoons of sesame dressing, and bring to a boil.

Stir in the red bell pepper, zucchini, broccoli, and green onions, and cook and stir until the vegetables are tender and the broccoli is bright green in color, 5 to 8 minutes.

Zucchini Bread VII

Ingredients

3 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon salt
2 cups sugar
1 cup vegetable oil
3 eggs
1 teaspoon vanilla extract
1 cup sour cream
2 cups shredded zucchini
1 cup chopped walnuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.

In a large bowl, sift together flour, baking powder, baking soda and salt. In a large bowl, beat together the sugar and oil. Stir in the eggs one at a time, beating well with each addition, then stir in the vanilla. Blend this mixture into the flour mixture, alternately with the sour cream; stir just to combine. Fold in the zucchini and nuts; mixing just enough to evenly combine. Pour batter into prepared pans.

Bake in preheated oven for 80 minutes, or until a toothpick inserted into the center of the loaf comes out clean.

Baked Zucchini Chips

Ingredients

2 medium zucchini, cut into 1/4-inch slices
1/2 cup seasoned dry bread crumbs
1/8 teaspoon ground black pepper
2 tablespoons grated Parmesan cheese
2 egg whites

Directions

Preheat the oven to 475 degrees F (245 degrees C).

In one small bowl, stir together the bread crumbs, pepper and Parmesan cheese. Place the egg whites in a separate bowl. Dip zucchini slices into the egg whites, then coat the breadcrumb mixture. Place on a greased baking sheet.

Bake for 5 minutes in the preheated oven, then turn over and bake for another 5 to 10 minutes, until browned and crispy.

Mexican Zucchini Casserole

Ingredients

1 egg
1 tablespoon canola oil
1/8 teaspoon salt
1/8 teaspoon pepper
1 cup shredded zucchini
1 tablespoon seeded, finely
chopped jalapeno pepper
1 tablespoon finely chopped onion
1/3 cup biscuit/baking mix
2 tablespoons shredded Cheddar
cheese

Directions

In a small bowl, beat the egg, oil, salt and pepper. Add the zucchini, jalapeno and onion; stir to coat. Stir in biscuit mix and cheese.

Pour into a 15-oz. baking dish coated with nonstick cooking spray. Bake at 375 degrees F for 18-20 minutes or until a toothpick comes out clean. Let stand for 10 minutes before serving.

Zucchini Bread VI

Ingredients

2 cups all-purpose flour
3/4 teaspoon baking powder
3/4 teaspoon baking soda
3/4 teaspoon salt
3/4 teaspoon ground cinnamon
3 eggs
1 cup white sugar
2/3 cup vegetable oil
1 1/3 cups grated zucchini
3/4 teaspoon lemon extract
2/3 cup chopped pecans

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan. Sift together flour, baking soda, baking powder, salt and cinnamon.

In a large bowl, beat eggs with sugar for 10 minutes. Gradually add oil and beat for two more minutes. Mix in lemon extract, zucchini and pecans. Fold in flour mixture until evenly moistened; do not overmix. Pour batter into prepared pan.

Bake in preheated oven for 60 minutes, or until a toothpick inserted into center of the loaf comes out clean.

Garden Harvest Lasagna

Ingredients

2 tablespoons olive oil
2 medium zucchini, sliced
1 (10 ounce) package mushrooms, sliced
1 (15 ounce) container ricotta cheese
2 cups shredded mozzarella cheese
1/4 cup grated Parmesan cheese
1 egg, slightly beaten
1 teaspoon dried basil leaves, crushed
1 (26 ounce) jar Ragu® Old World Style® Pasta Sauce
1 (16 ounce) package lasagna noodles, cooked and drained

Directions

Preheat oven to 375 degrees F. Heat olive oil in 12-inch skillet over medium heat and cook zucchini and mushrooms 3 minutes or until vegetables are tender; set aside.

Combine ricotta cheese, 1 cup mozzarella cheese, Parmesan cheese, egg and basil in medium bowl; set aside.

Evenly spread 1/2 cup Pasta Sauce in 13 x 9-inch baking dish. Arrange 4 lasagna noodles, lengthwise over sauce, overlapping edges slightly. Spread 1/3 of the cheese mixture over noodles, then 3/4 cup sauce and 1/3 of the vegetable mixture; repeat layers, ending with noodles. Top with remaining Sauce and sprinkle with remaining 1 cup mozzarella cheese. Loosely cover with aluminum foil and bake 45 minutes or until bubbling. Let stand 10 minutes before serving.

Confetti Chowder

Ingredients

3 tablespoons butter or margarine
1 cup diced carrots
1 cup diced zucchini
1 cup broccoli florets
1/2 cup chopped onion
1/2 cup chopped celery
1/4 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon sugar
3 cups milk
1 cup chicken broth
1 cup whole kernel corn
1 cup diced fully cooked ham
1/2 cup peas
1 (2 ounce) jar sliced pimentos,
drained
1 cup shredded Cheddar cheese

Directions

Melt butter in a Dutch oven. Add carrots, zucchini, broccoli, onion and celery; cook and stir for about 5 minutes or until crisp-tender. Sprinkle flour, salt, pepper and sugar over vegetables; mix well. Stir in milk and chicken broth; cook and stir until thickened and bubbly. Add corn, ham, peas and pimiento; cook and stir until heated through. Remove from the heat; add cheese and stir until melted. Serve hot.

Summer Vegetable Ratatouille

Ingredients

2 onion, sliced into thin rings
3 cloves garlic, minced
1 medium eggplant, cubed
2 zucchini, cubed
2 medium yellow squash, cubed
2 green bell peppers, seeded and cubed
1 yellow bell pepper, diced
1 chopped red bell pepper
4 roma (plum) tomatoes, chopped
1/2 cup olive oil
1 bay leaf
2 tablespoons chopped fresh parsley
4 sprigs fresh thyme
salt and pepper to taste

Directions

Heat 1 1/2 tablespoon of the oil in a large pot over medium-low heat. Add the onions and garlic and cook until soft.

In a large skillet, heat 1 1/2 tablespoon of olive oil and saute the zucchini in batches until slightly browned on all sides. Remove the zucchini and place in the pot with the onions and garlic.

Saute all the remaining vegetables one batch at a time, adding 1 1/2 tablespoon olive oil to the skillet each time you add a new set of vegetables. Once each batch has been sauteed add them to the large pot as was done in step 2.

Season with salt and pepper. Add the bay leaf and thyme and cover the pot. Cook over medium heat for 15 to 20 minutes.

Add the chopped tomatoes and parsley to the large pot, cook another 10-15 minutes. Stir occasionally.

Remove the bay leaf and adjust seasoning.

Baked Zucchini de Provence

Ingredients

3 zucchini, sliced into 1/4-inch rounds
3 tablespoons extra-virgin olive oil
2 teaspoons fine sea salt
1 tablespoon herbes de Provence
1/4 cup breadcrumbs
1/4 cup shredded Parmesan cheese
3 tablespoons extra-virgin olive oil
salt and pepper to taste

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Arrange a layer of zucchini slices into the bottom of a 9-inch pie pan so they slightly overlap one another; drizzle with 1 tablespoon olive oil and season with some of the sea salt and herbes de Provence. Repeat layering until the zucchini is all used.

Bake in the preheated oven for 30 minutes.

While the zucchini bakes, stir together the breadcrumbs, Parmesan cheese, and 3 tablespoons olive oil in a bowl; season with salt and pepper. Spread evenly over the baked zucchini and return to oven 10 minutes more; serve hot.

Veggie Lasagna Florentine

Ingredients

1 (16 ounce) package lasagna noodles
2 tablespoons olive oil
1 onion, chopped
1 (8 ounce) can sliced mushrooms
2 tablespoons minced garlic
1 zucchini, finely chopped
2 (28 ounce) cans crushed tomatoes
1 (6 ounce) can tomato paste
1 tablespoon dried oregano
1 pinch brown sugar
salt to taste
1 (10 ounce) package frozen chopped spinach, thawed
1 (16 ounce) container nonfat cottage cheese
2 eggs
3 tablespoons dried basil, divided
1/4 cup grated Parmesan cheese
1 pound shredded mozzarella cheese

Directions

Cook lasagna noodles in a large pot of lightly salted, boiling water for 10 minutes, or until al dente. Rinse with cool water, drain, and set aside.

Heat oil in a large skillet over medium heat. Cook the chopped onions, mushrooms, garlic, and zucchini in the oil until soft. Stir in both cans of crushed tomatoes, tomato paste, oregano, brown sugar, and salt to taste. Reduce heat to low, and simmer for 15 minutes.

Meanwhile, microwave frozen spinach until cooked. Cool, and then squeeze out excess water. Drain cottage cheese. Using a mixer, blend spinach, cottage cheese, eggs, and 2 tablespoons basil until smooth. In a separate bowl, combine shredded mozzarella cheese and grated Parmesan cheese.

Preheat oven to 350 degrees F (175 degrees C). Spread 1 cup sauce in the bottom of a 9x13 inch baking dish. Layer 1/3 of the noodles, 1/3 cottage cheese/spinach mixture, 1/3 of remaining sauce, and 1/3 cheese mixture. Repeat layers with remaining ingredients. Sprinkle top with remaining 1 tablespoon of dried basil.

Bake in preheated oven for 60 minutes. Let stand for 10 minutes before serving.

Hearty Rice Salad

Ingredients

2 cups cooked rice
1 medium carrot, chopped
1 small zucchini, chopped
1 celery rib, thinly sliced
1/2 cup cubed cooked chicken
1/2 cup cubed fully cooked ham
1/2 cup cubed Swiss cheese
2 hard-cooked eggs, chopped
2 tablespoons mayonnaise
1 tablespoon minced fresh parsley
1 tablespoon lemon juice
1 tablespoon olive or vegetable oil
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

In a large bowl, combine all ingredients. Cover and refrigerate for 4 hours or overnight.

Squash and Zucchini Casserole

Ingredients

2 medium yellow squash
2 large zucchini
1 Vidalia onions, thinly sliced
2 large tomatoes, sliced
2 cups grated Romano cheese
1/2 cup butter, divided
salt and pepper to taste

Directions

Preheat oven to 375 degrees F (190 degrees C).

Cut the zucchini and squash into long, thin layers. Lightly grease a 7x11-inch baking dish and layer the squash, zucchini, onion and tomatoes into the baking dish. Sprinkle with cheese and add pats of butter between each layer of vegetables, and season each layer with salt and ground black pepper to taste.

Continue this layering process until all the vegetables are used up and top this off with the remaining butter and cheese.

Cover and bake at 375 degrees F (190 degrees C) for 20 to 30 minutes, or until vegetables are to desired tenderness and cheese is melted and bubbly.

No-Cream Pasta Primavera

Ingredients

1 (12 ounce) package penne pasta
1 yellow squash, chopped
1 zucchini, chopped
1 carrot, julienned
1/2 red bell pepper, julienned
1/2 pint grape tomatoes
1 cup fresh green beans, trimmed and cut into 1 inch pieces
5 spears asparagus, trimmed and cut into 1 inch pieces
1/4 cup olive oil, divided
1/4 teaspoon salt
1/4 teaspoon coarsely ground black pepper
1/2 tablespoon lemon juice
1 tablespoon Italian seasoning
1 tablespoon butter
1/4 large yellow onion, thinly sliced
2 cloves garlic, thinly sliced
2 teaspoons lemon zest
1/3 cup chopped fresh basil leaves
1/3 cup chopped fresh parsley
3 tablespoons balsamic vinegar
1/2 cup grated Romano cheese

Directions

Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with aluminum foil.

Bring a large pot of lightly salted water to a boil. Add penne pasta and cook for 10 to 12 minutes or until al dente; drain.

In a bowl, toss squash, zucchini, carrot, red bell pepper, tomatoes, green beans, and asparagus with 2 tablespoons olive oil, salt, pepper, lemon juice, and Italian seasoning. Arrange vegetables on the baking sheet, and roast 15 minutes in the preheated oven, until tender.

Heat remaining olive oil and butter in a large skillet. Stir in the onion and garlic, and cook until tender. Mix in cooked pasta, lemon zest, basil, parsley, and balsamic vinegar. Gently toss and cook until heated through. Remove from heat and transfer to a large bowl. Toss with roasted vegetables and sprinkle with Romano cheese to serve.

Chicken Vegetable Medley

Ingredients

6 (4 ounce) skinless, boneless chicken breast halves
4 tablespoons olive or vegetable oil, divided
8 ounces fresh mushrooms, sliced
4 garlic cloves, minced
3 tomatoes - peeled, seeded and chopped
2 medium eggplants, peeled and diced
2 large green peppers, diced
2 medium zucchini, diced
1 large onion, diced
1 (8 ounce) can tomato sauce
1 bay leaf
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon dried marjoram
1/2 teaspoon dried thyme
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a large skillet or Dutch oven over medium heat, brown chicken in 1 tablespoon of oil; set chicken aside. Add remaining oil to skillet; saute mushrooms, garlic, tomatoes, eggplant, green pepper, zucchini and onion for 10-15 minutes or until vegetables are tender. Add remaining ingredients; bring to a boil. Return chicken to skillet. Reduce heat; cover and simmer for 30-40 minutes or until chicken juices run clear. Remove bay leaf before serving.

Coconut Custard (Zucchini) Pie

Ingredients

1 cup peeled, chopped zucchini
1 cup sweetened flaked coconut,
divided
2/3 cup sugar
1 1/2 cups milk
3 eggs
1 teaspoon vanilla extract
1 pinch salt
1 (9 inch) unbaked pie crust
1 pinch ground nutmeg

Directions

Preheat oven to 450 degrees F (230 degrees C).

Heat 1 inch of water to a boil in a small saucepan over medium heat. Add zucchini, cover, and steam until softened, about 5 minutes.

In a blender or food processor, blend the cooked zucchini, 3/4 cup coconut, sugar, milk, eggs, vanilla extract, and salt until smooth. Pour into the pie crust, and sprinkle with remaining coconut and nutmeg.

Bake 10 minutes in the preheated oven. Reduce heat to 350 degrees F (175 degrees C), and continue baking 50 minutes, or until a knife inserted in the center comes out clean.

Sourdough Veggie Sandwiches

Ingredients

2 tablespoons mayonnaise
4 slices sourdough bread
1 cup shredded Cheddar cheese
2 small zucchini, halved
lengthwise
1 large tomato, thinly sliced
1/4 cup shredded carrot
1 tablespoon salted sunflower
kernels
2 tablespoons butter or margarine,
softened

Directions

Spread mayonnaise on one side of each slice of bread. On two slices, layer the cheese, zucchini, tomato, carrot and sunflower kernels. Top with remaining bread, mayonnaise side down. Spread butter over the outside of bread. In a large skillet, cook over medium heat until bread is lightly toasted and cheese is melted.

Summer Stuffed Peppers

Ingredients

8 medium yellow, green or sweet red peppers
1 1/2 pounds lean ground beef
1/2 clove garlic, minced
1 medium onion, minced
1/2 cup finely chopped cabbage
1 medium carrot, shredded
1/2 cup shredded zucchini
1 (28 ounce) can tomatoes with liquid, cut up
1/2 cup uncooked long-grain rice
1 tablespoon brown sugar
1/4 teaspoon dried basil
pepper to taste

Directions

Cut the tops off each pepper and reserve. Cook peppers in boiling water until crisp-tender, about 2-3 minutes. Remove from water and rinse with cold water. Remove stems from pepper tops and chop enough of the tops to make 1/3 cup. In a large skillet, brown ground beef over medium heat. Add garlic, onion, cabbage, carrot, zucchini and reserved chopped peppers. Saute until vegetables are tender. Add tomatoes, rice, sugar, basil and pepper. Cover and reduce heat to simmer. Cook until the rice is tender, about 20 minutes. Stuff hot meat mixture into peppers. Serve immediately.

Tuna Casserole II

Ingredients

1 (12 ounce) package uncooked rotini (corkscrew) pasta
1 tablespoon vegetable oil
2 cloves garlic, minced
1 large red bell pepper, chopped
1 large green bell pepper, chopped
3 carrots, julienned
1 zucchini, julienned
2 (10.75 ounce) cans condensed cream of mushroom soup
2 (6 ounce) cans tuna, drained
4 ounces shredded mozzarella cheese
1 (6 ounce) can French-fried onions

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 8x8 inch baking dish.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Meanwhile, heat oil in a large skillet over medium heat. Lightly fry the garlic, red and green pepper, carrots and zucchini; about 3 to 5 minutes.

In a large mixing bowl, combine the mushroom soup and tuna. Stir in the vegetables and the cooked pasta. Mix to combine well. Pour into the prepared baking dish. Sprinkle the cheese and fried onions over the top.

Bake in a preheated oven for 30 minutes or until bubbly and slightly brown.

Shrimp Creole II

Ingredients

2 cups water
1 cup uncooked white rice
2 tablespoons butter
5 carrots, diced
2 onions, chopped
1 green bell pepper, chopped
1 1/2 cups chopped celery
1 pound fresh mushrooms, sliced
1 zucchini, sliced
1 (16 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 pound cooked shrimp
1 (4 ounce) jar diced pimento peppers, drained
3 teaspoons chili powder

Directions

In a saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover, and simmer for 20 minutes; set aside. Meanwhile, preheat oven to 300 degrees F (150 degrees C).

In a large saucepan or pot, melt butter over medium heat, and saute carrots, onions, bell pepper, celery, mushrooms, and zucchini, until just tender. Stir in tomatoes and tomato sauce. Let cook, stirring constantly, for 5 minutes.

Mix shrimp, pimientos, and chili powder into the pot. Stir in cooked rice and simmer on low heat for 10 minutes.

Pour mixture into a 9x13 inch dish. Bake in preheated oven until the rice mixture thickens, about 40 minutes.

Polenta with Spicy Sausage-Veggie Sauce

Ingredients

olive-oil cooking spray
1 (16 ounce) tube prepared polenta, sliced into 1/2-inch rounds
1 pound bulk hot Italian sausage
1 cup sliced onion
1 cup sliced red bell pepper
1 cup sliced fresh mushrooms
1 cup cubed zucchini
1 teaspoon dried Italian seasoning
1 (16 ounce) jar spaghetti sauce
1/3 cup grated Parmesan cheese

Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Spray a cookie sheet with cooking spray. Arrange the polenta slices on the sheet and spray them lightly with cooking spray. Broil until lightly browned about 5 minutes; turn and broil other side for 5 minutes. Keep warm.

In a large skillet over medium heat, cook the sausage, breaking it up as it browns. When sausage has lost any pink color, add the onion, bell pepper, mushrooms, zucchini, and Italian seasoning. Cook until vegetables are crisp tender, 5 to 7 minutes. Stir in the spaghetti sauce and cook until heated through and just starting to simmer.

To serve, spoon the sauce on slices of polenta. Top with a sprinkling of Parmesan cheese.

Black Bean Pizza

Ingredients

1 (10 ounce) can refrigerated pizza crust
1 medium onion, chopped
1 garlic clove, minced
1 tablespoon vegetable oil
1/2 cup finely chopped zucchini
1 (15 ounce) can black beans, rinsed and drained
1 (14.5 ounce) can Italian diced tomatoes, undrained
1 1/2 cups shredded Mexican blend cheese, divided

Directions

Press dough into a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 425 degrees F for 4-6 minutes or until crust just begins to brown.

Meanwhile, in a skillet, saute the onion and garlic in oil until tender. Add zucchini; cook and stir for 1 minute. Add the beans and tomatoes; bring to a boil. Boil, uncovered, for 2 minutes; drain. Sprinkle 2/3 cup of cheese over crust. Top with bean mixture and remaining cheese. Bake 8-10 minutes longer or until crust is browned and cheese is melted.

Pasta Primavera

Ingredients

8 ounces uncooked linguine
1 medium carrot, thinly sliced
1/2 cup chopped onion
1/2 cup julienned sweet red pepper
1/2 cup julienned yellow bell pepper
1 medium zucchini, thinly sliced
1 medium yellow squash, thinly sliced
1 cup broccoli florets
1 pound thin fresh asparagus, cut into 3-inch pieces
8 ounces fresh mushrooms, sliced
1/3 cup all-purpose flour
2 cups cold water
2 teaspoons chicken bouillon granules
1/2 cup white wine or chicken broth
1/4 teaspoon salt
1/4 cup minced fresh basil
6 tablespoons grated Parmesan cheese

Directions

Cook pasta according to package directions. Meanwhile, in a nonstick skillet coated with nonstick cooking spray, combine the carrot, onion, peppers, zucchini, summer squash and broccoli. Cover and cook over medium-low heat for 10 minutes. Add asparagus and mushrooms; cook 5 minutes longer.

In a saucepan, combine flour and water until smooth. Add the bouillon. Bring to a boil; cook and stir for 2 minutes or until slightly thickened. Add wine or broth and salt; stir well. Pour over vegetables. Drain pasta and add to vegetable mixture. Add basil; toss to coat. Sprinkle with Parmesan cheese.

Fettuccini with Zucchini

Ingredients

1/4 cup olive oil
1 onion, chopped
1 clove garlic, minced
1/2 pound zucchini, julienned
1 red bell pepper, thinly sliced
1 green bell pepper, sliced
2 tomatoes, chopped
1/2 teaspoon salt
1 pinch cayenne pepper
8 ounces dry fettuccine pasta

Directions

Cook pasta in a large pot of boiling water until al dente. Drain.

While the pasta is cooking, prepare the vegetables. In a large skillet, heat oil over medium heat. Add onion, garlic, zucchini and peppers; saute 5 minutes. Add tomatoes, salt, and cayenne pepper. Cook over low heat 5 minutes, or until vegetables are crisp tender.

Pour vegetables over hot pasta.

Zucchini and Mushroom Salad with Ricotta Salata

Ingredients

4 large yellow zucchini, sliced into long, thin strips
1 pound crimini mushrooms, cleaned and trimmed
8 sprigs fresh chervil, chopped
1/2 pound ricotta salata cheese, coarsely grated
3 tablespoons lemon juice
salt and black pepper to taste

Directions

Lightly toss together the zucchini strips, mushrooms, chervil, ricotta salata cheese, and lemon juice in a salad bowl. Season to taste with salt and pepper.

Calico Squash Casserole

Ingredients

2 cups sliced yellow squash
1 cup sliced zucchini
1 onion, chopped
1/4 cup sliced green onion
1 cup water
1 teaspoon salt, divided
2 cups crushed buttery round crackers
1/2 cup melted butter
1 (10.75 ounce) can condensed cream of mushroom soup
1 (8 ounce) can sliced water chestnuts, drained
1 large carrot, shredded
1/2 cup mayonnaise
1/2 (4 ounce) jar diced pimento peppers, drained
1 teaspoon sage
1/2 teaspoon white pepper
1 cup shredded sharp Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large saucepan combine yellow squash, zucchini, onion, green onion, water and 1/2 teaspoon salt. Cover and cook over medium heat about 6 minutes. Drain well and set aside.

In a medium bowl combine cracker crumbs and butter. Mix well and spread half of the mixture into the bottom of a 9x13 inch casserole dish.

In a large bowl combine soup, water chestnuts, carrots, mayonnaise, pimentos, sage, pepper and remaining 1/2 teaspoon salt. Fold in squash mixture and spoon over crumb crust. Sprinkle cheese on top, and then the remaining cracker crumbs.

Bake in preheated oven for 20 to 30 minutes, or until firm and heated through.

Zucchini Casserole II

Ingredients

6 cups diced zucchini
1 (10.75 ounce) can condensed
cream of mushroom soup
1 cup sour cream
1/2 cup chopped onion
1 cup shredded carrots
1 (6 ounce) package dry bread
stuffing mix
1/2 cup butter, melted

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.

In a large saucepan over medium-high heat, cook zucchini in lightly salted water until crisp-tender, about 5 minutes. Drain, and place in a large bowl. Stir in the condensed soup, sour cream, onion, and carrots.

In a small bowl, mix together stuffing and melted butter. Spread half of the stuffing mixture in the bottom of the casserole dish, add a layer of the zucchini mixture, and top with remaining stuffing mixture.

Bake for 20 minutes in the preheated oven, or until the top is golden brown.

Best Zucchini Appetizer

Ingredients

3 cups sliced zucchini
1 cup all-purpose baking mix
1/2 cup chopped onion
1/2 teaspoon salt
4 eggs, beaten
1/2 cup shredded Cheddar cheese
1/2 cup vegetable oil
1 clove garlic, minced

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

In a large bowl, mix zucchini, all-purpose baking mix, onion, salt, eggs, Cheddar cheese, vegetable oil and garlic.

Spread zucchini mixture into the prepared baking dish. Bake in the preheated oven 25 minutes, or until bubbly and lightly browned. Cut into bite-sized pieces to serve.

Mom's Zucchini Bread

Ingredients

3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
3 teaspoons ground cinnamon
3 eggs
1 cup vegetable oil
2 1/4 cups white sugar
3 teaspoons vanilla extract
2 cups grated zucchini
1 cup chopped walnuts

Directions

Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C).

Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.

Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.

Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.

Savory Zucchini Muffins

Ingredients

1 tablespoon olive oil
1/2 cup chopped onion
2 cloves garlic, chopped
1/4 cup chopped sun-dried tomatoes
1 1/2 cups shredded zucchini, squeezed dry
1/4 cup chopped roasted red pepper

1 3/4 cups all-purpose flour
1/4 cup cornmeal
1/2 cup whole wheat flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon freshly cracked black pepper
1 teaspoon dried basil
1 teaspoon dried oregano

1/2 cup butter, softened
2 tablespoons white sugar
2 eggs
1/2 cup light sour cream
1/2 cup milk
3/4 teaspoon hot pepper sauce (such as Tabasco®)
1 tablespoon olive oil
1/3 cup shredded Parmesan cheese (optional)

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease 16 muffin cups or line with paper liners.

Heat 1 tablespoon olive oil in a skillet over medium heat; cook and stir the onion and garlic in the hot oil until the onion is translucent, about 5 minutes. Stir in the sun-dried tomatoes and remove from heat; transfer to a food processor. Add the zucchini and roasted red pepper to the tomato mixture; pulse the mixture several times until finely chopped.

Stir the all-purpose flour, cornmeal, whole wheat flour, baking powder, baking soda, salt, pepper, basil, and oregano together in a bowl.

In a separate large bowl, beat the butter with the sugar until fluffy using an electric mixer; beat in the eggs, one at a time. Stir in the sour cream, milk, hot pepper sauce, and 1 tablespoon of olive oil.

Stir half the flour mixture into the butter mixture until almost incorporated; add the rest of the flour mixture and stir a few times just to mix. Stir in the zucchini mixture. Spoon the batter into the prepared muffin cups until nearly full. Sprinkle each muffin cup with about 1 teaspoon of shredded Parmesan cheese, if desired.

Bake the muffins in the preheated oven until golden brown, 35 to 40 minutes. Allow to cool for 10 minutes before removing from pans.

Salmon Supreme

Ingredients

2 (4 ounce) fillets salmon
1 small yellow squash, chopped
1 small zucchini, chopped
2 roma (plum) tomato, thinly sliced
1 carrot, sliced
1 cup sliced mushrooms
2 tablespoons Creole-style hot pepper marinade
2 slices lemon

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place salmon fillets in a piece of foil large enough create a sealed packet, and layer with squash, zucchini, tomato, carrot and mushrooms. Drizzle with Creole-style hot pepper marinade, and top each fillet with a lemon slice.

Seal foil tightly around salmon and vegetables. Place packet on a medium baking sheet. Bake 25 minutes in the preheated oven, or until vegetables are tender and fish is easily flaked with a fork.

Grilled Zucchini and Squash

Ingredients

2 zucchini, halved lengthwise and cut in 1/4 inch slices
1 summer squash, thinly sliced
3/4 cup butter
1 tablespoon salt
2 tablespoons ground black pepper
2 tablespoons garlic powder

Directions

Preheat grill for medium-high heat.

Place the zucchini, and squash on a large sheet of aluminum foil, and dot with butter. Season with salt, pepper, and garlic powder. Seal vegetables in the foil.

Place the foil pack on the preheated grill, and cook 20 minutes, until vegetables are tender.

Veggie Skewers

Ingredients

2 medium zucchini, cut into 1 inch slices
2 yellow summer squash, cut into 1 inch slices
1/2 pound whole fresh mushrooms
1/3 cup olive or vegetable oil
2 tablespoons lemon juice
1 1/2 teaspoons dried basil
1 1/2 teaspoons dried parsley flakes
3/4 teaspoon garlic powder
3/4 teaspoon dried oregano
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

On metal or soaked bamboo skewers, alternately thread zucchini, yellow squash and mushrooms. In a bowl, combine the remaining ingredients. Brush some of the mixture over vegetables. Grill, uncovered, over medium heat for 10-15 minutes or until vegetables are tender, turning and basting occasionally with herb mixture.

Crisp Side Salad

Ingredients

1/4 cup olive oil
2 tablespoons cider vinegar
4 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon pepper
4 cups torn salad greens
3/4 cup sliced zucchini
2 medium carrots, sliced
2 celery ribs, sliced
2 green onions, sliced
1/4 cup seasoned croutons
1 tablespoon whole almonds,
toasted
1 tablespoon sesame seeds,
toasted

Directions

In a jar with a tight-fitting lid, combine the oil, vinegar, sugar, salt and pepper; shake well. In a large salad bowl, combine the greens, zucchini, carrots, celery and onions. Drizzle with dressing and toss to coat. Top with croutons, almonds and sesame seeds.

Roasted Tomato and Zucchini Salad

Ingredients

6 Roma tomatoes
4 zucchini
Bertolli® Extra Virgin Olive Oil
2 cloves garlic, minced
Salt and pepper (to taste)
2 (6 ounce) balls buffalo mozzarella, cut into 3/4 inch slices
10 large leaves of fresh basil
Shaved Parmesan cheese

For Dressing:

1 tablespoon balsamic vinegar
1/2 cup Bertolli® Extra Virgin Olive Oil
1 clove garlic, minced
1/2 teaspoon paprika

Directions

Cut tomatoes into 1/2-inch slices, and zucchini lengthwise into 1/8-inch ribbons. Season both with minced garlic, salt and pepper and drizzle with Bertolli Extra Virgin Olive Oil. Roast on grill with cut side up for about 10 minutes, or until nice and evenly roasted.

To assemble the salad: Place the tomato, zucchini (folded) and mozzarella on top of each other, like a tower, with a basil leaf in between layers. Season layers with salt and pepper and a drizzle of dressing. Sprinkle with shaved Parmesan on top.

Bucatini Pasta with Shrimp and Anchovies

Ingredients

1 pound bucatini pasta
1 (2 ounce) can anchovy fillets, oil reserved
1 teaspoon red pepper flakes, or to taste
3 cloves garlic, minced
2 zucchini, halved lengthwise and cut in 1/4 inch slices
1 pint grape tomatoes
2 teaspoons dried oregano
2 teaspoons dried basil
1 pound peeled and deveined medium shrimp

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, stir together the anchovies and their oil with the red pepper flakes and garlic in a large skillet over medium heat, breaking up the anchovies as you stir. Once the garlic begins to sizzle, add the sliced zucchini, and cook until it begins to soften, about 3 minutes. Stir in the grape tomatoes, and continue cooking until the zucchini is tender, and the skins of the tomatoes begin to pop, 5 minutes more.

Sprinkle the vegetable mixture with oregano and basil, then stir in shrimp. Cook until the shrimp turn pink and are no longer translucent. Pour over bucatini to serve.

Easy Mashed Potato and Roasted Vegetable

Ingredients

1 head broccoli, cut into florets
8 ounces whole button mushrooms
3 small zucchini, chopped
2 cups chopped carrots
1/4 cup olive oil
salt and pepper to taste
3 cups water
1 cup milk
1/4 cup butter
1 (7.6 ounce) package instant mashed potato flakes
1 (12 ounce) package corn tortillas
3 cups enchilada sauce
8 ounces shredded Cheddar cheese

Directions

Preheat oven to 425 degrees F (220 degrees C).

In a large mixing bowl, combine broccoli, mushrooms, zucchini, and carrots. Drizzle the vegetables with olive oil, and season with salt and pepper. Spread vegetables in a single layer in a shallow baking dish. Roast vegetables in the preheated oven for 30 to 40 minutes; stir halfway through their cooking time. When finished cooking, remove from the oven, and reduce oven temperature to 350 degrees F (175 degrees C).

Bring water, milk, and butter to a boil in a large pot. Remove the pot from heat, and mix in the mashed potato flakes. Let stand two minutes, then stir the mashed potatoes with a fork until they are smooth. Stir in roasted vegetables.

In a dry, nonstick skillet over medium heat, quickly heat each tortilla on both sides to make pliable. Dip the tortillas in enchilada sauce. Put a large spoonful (approximately 1/4 to 1/3 cup) of potato-veggie mixture into the center of each tortilla. Top mixture with about 1 to 2 tablespoons cheese, and roll tortillas. Place seam-side down in a 9x13 inch baking dish. Pour extra sauce over top, and sprinkle with remaining cheese.

Bake at 350 degrees F (175 degrees C) for approximately 20 to 30 minutes, or until the enchiladas are heated through.

Zucchini Ribbons With Goat Cheese

Ingredients

1 tablespoon olive oil
1 tablespoon unsalted butter
1/4 cup finely minced shallot
1 clove garlic, finely minced, or to taste
1/2 teaspoon crushed red pepper flakes, or to taste
1/2 cup chicken broth
2 large zucchini, sliced into long ribbons using a vegetable peeler, discarding the seedy core
1/4 cup thinly sliced basil leaves
2 1/2 ounces goat cheese, crumbled
salt and pepper to taste

Directions

Heat the olive oil and butter in a large skillet over medium heat until the butter melts; cook and stir the shallot until softened, about 5 minutes. Stir in the garlic and red pepper flakes; cook and stir until the garlic softens and releases its fragrance, about 3 more minutes. Pour in the chicken broth and zucchini ribbons, and cook, lightly stirring, until the chicken broth has come to a boil and the zucchini strips are cooked through but not mushy, about 4 minutes. Remove from the heat, season with salt and pepper to taste, and sprinkle with finely sliced basil leaves and crumbled goat cheese.

Spicy Asian Cellophane Noodle Salad

Ingredients

4 eggs
1 tablespoon vegetable oil
1/2 large onion, sliced
1 large zucchini, julienned
1 (14 ounce) package tofu, drained and cubed
1 clove garlic
7 Thai chiles, chopped
3 tablespoons fish sauce
1/4 cup lime juice
2/3 teaspoon sugar
1/3 teaspoon salt
1 quart water
8 ounces cellophane noodles
1/2 head lettuce, chopped

Directions

Place eggs in a saucepan with enough cold water to cover, and bring a boil. Remove from heat, cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel, and chop.

Heat the oil in a skillet over medium heat, and cook the onion and zucchini until tender. Mix in the tofu, and continue to cook and stir until browned on all sides.

With a mortar and pestle, grind the garlic and Thai chiles into a fine paste. Mix with the fish sauce, lime juice, sugar, and salt.

Bring 1 quart water to boil in a pot. Turn off heat, and soak the cellophane noodles in the hot water 1 minute, or until soft.

In a large bowl, toss together the eggs, tofu mixture, garlic and chile paste, noodles, and lettuce.

Zucchini Dutch Cheese Casserole

Ingredients

2 cups egg noodles
4 cups diced zucchini
1/2 cup water
1/4 cup butter or margarine
1 1/2 cups chopped mushrooms
1/2 cup chopped onion
1 clove garlic, chopped
1/4 cup flour
3/4 teaspoon salt
3/4 teaspoon dried basil
1 1/2 cups milk
1 1/2 cups shredded Gouda cheese

Directions

Bring a large pot of lightly salted water to a boil over high heat. Add the egg noodles, and cook until al dente, 8 to 10 minutes. Drain in a colander, rinse with cold water, and set aside.

Meanwhile, place the zucchini and water into a 2 quart, microwave safe casserole dish with lid. Cover and cook in the microwave on high for 6 minutes. Scrape the zucchini into the colander with the pasta and set aside. Place the butter, mushrooms, onion, and garlic into the casserole dish. Cook on high for 3 minutes, then stir in the flour, salt, and basil. Stir in the milk, then return the dish to the microwave and cook on high 5 minutes more, stirring every 2 minutes.

Stir the zucchini and pasta into the mushroom sauce along with 1 cup of the Gouda cheese. Cook for 6 more minutes on high, then sprinkle with the remaining cheese, and cook another minute until the cheese has melted.

Chocolate Zucchini Sheet Cake

Ingredients

2 cups sugar
1 cup vegetable oil
3 eggs
2 1/2 cups all-purpose flour
1/4 cup baking cocoa
1 teaspoon baking soda
1/4 teaspoon baking powder
1/4 teaspoon salt
1/2 cup milk
2 cups shredded zucchini
1 tablespoon vanilla extract

FROSTING:

1/2 cup butter or margarine
1/4 cup baking cocoa
6 tablespoons evaporated milk
1 pound confectioners' sugar
1 tablespoon vanilla extract

Directions

In a large mixing bowl, combine sugar and oil. Add eggs, one at a time, beating well after each addition. Combine flour, cocoa, baking soda, baking powder and salt; gradually add to the egg mixture alternately with the milk. Stir in the zucchini and extract. Pour into a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 375 degrees F for 25 minutes or until cake tests done. While cake is baking, combine all frosting ingredients. Mix until smooth. Spread frosting over cake while hot. Cool on wire rack.

Pasta Primavera with Italian Turkey Sausage

Ingredients

1 (16 ounce) package uncooked farfalle pasta
1 pound hot Italian turkey sausage, cut into 1/2 inch slices
1/2 cup olive oil, divided
4 cloves garlic, diced
1/2 onion, diced
2 small zucchini, chopped
2 small yellow squash, chopped
6 roma (plum) tomatoes, chopped
1 green bell pepper, chopped
20 leaves fresh basil
2 teaspoons chicken bouillon granules
1/2 teaspoon red pepper flakes
1/2 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Place farfalle in pot and cook 8 to 10 minutes, until al dente; drain.

Place sausage in a large skillet over medium heat and cook until evenly brown; set aside. Heat 1/4 cup oil in skillet. Stir in garlic and onion, and cook until tender. Mix in zucchini, squash, tomatoes, bell pepper and basil. Dissolve bouillon in the mixture. Season with red pepper. Stir in remaining oil. Continue cooking 10 minutes.

Mix pasta, sausage and cheese into skillet. Continue cooking 5 minutes, or until heated through.

Chicken Tetrazzini with a Twist

Ingredients

3 cups uncooked corkscrew-shaped pasta
1 medium zucchini, shredded
1 medium carrot, shredded
1 tablespoon olive oil
1 small onion, chopped
1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Mushroom Soup
1/4 cup milk
1/4 cup low-fat sour cream
2 tablespoons grated Parmesan cheese
2 (4.5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, drained

Directions

Cook pasta according to package directions, omitting salt. Add zucchini and carrot for last 1 minute of cooking time. Drain in colander.

Heat oil in same saucepot. Add onion and cook until tender. Add soup, milk, sour cream, cheese, chicken and pasta mixture. Heat through.

Cheesy Zucchini Casserole

Ingredients

5 medium zucchini, diced
2 tablespoons all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
1/2 cup milk
4 eggs, lightly beaten
1 (4 ounce) can chopped green chilies
4 cups shredded Colby-Monterey Jack cheese
1/2 cup dry bread crumbs
2 tablespoons butter or margarine, melted

Directions

In a large saucepan, cook zucchini in boiling water until crisp-tender, about 4 minutes; drain. Cool for 10 minutes. In a large bowl, combine the flour, baking powder and salt; whisk in milk until smooth. Beat in eggs and chilies. Stir in cheese and zucchini.

Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Toss bread crumbs and butter; sprinkle over zucchini mixture. Bake, uncovered, at 325 degrees F for 40-50 minutes or until a knife inserted near the center comes out clean and edges are lightly browned. Let stand for 5 minutes before cutting.

Zucchini Quiche

Ingredients

1 (9 inch) unbaked pie crust
2 tablespoons butter or margarine
1 pound zucchini, thinly sliced
1 1/2 cups shredded mozzarella cheese
1 cup ricotta cheese
1/2 cup half-and-half cream
3 eggs, lightly beaten
3/4 teaspoon salt
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 teaspoon garlic powder
Dash pepper
Paprika

Directions

Prick bottom of pastry with a fork. Bake at 425 degrees F for 7 minutes. Reduce heat to 350 degrees F.

In a small skillet, saute zucchini in butter until tender; drain. Place half the zucchini in the crust. Sprinkle with mozzarella cheese.

In a bowl, combine ricotta cheese, cream, eggs, salt, oregano, basil, garlic powder and pepper. Pour into crust. Arrange remaining zucchini slices over top. Sprinkle with paprika. Bake for 45 minutes or until a knife inserted in the center comes out clean.

Nat's Shrimp and Veggie Stuffed Zucchini

Ingredients

1 extra large zucchini
1/4 cup olive oil, divided
6 cloves garlic, finely chopped
1 shallot, finely chopped
1/2 pound large shrimp - shelled, deveined, and cut in half
1 large tomato - peeled, seeded and diced
8 cremini mushrooms, quartered
1/4 cup grated Parmesan cheese
8 leaves fresh basil, torn
ground black pepper to taste
kosher salt to taste
garlic powder to taste
1/4 cup grated Parmesan cheese, divided

Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Grease a baking sheet.

Cut the zucchini in half the long way, and scoop out the seeds and pulp, leaving a thick shell of flesh. Brush both halves of the zucchini with about 1 tablespoon of olive oil, and place them, cut sides down, onto the prepared baking sheet. Bake until the zucchini are hot and beginning to release beads of moisture, 5 to 10 minutes. Remove the zucchini from the oven.

Reduce the oven heat to 450 degrees F (230 degrees C).

Heat 2 tablespoons of olive oil in a skillet over medium-low heat, and cook and stir the garlic and shallot until translucent, about 5 minutes. Remove from the heat and let cool.

Place 1 tablespoon of olive oil, the shrimp, diced tomato, mushrooms, 1/4 cup of Parmesan cheese, basil, and the cooked garlic and shallot into a bowl, and stir to mix. Season to taste with black pepper, salt, and garlic powder. Stuff the mixture into the zucchini halves, and sprinkle each zucchini with about 2 tablespoons of Parmesan cheese.

Bake the stuffed zucchini in the preheated oven until the cheese is browned and the filling is cooked through and hot, about 20 minutes.

Ricotta Stuffed Squash

Ingredients

8 zucchini, halved lengthwise
2 tablespoons butter, melted
1 small onion, finely chopped
1 clove garlic, minced
1 (10 ounce) package frozen chopped spinach, thawed and drained
2 cups ricotta cheese
2 eggs, beaten
1/4 cup grated Parmesan cheese
1 tablespoon chopped parsley
1/2 teaspoon salt
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
ground black pepper to taste
1 (10 ounce) can tomato sauce

Directions

Preheat oven to 350 degrees F (175 degrees C).

Trim ends of zucchini halves, and scoop out seeds and pulp, leaving about 1/2 inch pulp on skins. In a large saucepan, steam zucchini halves in a vegetable steamer over boiling water for about 5 minutes, until tender but firm. Drain, and immediately plunge into a large bowl filled with enough ice water to cover. Allow to cool completely; drain.

Melt 1 tablespoon butter in a medium saucepan over medium heat. Slowly cook and stir onion and garlic until onion is soft. Stir in spinach, and cook about 1 minute, until wilted.

Transfer spinach mixture to a medium bowl, and mix in ricotta cheese, eggs, Parmesan cheese, parsley, salt, basil, oregano and pepper. Stuff zucchini halves with even amounts of the mixture, and arrange in a large baking dish. Drizzle with remaining butter.

Bake uncovered in the preheated oven for 20 minutes, until the stuffing is hot and bubbly. Heat tomato sauce in a small saucepan, and spoon over the zucchini half way through baking.

Korean Egg Roll Triangles

Ingredients

1/2 (8 ounce) package dry thin Asian rice noodles (rice vermicelli)
1/2 medium head cabbage, cored and shredded
1 (12 ounce) package firm tofu
2 small zucchini, shredded
4 green onions, finely chopped
4 cloves garlic, finely chopped
1 tablespoon ground black pepper
2 tablespoons Asian (toasted) sesame oil
2 eggs, slightly beaten
2 teaspoons salt
1 (12 ounce) package round wonton wrappers
1/2 cup vegetable oil for frying

Directions

Bring a pot of water to a boil, drop in the rice noodles, and boil until the noodles are soft but not mushy, 3 to 5 minutes, stirring occasionally. Rinse with cold water, and drain in a colander set in the sink. Chop the noodles up into small pieces, and set aside.

Wrap the shredded cabbage in a kitchen towel or a length of cheesecloth, and squeeze the excess moisture out. Place the cabbage, tofu, zucchini, green onions, garlic, black pepper, sesame oil, eggs, salt, and chopped rice noodles in a large bowl, and mix with your hands until evenly mixed and the tofu is broken up into very small chunks.

Place a round wonton wrapper onto a work surface, and spoon 1 to 2 teaspoons of filling into the center of the wrapper. Dip your finger in water and moisten the edge of the wrapper about halfway around, then fold the wrapper over, enclosing the filling, and pinch the edges together to make a half-moon shape. Lay the completed rolls on a cookie sheet while you finish filling and folding the rest.

Heat the vegetable oil in a heavy skillet, and working in batches, fry the rolls until golden brown, 2 to 3 minutes per side.

Stewed Squash

Ingredients

1 slice bacon, cut into strips
1 small onion, chopped
2 yellow squash, cut into large chunks
1 large zucchini, cut into large chunks
salt and pepper to taste
2 cups water

Directions

Saute bacon in a medium skillet; when it is half done, add onion and saute until lightly caramelized and bacon is done.

Add squash and zucchini and brown lightly on both sides. Season with salt and pepper to taste and pour in water. Reduce heat to low, cover pan and simmer for about 15 to 20 minutes, or until tender.

Old-Fashioned Italian Zucchini Fritters

Ingredients

- 6 eggs
- 3 zucchinis, shredded
- 1 zucchini, diced
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3 tablespoons grated Parmesan cheese
- 1/4 cup chopped fresh basil
- 1 1/2 cups all-purpose flour
- 2 cups vegetable oil for frying

Directions

Beat the eggs in a mixing bowl with a wire whisk until smooth. Stir in the shredded and diced zucchini, then season with salt, pepper, Parmesan cheese, and basil. Add the flour a little at a time, stirring between additions until no dry lumps remain.

Heat the oil in a large skillet to 375 degrees F (190 degrees C).

Drop the batter into the hot oil by the spoonful a few at a time making sure not to overcrowd the oil. Cook until the fritters are golden brown on each side, about 4 minutes. Drain on a paper towel-lined plate before serving.

Chicken Kabobs Mexicana

Ingredients

2 tablespoons olive oil
1 teaspoon ground cumin
2 tablespoons chopped fresh cilantro
1 lime, juiced
salt and ground black pepper to taste
2 skinless, boneless chicken breast halves - cut into 1 inch cubes
1 small zucchini, cut into 1/2-inch slices
1 onion, cut into wedges and separated
1 red bell pepper, cut into 1 inch pieces
10 cherry tomatoes

Directions

In a shallow dish, mix together olive oil, cumin, chopped cilantro, and lime juice. Season with salt and pepper. Add chicken, and mix well. Cover, and refrigerate for at least one hour.

Preheat grill for high heat.

Thread chicken, zucchini, onion, red bell pepper, and tomatoes onto skewers.

Brush grill with oil, and arrange skewers on hot grate. Cook for approximately 10 minutes, or until chicken is cooked through, turning to cook evenly.

Garden Pork Stir-Fry

Ingredients

1 pound boneless pork loin, cut into 3/4-inch cubes
2 cups julienned zucchini
1/2 pound fresh mushrooms, sliced
1 medium onion, cut into wedges
1 cup julienned green pepper
1 tablespoon cornstarch
3 tablespoons reduced-sodium soy sauce
1 tablespoon cold water
1/4 teaspoon garlic powder
Hot cooked rice

Directions

In a skillet or wok coated with nonstick cooking spray, stir-fry the pork until no longer pink, about 4 minutes. Add zucchini, mushrooms, onion and green pepper; stir-fry for 3 minutes or until crisp-tender. In a small bowl, combine cornstarch, soy sauce, water and garlic powder until smooth. Add to the skillet. bring to a boil; cook and stir for 1-2 minutes or until thickened and bubbly. Serve over rice.

Teriyaki Wraps

Ingredients

1 cup uncooked long grain white rice
2 cups water
2 tablespoons olive oil
1 onion, chopped
1 red bell pepper, chopped
1 small zucchini, chopped
1 small yellow squash, chopped
1 1/4 cups teriyaki sauce
3 tablespoons soy sauce
2 teaspoons garlic powder
1/2 teaspoon salt
1 teaspoon ground black pepper
4 (10 inch) whole wheat tortillas

Directions

In a saucepan bring 2 cups of water to a boil; add rice. Reduce heat, cover, and simmer for 20 minutes.

Heat olive oil in a large skillet over medium heat. Saute onion, bell pepper, zucchini, and yellow squash until onions are tender. Stir in the teriyaki sauce. When the vegetables are tender, stir in the cooked rice, soy sauce, garlic powder, salt and pepper. Simmer for 3 to 5 minutes.

Place 1/4 of the rice and vegetables in each tortilla, and roll up.

Couscous Royale

Ingredients

1 tablespoon olive oil
2 pounds small chicken thighs
12 ounces Merguez or spicy Italian sausage
1 tablespoon minced garlic
2 onions, minced
2 carrots, peeled and cut into 1/2-inch rounds
1/2 stalk celery, cut into 1/2 inch pieces
1 rutabaga, parsnip, or turnip - peeled and cut into 1-inch cubes
1/2 green bell pepper, cut into 1/4 inch strips
1/2 red bell pepper, cut into 1/4 inch strips
1 (14.5 ounce) can diced tomatoes
1 (15.5 ounce) can garbanzo beans
2 cups chicken stock
2 teaspoons chopped fresh thyme
1 teaspoon turmeric
1 teaspoon cayenne pepper
1/4 teaspoon harissa, or to taste
1 bay leaf
2 zucchini, halved lengthwise and sliced into 1-inch pieces
2 tablespoons extra virgin olive oil
2 cups couscous
2 cups chicken stock
1/2 cup plain yogurt

Directions

Heat olive oil in a large skillet over medium-high heat. Add chicken thighs, skin-side down, and sear until golden brown on both sides; set aside. Reduce heat to medium, add sausage, and cook sausage until no longer pink; set aside.

Stir garlic and onions into skillet; cook until onions have softened and turned translucent. Stir in the carrots, celery, rutabaga, green pepper, red pepper, diced tomatoes, garbanzos, and 2 cups chicken stock. Season with thyme, turmeric, cayenne, harissa, and bay leaf. Cut sausage into 1--inch pieces, and add to skillet along with chicken. Cover, and simmer for 30 minutes until chicken is no longer pink. When the chicken is done, stir in the zucchini, and cook until tender, about 5 minutes.

While the chicken is cooking, mix 2 tablespoons of extra virgin olive oil (EVOO) into couscous in a heatproof bowl. Bring 2 cups of chicken stock to a boil and stir into the couscous, cover, and keep hot.

Serve chicken stew over the couscous with a dollop of yogurt.

Zucchini Nut Cookies

Ingredients

1/2 cup packed brown sugar
1/2 cup white sugar
1/2 cup shortening
1 egg
2 cups sifted all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cloves
1/4 teaspoon salt
1 cup grated zucchini
1 cup raisins
1/2 cup chopped walnuts

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease cookie sheets.

Cream together shortening, brown sugar, and white sugar until smooth. Beat in egg. Combine the flour, baking soda, salt, cinnamon, nutmeg, and cloves; stir into the creamed mixture. Mix in zucchini, raisins, and walnuts. Drop by rounded tablespoons onto the prepared baking sheets.

Bake 15 minutes in the preheated oven, or until lightly browned. Cool on the cookie sheets for a few minutes before removing to wire racks to cool completely.

Garlic Chicken Sausage and Summer Vegetable

Ingredients

2 teaspoons garlic oil
1 large yellow bell pepper, seeded and cut in 2 to 3-inch strips
1 cup Vidalia, Texas Sweet or other sweet onion variety, cut in thin strips
1 (12 ounce) package al frescoB® All Natural Roasted Garlic Chicken Sausage, sliced on diagonal in 1/4-inch slices
1 cup zucchini, sliced on diagonal in 1/4-inch slices
1 cup packaged sliced button mushrooms
1 teaspoon Italian seasoning
2 tablespoons balsamic vinegar
1 (18 ounce) package pre-cooked sun-dried tomato and garlic polenta, drained and cut into 1/2-inch rounds

Directions

Heat oil in a large, heavy nonstick skillet over medium heat. Add bell pepper and onion and stir-fry for 3-4 minutes. Add sausage and stir-fry for 2 minutes. Add zucchini, mushrooms, Italian seasoning and 1/4 tsp black pepper. Stir-fry only until crisp. Remove from heat, add vinegar and toss to coat all ingredients.

Meanwhile, microwave polenta rounds in covered container for 1 to 2 minutes or until hot throughout. Portion 2 to 3 polenta rounds on each plate and top with sauteed vegetables.

Becca's Custom Turkey Shepherd's Pie

Ingredients

5 large red potatoes, peeled
3 tablespoons butter
1/4 cup milk
2 (9 inch) whole wheat pie crusts
1 tablespoon olive oil
1/2 cup diced onion
1 pound ground turkey
1 large carrot, julienned
1 zucchini, thickly sliced
1/4 cup canned green beans, halved
6 large fresh mushrooms, quartered
2 tablespoons chopped fresh parsley
1/4 teaspoon dried thyme
2 cloves garlic, minced
1 tablespoon all-purpose flour
1/2 cup shredded Cheddar cheese (optional)
salt to taste
ground black pepper to taste
2 tablespoons butter, diced

Directions

Boil potatoes until tender. Mash with 3 tablespoons butter or margarine and milk. Season with salt and pepper to taste. Set aside.

Saute onion and carrots in olive oil until soft. Stir in ground turkey, parsley, thyme, and garlic. Once turkey is almost browned and broken up, add zucchini and mushrooms. Salt and pepper to taste. Drain. Stir in flour.

Divide meat mixture into two whole wheat pie crusts. Sprinkle cheese over meat, if desired. Spread green beans over the cheese. Spread potatoes over all with a spatula; the mashed potatoes act as the top crust. Dot with butter.

Bake at 375 degrees F (190 degrees C) for 30 minutes, or until potatoes have browned slightly.

Zucchini Raspberry Cupcakes

Ingredients

2 1/2 cups all-purpose flour
1/4 cup unsweetened cocoa powder
1 1/2 teaspoons baking soda
3/4 cup butter, softened
1 cup white sugar
2 eggs
1 teaspoon vanilla extract
1/2 cup buttermilk
2 cups shredded zucchini
1 1/4 cups fresh raspberries
1 cup chocolate chips

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease 24 muffin cups or line with paper muffin liners.

Whisk together the flour, cocoa, and baking soda; set aside. Beat the butter and sugar with an electric mixer in a large bowl until light-colored and fluffy. Add the eggs one at a time, allowing each egg to blend into the butter mixture before adding the next. Beat in the vanilla with the last egg. Pour in the flour mixture alternately with the buttermilk, mixing until just incorporated. Fold in the zucchini, raspberries, and chocolate chips, mixing just enough to evenly combine. Spoon the batter into the prepared muffin cups, filling each 3/4 full.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Grilled Vegetables in Balsamic Tomato Sauce with

Ingredients

- 1 tablespoon olive oil
- 1 red bell pepper
- 1 zucchini
- 1 small eggplant
- 1 large sweet onion
- 3/4 cup frozen broad beans
- 1 (14.5 ounce) can diced tomatoes
- 2 tablespoons balsamic vinegar
- 1 cup couscous
- 1 cup vegetable stock

Directions

Remove the seeds from the pepper, and chop into strips about 1 to 2 inches long. Cut the eggplant crossways into rounds about 1/3 to 1/2 inch thick, and cut each one into 6 to 8 even chunks. Peel the onion, and chop into 8 portions. Trim the zucchini, and cut into thick slices.

Heat grill pan over a high heat with a generous splash of olive oil. When it is very hot, add all the vegetables to the pan. Press down occasionally to get grill lines across them. Turn occasionally to prevent burning. Cook for about 15 minutes, or until the vegetables are evenly browned and cooked through.

Stir broad beans into the vegetables. Add chopped tomatoes, and vinegar. Simmer for a few minutes while the couscous is prepared.

Place couscous into a medium bowl. Add boiling vegetable stock, and stir with a fork. Keep lifting the couscous occasionally to prevent it sticking. It only takes 2 to 3 minutes to become soft. Place couscous in a large bowl or serving platter, and serve the vegetables on top.

Easy Grilled Chicken

Ingredients

4 skinless, boneless chicken breast halves
1 cup fat free Italian-style dressing
1 green bell pepper
1 red bell pepper
1 zucchini

Directions

Place washed chicken breasts in large sealable bag. Add 1 cup fat-free Italian dressing and close. Let marinate for 5 to 10 minutes.

Cut up peppers into big chunks, and zucchini into big slices. Put into another sealable bag. Coat with leftover dressing.

Grill chicken and veggies over medium heat.

Zucchini Stew

Ingredients

2 zucchini, diced
1 onion, chopped
2 (14.5 ounce) cans peeled and diced tomatoes
2 cups uncooked white rice
3 pounds ground beef
salt and pepper to taste

Directions

In a large pot, combine zucchini and onion. Cover with 3 inches of water. Bring to a boil over medium heat. Stir in tomatoes and rice; reduce heat and simmer.

In a large skillet, cook beef over medium heat until brown. Stir into soup, adding more water if necessary. Season with salt and pepper, and simmer 20 minutes more, until rice is tender.

Pilaf-Stuffed Pork Chops

Ingredients

1/2 cup water
1/2 cup uncooked instant rice
1/4 cup shredded carrot
1/4 cup shredded zucchini
1/4 teaspoon onion salt
1/4 teaspoon pepper, divided
2 (1 1/2-inch thick) bone-in pork loin chops
1/8 teaspoon salt
1 tablespoon butter
3/4 cup beef broth
1 tablespoon cornstarch
3 tablespoons cold water
1/4 teaspoon browning sauce (optional)

Directions

In a saucepan, bring water to a boil. Add rice. Remove from the heat; cover and let stand for 5 minutes. Fluff with a fork. Stir in the carrot, zucchini, onion salt and 1/8 teaspoon pepper; set aside.

Cut a pocket in each pork chop; sprinkle with salt and remaining pepper. In a skillet, brown chops in butter. Cool for 5 minutes. Stuff with pilaf. Place in an ungreased 11-in. x 7-in. x 2-in. baking dish. Pour broth into dish. Cover and bake at 350 degrees F for 25-30 minutes or until a meat thermometer inserted into the meat reads 160 degrees F

Remove chops and keep warm. Pour cooking juices into a saucepan. Combine cornstarch and cold water until smooth; stir into juices. Bring to a boil; cook and stir for 1 minute or until thickened. Stir in browning sauce if desired. Serve over pork chops.

Zucchini Tomato Soup I

Ingredients

8 cups chopped tomatoes
4 cups water
2 (1.25 ounce) packages beef with onion soup mix
1 onion, chopped
1 green bell pepper, chopped
6 zucchinis, cubed
2 teaspoons dried oregano
1/4 tablespoon garlic powder
salt to taste
2 pounds ground beef
2 cups macaroni

Directions

In a large stock pot combine tomatoes, water, soup mix, onion, green bell pepper and zucchini. Season with oregano, garlic powder and salt. Bring to a boil.

Using a saute pan brown ground beef and then add to stock pot. Add macaroni and cook until noodles and zucchini are tender, approximately 10 to 15 minutes.

Pasta Primavera with Smoked Gouda

Ingredients

1 (16 ounce) package whole wheat penne pasta
2 tablespoons olive oil
2 zucchinis, diced
1 green bell pepper, diced
2 carrots, diced
1 (8 ounce) package mushrooms, sliced
3 onions, diced
3 cloves garlic, minced
1 (14.5 ounce) can stewed tomatoes, coarsely chopped
1 cup low-sodium chicken broth
2 tablespoons chopped fresh parsley
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon red pepper flakes
2 tablespoons grated Parmesan cheese
2/3 cup shredded smoked Gouda cheese

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink.

Heat the olive oil in a skillet over medium heat. Stir in the zucchini, bell pepper, carrots, mushrooms, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garlic and cook for one minute more. Stir in the tomatoes, chicken broth, parsley, basil, oregano, and red pepper flakes. Bring to a boil, then reduce heat to low and simmer until sauce thickens. Stir in the pasta and cook until heated through, about 2 minutes. Top with Parmesan and Gouda cheeses before serving.

Squash Medley

Ingredients

1 medium summer squash, halved and sliced
1 medium zucchini, halved and sliced
4 bacon strips, diced
3/4 cup chopped onion
2 tablespoons brown sugar
1/2 teaspoon salt
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
1/4 teaspoon pepper
1 1/2 cups peeled, seeded, and diced tomato

Directions

Place 1 in. of water in a saucepan. Add squash and zucchini. Bring to a boil; cook for 4-5 minutes or until crisp-tender. Drain and set aside. In a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels. Drain, reserving 1 tablespoon drippings.

In the drippings, saute onion until tender. Add the squash, brown sugar and seasonings. Stir in tomatoes. Bring to a boil over medium heat. Reduce heat; simmer, uncovered, for 10 minutes or until heated through. Sprinkle with bacon. Serve with a slotted spoon.

Hearty Sausage Soup II

Ingredients

2 tablespoons olive oil
1 (1 pound) package smoked sausage, chopped
2 onions, chopped
1 green bell pepper, chopped
2 cloves garlic, minced
10 cups water
3 cups chopped cabbage
2 carrots, thinly sliced
1 (15.5 ounce) can diced tomatoes
1 (6 ounce) can tomato paste
4 beef bouillon cubes
1 teaspoon seasoned salt
1/2 teaspoon dried thyme leaves
1 dash cayenne pepper
2 small zucchini, chopped
1 (15 ounce) can kidney beans, rinsed and drained
1 (8 ounce) package thin egg noodles
grated Parmesan cheese

Directions

Heat the olive oil in a large stockpot over medium-high heat; cook the sausage, onions, bell pepper, and garlic in the hot oil until the onion is tender, 5 to 7 minutes. Add the water, cabbage, carrots, diced tomatoes, tomato paste, beef bouillon cubes, seasoned salt, thyme, and cayenne pepper to the stockpot and bring to a boil. Reduce heat to medium-low, place a cover on the stockpot, and cook the soup at a simmer for 45 minutes. Stir the zucchini and beans into the soup; cook another 10 minutes.

Bring a large pot with lightly salted water to a rolling boil. Cook the egg noodles in boiling water until cooked yet firm to the bite, about 5 minutes. Drain and stir into the soup. Ladle the soup into bowls, and top with Parmesan cheese to serve.

Pasta Chicken and Sun-Dried Tomatoes

Ingredients

1 (8 ounce) package tri-colored farfalle (bow tie) pasta
4 skinless, boneless chicken breast halves
1/4 cup olive oil
1/2 cup sun-dried tomatoes
1 zucchini, steamed and cut into chunks
1 summer squash, steamed and chopped

Directions

Add pasta to a large pot of salted boiling water. Let cook for 8 to 10 minutes or until al dente. Drain.

Meanwhile, saute chicken breasts in a medium skillet over medium high heat. Saute for 8 to 10 minutes each side or until chicken is cooked through and juices run clear. Remove chicken from skillet and cut into bite size pieces.

In a large mixing bowl, toss cooked pasta with oil to coat. Add chicken pieces, sun-dried tomatoes, zucchini and squash and toss again. Finally, add cheese and serve.

Zucchini Carrot Muffins

Ingredients

1 (18.5 ounce) package carrot cake mix
1 egg
1/2 cup applesauce
1/4 cup vegetable oil
1 1/2 cups shredded zucchini
1/2 cup raisins
1/2 cup chopped pecans

Directions

In a mixing bowl, combine the cake mix, egg, applesauce and oil; mix well. stir in the zucchini, raisins and pecans. Fill greased or paper-lined muffin cups three-fourths full. Bake at 350 degrees F for 25-30 minutes or until muffins test done.

Zucchini in Sour Cream Sauce

Ingredients

3 cups cubed unpeeled zucchini
1/4 cup water
2 tablespoons chopped onion
1/2 teaspoon salt
1/2 teaspoon chicken bouillon granules
1/4 teaspoon dill weed
1 tablespoon butter
1 teaspoon sugar
1/2 teaspoon lemon juice
1/4 cup reduced-fat sour cream
1 tablespoon all-purpose flour

Directions

In a saucepan, combine the zucchini, water, onion, salt, bouillon and dill. Bring to a boil. Reduce heat; cover and simmer for 5 minutes or until zucchini is tender. Remove from heat and stir in the butter, sugar and lemon juice. Combine sour cream and flour until smooth. Gradually add to saucepan. Cook and stir over low heat for 5-7 minutes or until thickened.

Individual Grilled Veggie Pizzas

Ingredients

1 large portobello mushroom, sliced
1 small zucchini, sliced
1/4 pound butternut squash - peeled, seeded, and thinly sliced
1 cup bite-size broccoli florets
1/4 cup chopped red onion
1 tablespoon olive oil
2 ounces refrigerated pizza crust
1/4 cup pesto
1/4 cup crumbled Gorgonzola or blue cheese
1/4 cup fontina cheese, cubed

Directions

Preheat an outdoor grill for high heat.

Place the mushrooms, zucchini, squash, broccoli, and onion in a grill pan, and brush with 2 tablespoons olive oil. Cook on preheated, covered grill until tender when pierced with a fork, about 5 minutes. Remove from grill and set aside.

Roll out pizza dough on a floured surface to make two 8 inch circles 1/4 inch thick. Place onto pizza pans. Brush tops with remaining 1 tablespoon olive oil.

Bake on preheated, covered grill until browned, turning once, about 3 minutes each side. Remove from grill and spread with pesto. Top with cooked vegetables. Sprinkle with blue and fontina cheeses. Return to grill, cover, and cook until cheese melts, about 3 minutes.

Shrimp with Penne and Squash

Ingredients

1/2 pound dried penne pasta
2 tablespoons olive oil
4 cups thinly sliced yellow squash
3 cups thinly sliced zucchini
1 pound medium shrimp - peeled and deveined
1/4 cup fresh lemon juice
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon black pepper
3 cloves garlic, minced
1/2 cup minced fresh chives or green onions
1/4 cup freshly grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and pour into a large bowl.

Meanwhile, warm oil in a large skillet over medium heat. Stir in squash and zucchini, and cook 10 minutes. Stir in shrimp, and cook 3 minutes. Stir in lemon juice, basil, oregano, salt, pepper, and garlic. Cook 2 minutes more.

Pour shrimp and sauce into large bowl with pasta. Sprinkle with chives and Parmesan, and stir to combine.

Italian Tortellini Soup

Ingredients

4 carrots, sliced
1 large onion, chopped
2 stalks celery, sliced
3 cloves garlic, minced
1 teaspoon dried thyme leaves, crushed
4 cups Swanson® Chicken Broth (Regular, Natural Goodness®, or Certified Organic)
2 medium zucchini, sliced
4 plum tomatoes, chopped
1 1/2 cups frozen cheese-filled tortellini
1 (15 ounce) can red kidney beans, rinsed and drained
Grated Parmesan cheese

Directions

Place the carrots, onion, celery, garlic, thyme and 2 cups of the broth in a 6-quart saucepot. Heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the onion is tender.

Add the remaining broth, zucchini, tomatoes, tortellini and beans. Heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes or until the tortellini is tender. Serve with grated Parmesan cheese if desired.

Garlicky Summer Squash and Fresh Corn

Ingredients

2 tablespoons olive oil
1/2 yellow onion, sliced
4 cloves garlic, minced
1/2 cup vegetable broth
1 ear corn, kernels cut from cob
2 cups sliced yellow squash
2 cups sliced zucchini
1 tablespoon chopped fresh parsley
2 tablespoons butter
salt and pepper to taste

Directions

Heat the oil in a skillet over medium-high heat, and cook the onion and garlic until slightly tender. Mix in the vegetable broth and corn kernels, and cook until heated through. Mix in the squash and zucchini. Cover, and continue cooking 10 minutes, stirring occasionally, until squash and zucchini are tender.

Mix the parsley and butter into the skillet with the squash. Season with salt and pepper. Cook and stir until butter is melted, and serve hot.

Mellas Family Lamb Stuffed Zucchini (Koosa)

Ingredients

2 large zucchini
1 (28 ounce) can chopped tomatoes with juice
2 tablespoons tomato paste
3/4 cup water
1/4 teaspoon ground cinnamon
1 tablespoon olive oil
1/2 cup chopped onion
1 pound ground lamb
3/4 cup basmati rice
2 tablespoons olive oil
1/2 cup water
2 tablespoons dried mint
2 teaspoons salt

Directions

Cut each zucchini in half and use a thin, sharp knife to hollow out each section, removing the seeds and leaving a round 1/2 inch shell.

Combine tomatoes with juice, tomato paste, 3/4 cup water, and cinnamon in a large, oven-safe Dutch oven. Bring to a simmer over medium heat; cook until thick, about 20 minutes.

Heat 1 tablespoon of olive oil in a small skillet. Stir in onion; cook until tender, about 5 minutes. Combine cooked onion, lamb, rice, 2 tablespoons olive oil, 1/2 cup water, dried mint, and salt in a large bowl. Mix well. Lightly stuff lamb mixture into hollowed out zucchini sections. Place stuffed zucchini in simmering tomato sauce.

Cover pot and place in preheated oven. Cook until the rice is soft, about 1 hour. If sauce is very thin, simmer on the stove top until desired consistency. To serve, slice into 1 inch rounds and top with tomato sauce.

The Very Best Spaghetti Sauce

Ingredients

18 roma (plum) tomatoes
2 (6 ounce) cans tomato paste
1/2 cup butter
4 cloves garlic, minced
5 bay leaves
1 large white onion, chopped
1 large zucchini, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 (8 ounce) package fresh mushrooms, sliced
2 tablespoons dried oregano
1 tablespoon Italian seasoning
2 teaspoons chili powder
1/4 cup brown sugar
1 (15 ounce) container ricotta cheese

Directions

Bring a large pot of lightly salted water to a boil. Add tomatoes and cook for 10 minutes. Drain and rinse with cold water. Remove skins and return tomatoes to the pot and mash them. Stir in tomato paste and 2 cups water. Cover and simmer on low heat.

Meanwhile, melt butter in a large skillet over medium heat. Saute garlic and bay leaves for 1 minute, then stir in onions; saute until onions are translucent. Stir in zucchini, green and red bell pepper and mushrooms. Slowly cook and stir for 5 to 7 minutes.

Stir vegetables into tomato sauce and add oregano, Italian seasoning, chili powder and brown sugar. Simmer over low heat for 6 to 8 hours. Stir in the ricotta cheese 10 minutes before serving.

Grandma's Best Zucchini Bread

Ingredients

3 cups all-purpose flour
1/2 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon ground cinnamon
1 pinch ground nutmeg
1 pinch ground ginger
1 pinch ground black pepper
3 eggs, beaten
2 teaspoons vanilla extract
2 cups white sugar
1 cup vegetable oil
1/2 cup dates, pitted and chopped
2 cups shredded zucchini

Directions

Preheat oven to 300 degrees F (150 degrees C). Grease and flour two 9x5 inch loaf pans. Whisk together the flour, baking powder, baking soda, cinnamon, nutmeg, ginger, and pepper in a bowl until evenly combined; set aside.

Beat the eggs, vanilla, sugar, and vegetable oil in a mixing bowl until smooth. Fold in the flour, dates, and zucchini until no dry spots remain. Divide the batter between the two prepared loaf pans.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 70 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Mexican Veggies with Queso

Ingredients

1 tablespoon vegetable oil
1/2 cup chopped red onion
2 cloves garlic, minced
2 zucchini, thinly sliced
1 yellow squash, thinly sliced
1 chayote squash, thinly sliced
1 cup peeled, chopped jicama
2 tomatoes, chopped
1 teaspoon chili powder
1/2 teaspoon ground cumin
1 pinch cayenne pepper
salt and pepper to taste
1 cup shredded queso asadero
(white Mexican cheese)

Directions

Heat the vegetable oil in a skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add zucchini, yellow squash, and chayote. Cover, stirring occasionally, until the vegetables are tender, about 5 minutes. Add the chopped jicama; cover and cook 3 minutes. Stir in the tomatoes, chili powder, cumin, cayenne, salt, and pepper. Cover and let cook for 2 minutes.

Remove from heat and stir in the shredded cheese. Serve immediately.

Veggie Quesadillas

Ingredients

1/2 pound fresh mushrooms, sliced
1 medium zucchini, sliced
1/2 cup sliced green onions
2 (15.25 ounce) cans whole kernel corn, drained
2 medium tomatoes, seeded and diced
1 teaspoon dried basil
3/4 teaspoon salt
1/4 teaspoon pepper
6 (8 inch) (8 inch) flour tortillas
2 cups (8 ounces) shredded reduced-fat Mexican-blend cheese
3/4 cup salsa
6 tablespoons reduced fat sour cream

Directions

In a large skillet coated with nonstick cooking spray, saute the mushrooms, zucchini and onions until tender. Add the corn, tomatoes, basil, salt and pepper; cook 2-3 minutes longer or until heated through. Using a slotted spoon, spoon filling on half of each tortilla. Sprinkle vegetable mixture with cheese and fold over tortilla. Lightly spray top of tortillas with nonstick cooking spray. Bake, uncovered, at 400 degrees F for 10-12 minutes or until golden brown. Serve with salsa and sour cream.

Easy, Cheesy Zucchini Bake

Ingredients

1 pound ground turkey
2 large zucchini, halved
lengthwise
3 cups spaghetti sauce
1 (8.75 ounce) can whole kernel
corn, drained
1 cup shredded Mexican cheese
blend

Directions

Preheat oven to 350 degrees F (175 degrees C).

Brown turkey in a large skillet over medium heat. Drain fat.

Place halved zucchini slices in a baking dish. Pour the ground turkey, spaghetti sauce, and corn on top. Cover with aluminum foil.

Bake in preheated oven until zucchini are tender, about 20 to 25 minutes. Uncover, and sprinkle with cheese. Bake, uncovered, about 5 minutes.

Fall-Apart Pork Stew

Ingredients

2 tablespoons onion powder
1 tablespoon chopped fresh parsley
1 tablespoon garlic powder
1 1/2 tablespoons seasoned salt
1 1/2 tablespoons ground black pepper
1 teaspoon dried marjoram
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
3 pounds boneless pork shoulder, cubed
1 bunch spinach leaves, washed
1/4 cup olive oil
2 tablespoons all-purpose flour
1/4 cup butter
1 onion, thinly sliced
2 stalks chopped celery
1 pound fresh mushrooms, sliced
1 1/2 cups beef broth
2 (28 ounce) cans stewed tomatoes
2 bay leaves
1 teaspoon crushed red pepper flakes
1 teaspoon garlic powder
2 (15 ounce) cans butter beans, rinsed and drained
1 yellow squash, sliced
1 zucchini, sliced
salt and pepper to taste

Directions

Toss together the onion powder, parsley, 1 tablespoon garlic powder, seasoned salt, 1 1/2 tablespoons black pepper, marjoram, cinnamon, and nutmeg in a large, resealable plastic bag. Add the cubed pork, toss until well coated, then seal, and refrigerate overnight.

Preheat oven to 250 degrees F (120 degrees C). Line a 9x9 inch baking dish with half of the spinach leaves.

Pack the marinated pork into the baking dish, and cover with the remaining spinach leaves. Cover the pan with aluminum foil, and bake in the preheated oven for 3 hours, or until the pork is tender.

Heat the olive oil in a large pot over medium heat. Whisk in the flour, and cook for 15 minutes, stirring frequently until the flour has toasted. Scrape into a heatproof dish, and set aside. Melt the butter in the pot, and stir in the onions and celery. Cook and stir until the onion has softened and turned translucent, about 10 minutes. Add the mushrooms, and cook until tender; stir the flour mixture back into the pot to coat the vegetables.

Pour in the beef broth, stewed tomatoes, cooked pork and spinach, bay leaves, red pepper flakes, and 1 teaspoon garlic powder. Simmer 1 1/2 hours.

Stir in the butter beans, yellow squash, and zucchini. Simmer 30 minutes until the vegetables are tender. Season to taste with salt and pepper before serving.

Zucchini Casserole I

Ingredients

4 ounces herb-seasoned dry
bread stuffing mix
1/3 cup melted butter
4 cups cubed zucchini
2 carrots, grated
1 small onion, chopped
1 (10.5 ounce) can condensed
cream of chicken soup
1/2 cup sour cream

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small bowl combine stuffing and butter. In a separate bowl combine zucchini, carrots, onion, soup and sour cream. Mix in 1/2 of the stuffing mixture, then spread into a 9x12 inch casserole dish and sprinkle the remaining stuffing on top.

Cover the dish with aluminum foil and bake in preheated oven for 60 minutes.

Linguine with Chicken and Vegetables in a Cream

Ingredients

1 tablespoon garlic powder, or to taste
1/4 teaspoon poultry seasoning
1/4 teaspoon cayenne pepper
1/8 teaspoon onion powder
1/8 teaspoon ground black pepper

2 tablespoons butter
4 skinless, boneless chicken breasts
1/2 cup white wine
1 (16 ounce) package linguine pasta
1 cup chopped broccoli
1 zucchini, cubed
3/4 cup sliced fresh mushrooms (optional)
1 1/2 cups heavy cream
1 cup grated Parmesan cheese
1/8 teaspoon crushed red pepper flakes
salt and pepper to taste

Directions

Combine garlic powder, poultry seasoning, cayenne pepper, onion powder, and 1/8 teaspoon pepper in an empty salt shaker. Lightly sprinkle the seasoning mixture over the chicken breasts. Reserve the remaining seasoning mix.

Melt the butter in a large skillet over medium-high heat. Place the chicken breasts in the skillet and cook, covered, for 5 minutes. Pour in the white wine and reduce heat to medium. Continue cooking until the chicken breasts are no longer pink in the center and the juices run clear, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Place chicken on a plate and set aside.

While the chicken is cooking, fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink.

Bring a pot of lightly salted water to a boil. Add the broccoli, and cook for 1 minute, then drop in the zucchini. Cook uncovered until just tender, about 2 minutes more. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the vegetables are cold, drain well, and set aside.

Stir the mushrooms into the same skillet used to cook the chicken over medium-high heat. Cook and stir until the mushrooms are tender, 3 to 5 minutes. Reduce heat to medium. Pour the heavy cream into the skillet and bring to a simmer, scraping up any brown bits on the bottom of the skillet. Stir in the Parmesan cheese, red pepper flakes, and remaining seasoning mix. Add the cooked vegetables and linguine; toss. Season with salt and pepper to taste.

Zucchini Mediterranean Style

Ingredients

2 cups water
1 cup long grain white rice
3 tablespoons olive oil
1 large onion, chopped
1 large red bell pepper, chopped
3 cloves garlic, crushed
1 (14.5 ounce) can whole peeled tomatoes, chopped
3 cups finely chopped zucchini
1/2 teaspoon dried oregano
salt and pepper to taste
1 (15 ounce) can cannellini beans, drained

Directions

Bring water to a boil in a medium saucepan, and stir in the rice. Reduce heat, cover, and simmer for 20 minutes.

Heat oil in a separate medium saucepan over medium heat. Stir in onion, red bell pepper, and garlic, and cook until tender. Mix in tomatoes and zucchini, and season with oregano, salt, and pepper. Reduce heat, cover, and simmer 20 minutes, stirring occasionally.

Stir cannellini beans into the tomato and zucchini mixture, and continue cooking about 10 minutes. Serve over the cooked rice.

Cheesy Zucchini Casserole I

Ingredients

4 slices bread, cubed
1/4 cup melted butter
2 cups cubed zucchini
1 large onion, chopped
1 teaspoon garlic salt
1 egg, beaten
2 cups shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place bread cubes in a medium bowl and pour melted butter over the bread. Add the zucchini, onion, garlic salt and egg; mix well. Transfer the mixture into a 9x13 inch baking dish and top with the cheese.

Bake, covered, in preheated oven for 30 minutes. Then uncover the dish and bake for another 30 minutes.

Southwest Garden Stew

Ingredients

6 ounces cubed beef stew meat
1/2 large onion, chopped
3 cloves garlic, minced
1 large zucchini, chopped
1 medium yellow squash, chopped
3 tomatoes, chopped
1 teaspoon chili powder
1 teaspoon cumin
1 teaspoon dried oregano
1 teaspoon Italian seasoning
1/2 teaspoon red pepper flakes
1 cooked chicken breast, cubed
3 cups chicken broth
2 tablespoons cream or milk
1/2 (10 ounce) package frozen corn

Directions

Cook beef in a large pot over medium heat until browned on all sides. Stir in onion, garlic, zucchini, squash, and tomatoes. Cook, stirring, for 3 to 5 minutes.

Stir in chili powder, cumin, oregano, Italian seasoning, and red pepper flakes. Stir in chicken, broth, and cream. Cover, reduce heat to low, and simmer 2 hours.

Stir in corn. Cover, and increase heat to medium low. Simmer for 45 minutes. If the stew becomes too thick, stir in a little water to reach the desired consistency.

Zucchini Lunchixa

Ingredients

2 tablespoons butter
2 tablespoons chopped garlic
1 cup thinly sliced zucchini
1/4 cup chopped onion
1 skinless, boneless chicken
breast, cut into 1/2 inch slices
1 tablespoon butter

Directions

Melt 2 tablespoons butter in a small nonstick skillet over medium heat. Cook the garlic in the butter until softened, about 1 minute. Stir in the zucchini and the onion; cover, cook for 2 minutes. Mix the chicken and the remaining 1 tablespoon butter into the skillet; cover. Stirring occasionally, cook until chicken is no longer pink, about 5 minutes.

Brunch Strata

Ingredients

3 cups sliced fresh mushrooms
3 cups chopped zucchini
2 cups cubed fully cooked ham
1 1/2 cups chopped onions
1 1/2 cups chopped green pepper
2 garlic cloves, minced
1/3 cup vegetable oil
2 (8 ounce) packages cream cheese, softened
1/2 cup half-and-half cream
12 eggs
4 cups cubed day-old bread
3 cups shredded Cheddar cheese
1 teaspoon salt
1/2 teaspoon pepper

Directions

In a large skillet, saute the mushrooms, zucchini, ham, onions, green peppers and garlic in oil until vegetables are tender. Drain and pat dry; set aside.

In a large mixing bowl, beat the cream cheese and cream until smooth. Beat in eggs. Stir in the bread, cheese, salt, pepper and vegetable mixture.

Pour into two greased 11-in. x 7-in. x 2-in. baking dishes. Bake, uncovered, at 350 degrees F for 35-40 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before serving.

Ground Beef Zucchini Skillet

Ingredients

1 pound ground beef
1 tablespoon dried minced onion
1 teaspoon minced garlic
1 (15.25 ounce) can whole kernel corn, drained
1 (14.5 ounce) can diced tomatoes, undrained
1 medium zucchini, halved and sliced
1 (4.5 ounce) jar sliced mushrooms, drained
1 teaspoon dried basil
1 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup grated Parmesan cheese

Directions

In a skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the corn, tomatoes, zucchini, mushrooms, basil, oregano, salt and pepper. Cover and simmer for 10-15 minutes or until heated through and zucchini is tender. Sprinkle with Parmesan cheese.

After-Work Beef Pot Roast Dinner

Ingredients

1 (3 pound) boneless beef chuck shoulder pot roast or bottom round rump roast
1 (.7 ounce) package Italian dressing mix
2 large onions, each cut into 8 wedges
2 cloves garlic, peeled
2 red bell peppers, cut into 1-1/2 inch pieces
1/2 cup ready-to-serve beef broth
2 zucchini, cut into 1/4-inch thick slices
2 1/2 tablespoons cornstarch dissolved in 2 tablespoons water
Salt and pepper

Directions

Press dressing mix evenly onto all surfaces of beef pot roast. Place onions and garlic in 4-1/2 to 5-1/2-quart slow cooker; top with pot roast. Add bell peppers and broth. Cover and cook on HIGH 5 hours, or on LOW 8 hours. Add zucchini. Continue cooking, covered, 30 minutes or until pot roast is fork-tender.

Remove pot roast and vegetables. Strain cooking liquid; skim fat. Combine 2 cups cooking liquid and cornstarch mixture in medium saucepan. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened.

Carve pot roast into slices; season with salt and pepper, as desired. Serve with vegetables and gravy.

Chocolate Zucchini Bread I

Ingredients

2 (1 ounce) squares unsweetened chocolate
3 eggs
2 cups white sugar
1 cup vegetable oil
2 cups grated zucchini
1 teaspoon vanilla extract
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
3/4 cup semisweet chocolate chips

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans. In a microwave-safe bowl, microwave chocolate until melted. Stir occasionally until chocolate is smooth.

In a large bowl, combine eggs, sugar, oil, grated zucchini, vanilla and chocolate; beat well. Stir in the flour baking soda, salt and cinnamon. Fold in the chocolate chips. Pour batter into prepared loaf pans.

Bake in preheated oven for 60 to 70 minutes, or until a toothpick inserted into the center of a loaf comes out clean.

Vegetarian Chili

Ingredients

2 (15 ounce) cans pinto beans,
drained and rinsed
1 (28 ounce) can crushed
tomatoes
1 (16 ounce) can kidney beans,
rinsed and drained
1 (15 ounce) can yellow hominy,
drained
1 (6 ounce) can tomato paste
1 (4 ounce) can chopped green
chilies
2 small zucchini, halved and thinly
sliced
1 medium onion, chopped
1 1/2 cups water
1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon sugar
1/2 cup shredded Monterey Jack
cheese

Directions

In a large kettle or Dutch oven, combine the first 15 ingredients; mix well. Bring to a boil. Reduce heat; cover and simmer for 30-35 minutes. Sprinkle with cheese.

Summerly Squash

Ingredients

2 tablespoons vegetable oil
1 small onion, sliced
2 medium tomatoes, coarsely
chopped
1 teaspoon salt
1/4 teaspoon pepper
2 small zucchini, cut into 1/2 inch
slices
2 small yellow summer squash,
cut into 1/2-inch slices
1 bay leaf
1/2 teaspoon dried basil

Directions

Heat the oil in a large skillet over medium heat. Cook and stir the onion about 5 minutes, until tender. Mix in the tomatoes, and season with salt and pepper. Continue to cook and stir about 5 minutes. Mix in the zucchini, yellow squash, bay leaf, and basil. Cover, reduce heat to low, and simmer 20 minutes, stirring occasionally. Remove bay leaf before serving.

Zucchini Soup IV

Ingredients

1 pound lean ground beef
1 tablespoon butter
1 large tomato, diced
1 red onion, chopped
1 pound zucchini, thinly sliced
salt and pepper to taste
1 tablespoon hot pepper sauce, or
to taste
1 cup grated Romano cheese

Directions

In a large saucepan or stockpot, cook the ground beef in the butter until brown. Stir in the tomato and onion; simmer for a minute or so then add zucchini, hot pepper sauce and salt and pepper to taste. Cover the pot and cook over medium heat until zucchini is tender.

Serve hot with a generous helping of Romano cheese and a fresh loaf of crusty bread for soaking up the tasty juices.

Lite Sausage Primavera

Ingredients

1/2 (16 ounce) package spaghetti, uncooked
1 (1 pound) package Hillshire Farm® Lite Smoked Sausage (or any lite variety Hillshire Farm sausage), sliced
Dash cayenne pepper
1 teaspoon salt
1 teaspoon basil leaves
2 teaspoons chicken-flavor instant bouillon
1 clove garlic, minced
1 small zucchini, cut into julienne strips
1 small red bell pepper, cut into strips
3 tablespoons olive oil
1 small onion, cut into wedges

Directions

Prepare spaghetti according to package directions; drain.

In medium skillet, heat oil. Add Hillshire Farm Smoked Sausage and remaining ingredients, except spaghetti. Stir-fry until sausage is browned and vegetables are tender. Add spaghetti; toss to coat. Heat through.

Arrange on warm serving platter. Garnish as desired. Serve immediately. Refrigerate leftovers.

Charlotte's Tortellini Soup

Ingredients

1 pound sausage
1 cup chopped onion
2 cups sliced carrots
1 cup sliced celery
6 cups beef broth
1/2 cup red wine
1 (16 ounce) can whole peeled tomatoes, with liquid
1 cup ketchup
1 teaspoon Italian seasoning
2 cloves garlic, minced
1 cup zucchini, sliced
1 pound fresh tortellini pasta
1 red bell pepper, diced
1/4 cup chopped parsley
salt and pepper to taste
2 tablespoons grated Parmesan cheese

Directions

Brown sausage in pot; drain off fat. Add onions and saute until tender. Add carrots, celery, beef broth, red wine, tomatoes, ketchup, Italian seasoning, and garlic. Bring to a boil and simmer for 30 minutes. Skim away the fat from the soup.

Stir in the zucchini, tortellini, red bell pepper, and parsley. (If you use fresh tortellini, cook them according to package directions.) Simmer, covered, for about 25-30 minutes or till the tortellini are tender. Season with salt and pepper. Sprinkle with cheese right before serving.

Zucchini Bread

Ingredients

3 cups all-purpose flour
3 eggs
2 cups white sugar
1 cup vegetable oil
2 cups grated zucchini
1 cup semisweet chocolate chips
1 teaspoon ground cinnamon
1 teaspoon baking soda
1/4 teaspoon baking powder
1/2 cup sour cream

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease two 9 x 5 inch loaf pans.

Beat together eggs, sugar, and oil. Blend in the grated zucchini, and then the sour cream. Mix in the flour, baking powder, soda, and cinnamon. Stir in chocolate. Pour batter into prepared pans.

Bake for 80 minutes. Cool on wire rack.

Veggie Delight on Garlic Bread

Ingredients

1/8 cup olive oil
1 clove garlic, chopped
1 medium eggplant, cubed
1 zucchini, cubed
1 medium tomato - peeled, seeded and chopped
1 teaspoon salt
2 teaspoons minced fresh oregano
2 teaspoons minced fresh basil (optional)
1 French baguette
4 teaspoons garlic powder
6 teaspoons butter, softened

Directions

Place olive oil and garlic in a large skillet. Fry (stirring occasionally) over a medium heat until the garlic is golden brown; approximately 2 minutes.

Add eggplant and zucchini to the skillet, fry until the eggplant is brown and tender; approximately 5 to 7 minutes.

Add the tomato chunks to the skillet, stir the mixture until the tomato becomes a pulp. Mix in salt, oregano, and basil. Stir the entire mixture over the heat for 2 minutes, then remove pan from heat and let the mixture cool.

Preheat oven to 325 degrees F (165 degrees C).

Slice the bread into 12 (1-inch thick) slices. Distribute garlic powder and butter evenly over the top of each slice. Place the slices directly onto the oven rack (do not use a cookie sheet, the bread will get crisper this way). Let the bread heat for 3 to 5 minutes.

Remove the bread from the oven and arrange them on a serving platter. Spread the vegetable mixture over the 12 bread slices, distribute the topping as evenly as you can. Serve immediately.

Olive and Feta Pasta

Ingredients

8 ounces uncooked whole wheat spaghetti
1 tablespoon olive oil
2 cloves garlic, minced
8 ounces crimini mushrooms, sliced
2 small zucchini, sliced
dried oregano to taste
salt and pepper to taste
12 black olives, pitted and sliced
1 ounce crumbled feta cheese

Directions

Bring a large pot of lightly salted water to a boil. Add spaghetti and cook for 8 to 10 minutes or until al dente; drain.

Heat the olive oil in a skillet over medium heat, and saute the garlic 2 minutes. Mix in mushrooms and zucchini. Season with oregano, salt, and pepper. Stir in olives, and cook until heated through. Place pasta in the skillet, toss to coat, and continue cooking about 2 minutes. Top with feta cheese to serve.

Muffin Frittatas

Ingredients

6 eggs
1/2 cup milk
1/4 teaspoon salt
1/8 teaspoon pepper
1 cup shredded Cheddar cheese
3/4 cup chopped zucchini
1/4 cup chopped red bell pepper
2 tablespoons chopped red onion

Directions

Heat oven to 350 degrees F. Beat eggs, milk, salt and pepper in medium bowl until blended. Add cheese, zucchini, bell pepper and onion; mix well. Spoon evenly into 12 greased muffin cups, about 1/4 cup each.

Bake in 350 degrees F oven until just set, 20 to 22 minutes. Cool on rack 5 minutes. Remove from cups; serve warm.

Turkey Polish Sausage and Peppers

Ingredients

2 tablespoons olive oil
2 medium yellow bell peppers,
seeded and diced
2 medium red bell peppers,
seeded and diced
1 pound fresh mushrooms, sliced
1 small onion, chopped
2 medium zucchini, cubed
3 tablespoons minced garlic
1 tablespoon steak seasoning
1 tablespoon onion powder
1 (16 ounce) package turkey
kielbasa, sliced
1 tablespoon balsamic vinegar, or
to taste
grated Parmesan cheese for
topping

Directions

Heat the olive oil in a large skillet over medium-high heat. Add the red and yellow bell peppers, mushrooms, zucchini, onion and garlic, and stir to cook evenly. Season with steak seasoning and onion powder. Cover, and cook for about 10 minutes.

Add the sausage to the skillet, and cook, stirring occasionally, for another 10 minutes. Just before serving, add a splash of balsamic vinegar, and sprinkle liberally with Parmesan cheese.

Zucchini Spread

Ingredients

1 cup finely shredded zucchini
1 cup shredded sharp Cheddar cheese
1/2 cup chopped walnuts
1 teaspoon lemon juice
3/4 cup mayonnaise
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Place zucchini in cheesecloth or a strainer; squeeze out excess moisture. In a bowl, combine zucchini with remaining ingredients; mix well. Cover and refrigerate at least 1 hour or overnight. Serve with crackers or raw vegetables.

Ratatouille Bake

Ingredients

1 tablespoon olive oil
5 cloves garlic, minced
1 onion, chopped
2 cups peeled and diced eggplant
2 cups chopped zucchini
1 green bell pepper, chopped
1 (14.5 ounce) can diced tomatoes
1 tablespoon dried basil
1 tablespoon dried parsley
1/2 teaspoon salt
1/8 teaspoon black pepper
1 (8 ounce) package frozen
cheese ravioli
3/4 cup shredded mozzarella
cheese

Directions

Preheat oven to 350 degrees F (175 degrees C); spray a 2 1/2-quart baking dish with cooking spray.

Heat the olive oil in a large skillet over medium heat; cook and stir the garlic, onion, and eggplant with the garlic until the vegetables have begun to soften, about 8 minutes. Stir in the zucchini, bell pepper, tomatoes, basil, parsley, salt, and black pepper; bring the mixture to a boil, stirring frequently. Reduce heat to medium-low and simmer until the vegetables are tender, about 20 minutes.

Cook the frozen ravioli as directed on the package; drain. Spread the cooked ravioli in a layer into the bottom of the prepared baking dish; spoon the hot vegetables over the ravioli. Sprinkle with the cheese.

Bake in the preheated oven until the casserole is bubbling and the cheese is melted, about 20 minutes.

Lemon Zucchini Bread

Ingredients

1 1/2 cups shredded zucchini
3/4 cup white sugar
1 egg
1/2 cup vegetable oil
1 1/2 cups all-purpose flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1/4 teaspoon baking powder
1 teaspoon ground cinnamon
2 teaspoons lemon zest

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease an 8x4 inch loaf pan.

In a bowl, beat together the zucchini, sugar, egg, and oil. In a separate bowl, sift together the flour, salt, baking soda, and baking powder; stir in the cinnamon and lemon zest. Stir the flour mixture into the zucchini mixture just until blended. Pour the batter into the prepared pan.

Bake 45 minutes in the preheated oven, until a knife inserted in the center comes out clean. Remove from heat, and cool about 10 minutes before turning out onto a wire rack to cool completely.

Corny Spaghetti

Ingredients

10 ounces angel hair pasta
2 tablespoons butter
1/2 red onion, chopped
1 teaspoon minced garlic
3 zucchini, diced
1 pound button mushrooms,
quartered
1/4 cup red wine
1 (16 ounce) jar pasta sauce
1 (15 ounce) can whole kernel
corn, drained

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

While pasta is cooking, in large skillet over medium heat, saute onion in butter 2 minutes. Stir in garlic and zucchini and cook 3 minutes more. Add mushrooms and cook 5 minutes more, until mushrooms are soft. Pour in red wine and pasta sauce, reduce heat to low and simmer. Add corn and bring back to a simmer again to heat through.

Serve sauce over pasta with a dab of butter, or toss together.

Zucchini Bread V

Ingredients

2 cups white sugar
1 cup vegetable oil
3 eggs
1 teaspoon vanilla extract
2 cups grated zucchini
3 cups all-purpose flour
1 teaspoon baking soda
1/4 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon ground ginger
1/2 teaspoon ground cloves
1 cup chopped walnuts (optional)
1/2 cup raisins

Directions

In a large bowl combine sugar, oil, eggs, and vanilla. Add grated zucchini.

In a separate bowl sift together the flour, baking soda, baking powder, salt, ground ginger, and ground cloves.

Blend dry ingredients into zucchini mixture. Pour into two 8x5 loaf pans coated with cooking spray.

Bake in a 325 degree F (165 degrees C) oven for one hour. Cool for 10 minutes and remove from pans. Cool on a wire rack.

Minted Marinated Zucchini

Ingredients

1/4 cup olive oil
3 large zucchini, thinly sliced
2 cloves garlic, minced
2 cups fresh mint leaves, finely chopped
1/3 cup distilled white vinegar
1/2 teaspoon salt
ground black pepper to taste
1 tablespoon olive oil, for drizzling

Directions

Heat 1/4 cup of olive oil in a large skillet over medium-high heat. Add zucchini slices and garlic; cook and stir until starting to brown but you want the squash to stay firm and not get mushy, 3 to 4 minutes. Remove from the heat and mix in the vinegar, mint, salt and pepper. Stir in the remaining olive oil. Spoon into a jar and store covered in the refrigerator.

Savory Cheddar Zucchini Muffins

Ingredients

1 3/4 cups all-purpose flour
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/4 cup butter, melted
1 egg, lightly beaten
1 cup milk
1 cup shredded unpeeled zucchini
1 clove garlic, minced
3/4 cup shredded Cheddar cheese
1/4 cup freshly grated Parmesan cheese
4 slices bacon, cooked crisp and crumbled

Directions

Preheat oven to 350 degrees F (175 degrees C). Spray 12 muffin cups with cooking spray.

Mix the flour, baking powder, baking soda, and salt in a bowl.

In another bowl, stir together the butter, egg, milk, zucchini, and garlic until well blended. Mix the flour mixture into the milk mixture, about 1/2 cup at a time, stirring between additions, until the flour mixture is incorporated. Fold in the Cheddar cheese, Parmesan cheese, and crumbled bacon, and pour the batter into the prepared muffin cups.

Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 30 to 35 minutes. Allow muffins to cool slightly before removing from muffin cups; serve warm. Refrigerate leftovers.

Calabacitas Con Queso - Zucchini with Cheese

Ingredients

1 1/2 pounds zucchini, cut into bite sized pieces
1 (15.25 ounce) can whole kernel corn
1 medium onion, sliced
1 medium green bell pepper, coarsely chopped
1 medium tomato, coarsely chopped
1 tablespoon vegetable oil
2 teaspoons white sugar
1 1/2 pounds Monterey Jack cheese, cubed

Directions

In a saucepan with a lid, combine zucchini, corn, onion, green pepper, tomato, and vegetable oil. Cover, and cook over medium heat until tender.

Gently stir in the sugar; add cheese on top, but do not stir. Cover, and continue cooking until cheese is melted. Stir, and add remaining cheese; cover, and continue cooking until melted. Serve warm.

Ratatouille Soup

Ingredients

1 pound ground beef
1 (24 ounce) jar Prego®
Traditional Italian Sauce or
Tomato, Basil & Garlic Italian
Sauce
1 (10.5 ounce) can Campbell's®
Condensed Beef Broth
2 cups water
1 small eggplant, cut into cubes
1 medium zucchini, cut into cubes
1 large green pepper, chopped
1/2 cup uncooked elbow pasta

Directions

Cook the beef in a 4-quart saucepot over medium-high heat until it's well browned, stirring often to break up the meat. Pour off any fat.

Stir the sauce, broth, water, eggplant, zucchini and pepper in the saucepot and heat to a boil over medium-high heat. Reduce the heat to low. Cover and cook for 15 minutes.

Stir the pasta in the saucepot. Increase the heat to medium and cook for 10 minutes or until the pasta is tender, stirring occasionally.

Skinny Crab Quiche

Ingredients

1 (6 ounce) can crabmeat -
drained, flaked and cartilage
removed
1 1/2 cups shredded reduced-fat
Cheddar cheese
1/2 cup shredded zucchini
1/3 cup chopped green onions
1 1/2 cups egg substitute
1 (12 fluid ounce) can fat-free
evaporated milk
3/4 teaspoon ground mustard
1/2 teaspoon salt
1/4 teaspoon salt-free lemon-
pepper seasoning
1 dash paprika

Directions

In a bowl, combine the crab, cheese, zucchini and onions. Press onto the bottom and up the sides of a 9-in. deep-dish pie plate coated with nonstick cooking spray. In another bowl, combine the egg substitute, milk, mustard, salt and lemon-pepper; mix well. Pour into crust. Sprinkle with paprika.

Bake, uncovered, at 400 degrees F for 25-30 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.

Best Lasagna

Ingredients

1 (16 ounce) package lasagna noodles
1 pound ground beef
1 onion, chopped
salt and pepper to taste
1 tablespoon Italian seasoning
4 cups ricotta cheese
1 cup grated Romano cheese
2 1/2 cups spaghetti sauce
1 1/2 cups shredded mozzarella cheese
2 medium zucchini, sliced
1 cup fresh basil leaves

Directions

Bring a large pot of water to a rapid boil. Boil lasagna noodles 6 to 8 minutes until al dente. Drain and rinse with cold water. Lay noodles flat and remove excess water with a paper towel.

In a skillet, brown the ground beef over medium-high heat. Add onion, salt, pepper, and Italian seasoning. Cook until there is no remaining pink color in beef. Drain any liquids and set aside.

In a large bowl, mix together ricotta cheese, Romano cheese, 2 cups of the spaghetti sauce and the seasoned ground beef. Mix until well blended. Meanwhile, preheat oven to 375 degrees F (190 degrees C).

Add a thin layer of spaghetti sauce in the bottom of a 9x13 inch baking dish. Add a layer of noodles lengthwise and a few noodles in the opposite direction. Pour in a generous layer of ricotta mixture on top of noodles. Top ricotta layer with several basil leaves. Add another layer of noodles lengthwise. Spread on 1 cup of the mozzarella cheese. Line up the zucchini slices on top of the mozzarella cheese. Add another thin layer of ricotta cheese. Add the last layer of noodles lengthwise. Top the noodles with the remaining spaghetti sauce, several more basil leaves in an eye catching arrangement and top with the remaining 1/2 cup mozzarella cheese.

Bake in a preheated oven for 50 to 55 minutes. If Mozzarella cheese becomes too browned, loosely cover with a piece of foil.

Zucchini Corn Medley

Ingredients

2 medium zucchini, cut into 1/2 inch slices
1/4 cup water
1 (15.5 ounce) can hominy, drained
1 (15.25 ounce) can whole kernel corn, drained
1 jalapeno pepper, seeded and chopped*
1/2 teaspoon salt
1 cup shredded Pepper Jack cheese

Directions

In a 1-1/2-qt. microwave-safe dish, combine the zucchini and water. Cover and microwave on high for 2 minutes; drain. Stir in the hominy, corn, jalapeno and salt. Cover and microwave on high for 3-4 minutes. Sprinkle with cheese. Cook, uncovered, on high for 1-2 minutes until cheese is melted and vegetables are tender. Let stand for 2 minutes before serving.

Chocolate Cream Cheese Cake

Ingredients

1/2 cup butter
1/2 cup vegetable oil
1 1/4 cups white sugar
2 eggs
2 cups grated zucchini
1/2 cup buttermilk
2 1/2 cups all-purpose flour
1/4 cup unsweetened cocoa powder
1 teaspoon baking powder
1 teaspoon salt

1 (8 ounce) package cream cheese, softened
2 tablespoons butter, softened
1/4 cup white sugar
1 tablespoon cornstarch
1 egg
2 tablespoons milk
1/2 teaspoon vanilla extract

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Sift together the flour, cocoa, baking powder and salt. Set aside.

In a large bowl, cream together 1/2 cup butter, oil, and 1 1/4 sugar until light and fluffy. Beat in 2 eggs, one at a time, then stir in the zucchini. Beat in the flour mixture alternately with the buttermilk. Pour half of the batter into prepared pan.

Make the filling: In a medium bowl, beat cream cheese, 2 tablespoons butter. Combine 1/4 cup sugar and cornstarch; beat into the cream cheese mixture until smooth. Beat in 1 egg, milk and vanilla. Pour over batter in pan, distributing evenly. Pour remaining batter over filling.

Bake in the preheated oven for 50 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Yummy Cube Steaks

Ingredients

2 pounds beef cube steak
1/4 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil
1 (14.5 ounce) can canned diced tomatoes
1 (15 ounce) can canned tomato sauce
1 large onion, thinly sliced
1 teaspoon Italian seasoning
5 small zucchini, cut into 1/2 inch slices

Directions

In a large resealable plastic bag, place the cube steak, flour, salt, and pepper. Seal, and shake to coat.

Heat the olive oil in a large skillet over medium heat, and brown the cube steak. Reduce heat to low, and mix in the tomatoes, tomato sauce, onion, and Italian seasoning. Cover, and simmer at least 1 hour, stirring once.

Place the zucchini in the skillet, and coat with the tomato sauce. Continue to simmer uncovered 10 minutes, or until zucchini is tender.

Grilled Italian Zucchini

Ingredients

2 zucchini, cut lengthwise into 1/4 inch slices
1 (8 ounce) bottle Italian-style salad dressing
3 ounces shredded Cheddar cheese
3 ounces shredded Pepper Jack cheese
1/8 teaspoon Italian-style seasoning
1 tablespoon freshly grated Parmesan cheese

Directions

Place zucchini in a medium bowl with Italian-style salad dressing. Cover, and marinate in the refrigerator approximately 6 hours.

Preheat an outdoor grill for high heat, and lightly oil grate.

Grill zucchini slices about 2 minutes per side, until browned and tender.

Arrange grilled zucchini slices on a medium serving platter. Sprinkle with Cheddar cheese, Pepper Jack cheese and Italian-style seasoning. Microwave on high 90 seconds, or until cheeses are melted. Sprinkle with Parmesan cheese, and serve hot.

Kelli's Fried Green Zucchini

Ingredients

1/2 cup seasoned bread crumbs
1/2 cup grated Parmesan cheese
1 teaspoon garlic salt
2 eggs
5 tablespoons olive oil
1 zucchini, cut into 1/4-inch slices
1 cup shredded mozzarella cheese
1 cup prepared spaghetti sauce, heated

Directions

Mix together the seasoned bread crumbs, grated Parmesan cheese, and garlic salt in a shallow bowl. Beat the eggs in a second shallow bowl.

Heat the olive oil in a large skillet over medium heat until the oil is rippling, but not smoking.

Dip the zucchini slices into the beaten egg, then into the crumbs, and place in the skillet in a single layer. Fry the zucchini slices until golden brown, about 3 minutes, then flip them over and fry until the slices are cooked through and golden brown on the other side. Sprinkle the mozzarella cheese over the slices, and cook the slices 1 to 2 more minutes to allow the cheese to melt.

To serve, spoon hot spaghetti sauce onto plates, and top with fried zucchini slices and melted cheese.

Bow Tie Medley

Ingredients

1 (16 ounce) package farfalle (bow tie) pasta
1 tablespoon olive oil
1/2 red onion, chopped
4 cloves garlic, minced
1 zucchini, chopped
1 yellow squash, chopped
1/2 cup sliced fresh mushrooms
1/2 red bell pepper, cut into strips
5 roma (plum) tomatoes, chopped
1/4 cup fresh basil leaves
1 teaspoon dried oregano
1 teaspoon salt
1 teaspoon pepper
1/4 cup olive oil
1 cup finely grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Saute onion, garlic, zucchini, yellow squash, mushrooms, bell pepper, and 1/2 the chopped tomatoes until tender. Season with basil, oregano, salt and pepper. Add pasta and 1/4 cup olive oil. Mix well, and heat through. Sprinkle top with Parmesan and remaining chopped tomatoes.

Chunky Chicken Veggie Soup

Ingredients

8 cups chicken broth
6 medium carrots, sliced
2 medium onion, chopped
2 small zucchini, chopped
4 garlic cloves, minced
6 cups cubed, cooked chicken
2 (28 ounce) cans crushed tomatoes
1 (14.5 ounce) can diced tomatoes, undrained
1 (10 ounce) can diced tomatoes with green chilies, undrained
1 (8 ounce) can tomato sauce
4 teaspoons sugar
1 teaspoon salt
1 teaspoon celery salt
1 teaspoon Creole seasoning
1/2 teaspoon pepper

Directions

In a large soup kettle, bring the broth, carrots and onions to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Add the zucchini and garlic; simmer 5 minutes longer or until vegetables are crisp-tender. Stir in the remaining ingredients; heat through.

Classic Minestrone

Ingredients

3 tablespoons olive oil
1 leek, sliced
2 carrots, chopped
1 zucchini, thinly sliced
4 ounces green beans, cut into 1 inch pieces
2 stalks celery, thinly sliced
1 1/2 quarts vegetable stock
1 pound chopped tomatoes
1 tablespoon chopped fresh thyme
1 (15 ounce) can cannellini beans, with liquid
1/4 cup elbow macaroni
salt and ground black pepper to taste

Directions

Heat olive oil in a large saucepan, over medium heat. Add leek, carrots, zucchini, green beans and celery. Cover, and reduce heat to low. Cook for 15 minutes, shaking the pan occasionally.

Stir in the stock, tomatoes and thyme. Bring to a boil, then replace the lid, and reduce heat to low; simmer gently for 30 minutes.

Stir in the cannellini beans with liquid and pasta. Simmer for an additional 10 minutes, or until pasta is al dente. Season with salt and pepper to taste before serving.

Lime Chicken with Cilantro Cream Sauce and

Ingredients

1/4 cup lime juice
1/8 teaspoon garlic powder
1/8 teaspoon ground cumin
1/8 teaspoon salt
1/8 teaspoon ground black pepper
2 skinless, boneless chicken breast halves

1 (8 ounce) package linguine
2 tablespoons olive oil
1/4 cup grated Parmesan cheese
8 cherry tomatoes, quartered

1 tablespoon olive oil

1 large zucchini, quartered lengthwise
1 tablespoon olive oil

3 tablespoons butter
1/2 cup chopped fresh cilantro
3 cloves garlic, minced
1/4 cup white wine
1/4 cup chicken broth
2 tablespoons lime juice
1/2 cup heavy cream
1 bunch green onions, thinly sliced

Directions

Whisk together 1/4 cup lime juice, garlic powder, cumin, salt, and pepper in a large bowl; add the chicken breasts. Cover and refrigerate 1 to 2 hours, turning the chicken occasionally.

Preheat an oven to 425 degrees F (220 degrees C).

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the linguine, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Drain well in a colander set in the sink. Transfer linguine to a large mixing bowl; add 2 tablespoons olive oil, the Parmesan cheese, and the quartered cherry tomatoes; toss until the pasta is evenly coated in oil.

Heat 1 tablespoon olive oil in a skillet over medium heat. Cook the chicken breasts, turning once, until no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Meanwhile, lie the zucchini on a baking sheet. Coat the zucchini with 1 tablespoon olive oil with a pastry brush. Place zucchini on middle rack in the oven, and bake, turning every 5 minutes, until nicely browned, 15 to 20 minutes.

Melt the butter in a saucepan over medium heat. Add the cilantro and garlic, cook and stir 1 minute. Pour in the wine, chicken broth, and 2 tablespoons lime juice, and return to a simmer. Transfer the mixture to a blender and blend until smooth. Return the mixture to the sauce pan and stir in the cream and green onions; bring to a boil and remove from heat.

Lie the zucchini pieces side by side on a serving platter; lie the chicken breasts on the zucchini; pour the cilantro cream sauce over the chicken. Serve with the pasta on the side.

Eggplant, Zucchini and Sweet Red Pepper Stew

Ingredients

1 eggplant, cut into 1 inch cubes
1/4 cup olive oil
1 cup chopped onion
5 cloves garlic, chopped
1/2 cup Basmati rice
1 zucchini, cut into large chunks
1 large red bell pepper, chopped
3 fresh tomatoes, diced
1 cup Marsala wine
1 1/2 cups water
1/2 teaspoon salt, or to taste
1/4 teaspoon red pepper flakes
1/4 cup chopped fresh basil
1/4 cup chopped fresh parsley
1 sprig fresh rosemary, chopped

Directions

Place eggplant in a colander and sprinkle with salt.

Heat olive oil in a Dutch oven or large pot. Rinse eggplant and pat dry. Saute until slightly browned. Stir in onion and saute until transparent. Stir in garlic and saute for 2 to 3 minutes.

Stir in rice, zucchini, red bell pepper, tomatoes, wine, water, salt and red pepper flakes. Cook over medium-high heat until mixture reaches a low boil. Reduce heat and simmer for 45 minutes, or until vegetables are tender.

Remove from heat and stir in basil, parsley and rosemary.

Vegetable Spaghetti Bake

Ingredients

8 ounces uncooked spaghetti
1 (28 ounce) jar meatless spaghetti sauce, divided
1 1/2 cups sliced zucchini (1/2 inch pieces)
1 cup sliced celery
1 cup thinly sliced carrots
1 cup sliced fresh mushrooms
1 medium onion, chopped
1 tablespoon olive or canola oil
2 cups fat-free cottage cheese
2 cups shredded part-skim mozzarella cheese
2 tablespoons grated Parmesan cheese

Directions

Cook spaghetti according to package directions; drain and place in a large bowl. Add 1-1/2 cups spaghetti sauce; set aside. In a large nonstick skillet, saute the zucchini, celery, carrots, mushrooms and onion in oil until tender.

Spread 1/2 cup spaghetti sauce in a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Layer with half each of the spaghetti mixture, cottage cheese, vegetables and mozzarella cheese. Repeat layers. Cover with remaining sauce; sprinkle with Parmesan cheese. Cover and bake at 350 degrees F for 30 minutes. Uncover; bake 10-15 minutes longer or until bubbly. Let stand for 10 minutes before serving.

Roasted Spring Vegetable Risotto

Ingredients

1 pound asparagus, cut into 2-inch lengths
2 cups whole baby carrots cut in lengthwise quarters
6 green onions, cut into 1-inch pieces
3 medium assorted peppers (yellow, red, green), cut into 1-inch strips
2 medium zucchini or yellow squash, cut into diagonal slices
1 cup halved fresh medium mushrooms
2 teaspoons chopped fresh rosemary leaves
3 1/2 cups Swanson® Vegetable Broth
1 tablespoon olive oil
1 1/3 cups uncooked Arborio rice
1/2 cup grated Parmesan cheese

Directions

Preheat oven to 425 degrees F. Spray 17x11-inch roasting pan with cooking spray.

Mix asparagus, carrots, onions, peppers, squash, mushrooms, rosemary and 1/4 cup broth in prepared pan.

Roast 20 minutes or until done, stirring once. Prepare risotto while the vegetables are roasting.

Heat oil in saucepot. Add rice. Cook and stir for 2 minutes. Add 1/2 cup broth and cook until broth is absorbed. Add remaining broth, 1/2 cup at a time, stirring until all broth is absorbed before adding more. (Total cooking time: 25 minutes)

Add vegetables and cheese. Heat through. Serve immediately.

Turkey-Rice Supper

Ingredients

1 tablespoon vegetable oil
1 cup white rice
2 (10.75 ounce) cans reduced-sodium canned chicken broth
1 cup broccoli florets or sliced zucchini
1 (8 ounce) can sliced mushrooms, drained
1/4 cup red bell pepper, chopped
1 (6.5 ounce) can turkey, flaked and drained
1/4 cup grated Parmesan or Cheddar cheese

Directions

Heat oil in a large, non-stick skillet over medium-high heat. Stir in rice and cook until golden brown. Stir in chicken broth and bring to a boil. Reduce heat to low, stir, cover and cook for 15 minutes.

Add broccoli, mushrooms, red pepper and turkey. Cover pan and cook for 5 minutes, until all liquid has been absorbed and the rice and vegetables are tender. Toss with grated cheese just before serving.

Veggie Fajitas

Ingredients

1 small zucchini, thinly sliced
1 medium yellow squash, thinly sliced
1/2 pound sliced fresh mushrooms
1 small onion, halved and sliced
1 medium carrot, julienned
1 teaspoon salt
1/2 teaspoon pepper
1 tablespoon canola oil
8 (8 inch) flour tortillas, warmed
2 cups shredded Cheddar cheese
1 cup sour cream
1 cup salsa

Directions

In a large skillet, saute the vegetables, salt and pepper in oil for 5-7 minutes or until crisp-tender. Using a slotted spoon, place about 1/2 cup vegetable mixture down the center of each tortilla. Sprinkle each with 1/4 cup cheese; fold in sides. Top with sour cream and salsa.

Chocolate Zucchini Cake II

Ingredients

1/2 cup butter, softened
1/2 cup vegetable oil
1 teaspoon vanilla extract
2 1/2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon ground cinnamon
1 3/4 cups white sugar
2 eggs
1/2 cup sour milk
1/4 cup unsweetened cocoa powder
1 cup semisweet chocolate chips
2 cups zucchini, finely diced

Directions

Preheat oven to 350 degrees F (175 degrees C), grease and flour a 9x13 inch pan.

Cream butter, oil and sugar until light and fluffy. Add eggs, vanilla and sour milk. Beat until smooth.

Mix flour, cocoa, baking soda and cinnamon together and add to creamed mixture. Beat well. Stir in diced zucchini.

Pour into a 9x13 inch pan and sprinkle top with chocolate chips. Bake at 350 degrees F (175 degrees C) for 40 to 45 minutes, or until a toothpick inserted into the center comes out clean.

Italian Sausage Soup

Ingredients

1 pound Italian sausage
1 clove garlic, minced
2 (14 ounce) cans beef broth
1 (14.5 ounce) can Italian-style stewed tomatoes
1 cup sliced carrots
1 (14.5 ounce) can great Northern beans, undrained
2 small zucchini, cubed
2 cups spinach - packed, rinsed and torn
1/4 teaspoon ground black pepper
1/4 teaspoon salt

Directions

In a stockpot or Dutch oven, brown sausage with garlic. Stir in broth, tomatoes and carrots, and season with salt and pepper. Reduce heat, cover, and simmer 15 minutes.

Stir in beans with liquid and zucchini. Cover, and simmer another 15 minutes, or until zucchini is tender.

Remove from heat, and add spinach. Replace lid allowing the heat from the soup to cook the spinach leaves. Soup is ready to serve after 5 minutes.

Apple, Carrot, Or Zucchini Cake

Ingredients

4 cups peeled, cored and shredded apple
2 cups white sugar
2 eggs
1 cup chopped walnuts
2 cups all-purpose flour
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon salt
2 teaspoons baking soda
1/2 cup vegetable oil

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9 X 13 inch pan.

In a large bowl, blend the sugar with the eggs. Add the oil, and mix well. Mix in flour, spices, salt, and baking soda. Stir in the nuts and the apples, carrots, or zucchini. Pour batter into prepared pan.

Bake for 40 minutes. Serve warm or cooled.

Orange Roughy Bundles

Ingredients

4 fresh or frozen orange roughy fillets (6 ounces each), thawed
1/4 cup grated Parmesan cheese
1/8 teaspoon cayenne pepper
2 medium zucchini, cut into 1/4-inch slices
1 small sweet red pepper, julienned
1/2 teaspoon salt

Directions

Place each fillet on a piece of heavy-duty foil (about 12-in. square). Sprinkle with Parmesan cheese and cayenne. Top with zucchini, red pepper and salt. Fold foil over vegetables and seal tightly. Grill, covered, over indirect heat for 8-10 minutes or until fish flakes easily with a fork.

Roasted Veggies with Couscous

Ingredients

1 large zucchini, thickly sliced
4 ounces button mushrooms,
quartered
1 red bell pepper, chopped
1 tablespoon olive oil
3 cups water
1 teaspoon salt
2 tablespoons olive oil
2 cups couscous
2 tablespoons balsamic vinegar

Directions

Preheat your grill to a high heat, outdoor or indoor.

Brush vegetables lightly with olive oil, and place them on the grill. Cook, flipping over occasionally, until just tender.

While the vegetables are grilling, bring water, salt, 1 tablespoon olive oil, and couscous to boil in a large pot. Once the water has come to a boil, remove the pot from the heat and let it stand 5 minutes. Fluff with a fork when done. Let couscous cool to room temperature.

Place couscous on a plate and top with veggies. Drizzle with a small amount of olive oil and Balsamic vinegar.

Sticky Sweet Sausage Kabobs

Ingredients

wooden skewers
4 tablespoons honey
1 tablespoon honey mustard
1 teaspoon soy sauce
1 teaspoon Asian five-spice powder
24 Chipolata sausage
8 large shallots, peeled and halved lengthwise
1 red bell pepper, cut into 1 inch pieces
1 zucchini, cut into 1/2-inch rounds
1 large carrot, peeled and sliced into 1/4 inch thick rounds

Directions

Preheat an outdoor grill for medium-high heat. Soak eight wooden skewers in water to prevent burning when grilled.

Mix honey, mustard, soy sauce, and five spice powder together in a large bowl. Add sausage, shallot, red pepper, zucchini, and carrot, and toss thoroughly to coat. Alternately thread sausage, shallot, red pepper, zucchini, and carrot onto skewers.

Cook skewers on the prepared grill until sausage is evenly brown and vegetables are tender.

Garden Chicken Stir Fry

Ingredients

1 tablespoon extra virgin olive oil
4 skinless, boneless chicken breast halves - cut into strips
1 cup julienned carrots
1 small onion, chopped
1 cup fresh sliced mushrooms
1 zucchini squash, peeled and cut into 1 inch rounds
2 yellow summer squash, peeled and sliced into 1 inch pieces
1/2 cup pecan halves
1 teaspoon coarse ground black pepper

Directions

Lightly coat the bottom of a nonstick skillet or wok with oil. Over medium heat, cook and stir the chicken strips until lightly brown. Add carrots and onion, and cook for 3 minutes.

Add mushrooms, zucchini, and squash. Cook until squash begins to soften. Add pecans, and sprinkle season with pepper. Toss in pan for 2 to 3 minutes and serve.

Poached Salmon

Ingredients

1/4 cup finely chopped onion
1 garlic clove, minced
2 tablespoons butter or margarine
1 1/2 cups water
3/4 cup chicken broth
1/2 teaspoon dill weed
1/2 teaspoon lemon-pepper seasoning
1/2 teaspoon dried parsley flakes
1/2 teaspoon dried tarragon
4 salmon steaks (1 inch thick)
SAUCE:
1/2 cup finely chopped zucchini
1/4 cup mayonnaise
1/4 cup plain yogurt
2 tablespoons chopped green onions

Directions

In a large skillet, saute onion and garlic in butter. Add the water, broth and seasonings. Add salmon; bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until fish flakes easily with a fork.

Meanwhile, in a small bowl, combine sauce ingredients. Serve with the salmon.

Eggy Veggie Bake

Ingredients

1 tablespoon olive oil
1 cup sliced halved zucchini
3 green onions, chopped
1/2 sweet onion, thinly sliced
2 roma (plum) tomatoes, chopped
1/2 cup chopped fresh mushrooms
3 cups chopped baby spinach
1/2 lemon, juiced
Worcestershire sauce to taste
hot sauce to taste
garlic powder to taste
salt and ground black pepper to taste
1 1/2 cups liquid egg substitute
1/4 cup shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Spray an 8x8 inch baking dish with cooking spray.

Heat the olive oil in a skillet over medium-high heat. Place zucchini, green onions, onion, tomatoes, mushrooms, and spinach in the skillet. Sprinkle with lemon juice, Worcestershire sauce, and hot sauce. Season with garlic powder, salt, and pepper. Cook until tender. Transfer to the prepared baking dish. Pour egg substitute over the vegetables in the dish. Top with cheese.

Bake 20 minutes in the preheated oven, or until egg substitute is set and cheese is melted. Cut with a spatula and enjoy!

Broiled Zucchini with Rosemary Butter

Ingredients

3 tablespoons butter, softened
1/4 cup finely chopped green onion
1 tablespoon minced fresh rosemary
1 teaspoon lemon juice
1/2 teaspoon grated lemon peel
1/4 teaspoon pepper
1/8 teaspoon cayenne pepper
4 medium zucchini

Directions

In a bowl, combine the first seven ingredients; set aside. Cut zucchini lengthwise into 1/2-in. slices. Place on a broiler pan coated with nonstick cooking spray. Broil 4 in. from the heat for 10-12 minutes, turning occasionally, or until crisp-tender. Spread with rosemary butter; serve immediately.

Continental Zucchini

Ingredients

1 tablespoon cooking oil
1 pound zucchini, cubed
1 clove garlic, minced
1 (2 ounce) jar chopped
pimientos, drained
1 (15 ounce) can whole kernel
corn, drained
1 teaspoon salt
1/4 teaspoon lemon pepper
1/2 cup shredded mozzarella
cheese

Directions

Heat oil in a large skillet. Saute zucchini and garlic for 3 to 4 minutes. Add pimientos, corn, salt if desired and lemon pepper; cook and stir for 2 to 3 minutes or until zucchini is tender. Sprinkle with cheese and heat until cheese melts.

Garlic Spinach Soup

Ingredients

4 cups chicken broth
2 cloves garlic, minced
3 tablespoons grated fresh ginger root
1 cup chopped zucchini
2 cups cubed cooked chicken
1 (2 ounce) package cellophane noodles
4 cups fresh spinach

Directions

Bring the chicken broth, garlic, and ginger to a boil in a large saucepan; reduce heat to medium and cook for 10 minutes. Add the zucchini and cook until the zucchini is tender, about 10 minutes more. Stir in the chicken and cellophane noodles; cook until the chicken is hot and the noodles are soft and transparent, about 3 minutes. Stir in the spinach until wilted.

Lenie's Herbal Fish

Ingredients

3 tablespoons olive oil
3 onions, thinly sliced
1 red bell pepper, thinly sliced
1/2 green bell pepper, sliced
3 shallots, thinly sliced
1/2 zucchini, thinly sliced
1/2 yellow squash, thinly sliced
1 large tomato, cubed
1/2 (6 ounce) can black olives, halved
2 tablespoons balsamic vinegar
salt and pepper to taste
2 pounds cod fillets
1/3 cup chopped fresh chives
1/3 cup chopped fresh basil leaves
1/3 cup chopped fresh cilantro

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a large frying pan. Stir in onions, red and green bell peppers and shallots. Cook 3 minutes. Stir in zucchini, squash, tomato, olives, and balsamic vinegar. Sauté until vegetables are just tender. Season with salt and pepper to taste.

Spread 1/2 of the vegetables into an oiled 9x11 inch baking pan. Cover the vegetables with 1/2 cup of the herbs.

Arrange the filets on top of the vegetables and herbs. Spread the second 1/2 of the vegetables over the fish and sprinkle the rest of the herbs onto the vegetables. Cover the dish with foil and bake for 25 minutes.

Vegetable Tagine

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- 3 cloves garlic, chopped
- 3 carrots, chopped
- 2 sweet potatoes, chopped
- 1 eggplant, chopped
- 4 plum tomatoes, chopped
- 3 zucchini, chopped
- 1/2 cup raisins
- 3 (16 ounce) cans chicken broth
- 2 tablespoons lemon juice
- 1 tablespoon honey
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1 (15.5 ounce) can garbanzo beans, rinsed and drained
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Directions

Heat oil in the bottom of a large, heavy pot over medium-high heat . Cook and stir the onion, green bell pepper, and garlic in the oil until tender, about 5 minutes.

Place the carrots, sweet potatoes, eggplant, plum tomatoes, zucchini, and raisins in the pot with the onion mixture. Stir in the chicken broth, lemon juice, honey, and season with cumin, coriander, turmeric, and cinnamon. Bring the stew to a boil over high heat, cover, and reduce the heat to medium-low, and simmer until the vegetables are tender, about 30 minutes.

Pour the garbanzo beans into the stew and season with salt and pepper. Stir to combine and cook the soup for an additional 10 to 15 minutes.

Vegetable Rice Medley

Ingredients

3/4 cup chicken broth
1/4 cup water
1/3 cup chopped yellow summer squash
1/3 cup chopped zucchini
1/8 teaspoon salt
1/8 teaspoon dill weed
1 cup uncooked instant rice
1/4 cup chopped fresh tomato
3 tablespoons grated Parmesan cheese

Directions

In a saucepan, bring the broth, water, summer squash, zucchini, salt and dill weed to a boil. Stir in rice. Remove from the heat. Cover and let stand for 5 minutes. Stir in the tomato and Parmesan cheese.

Cheesy Zucchini Bake

Ingredients

4 1/2 cups sliced zucchini
2 tablespoons olive oil
salt and pepper to taste
1 large onion, chopped
2 tablespoons minced garlic
1 (10.75 ounce) can tomato puree
1 (6 ounce) can tomato paste
3 tablespoons sugar
1 teaspoon Italian seasoning
1 teaspoon dried basil
2 (2.25 ounce) cans sliced ripe olives, drained
3 cups shredded mozzarella cheese
6 eggs, lightly beaten
1 1/2 cups grated Parmesan cheese

Directions

In a large skillet, saute zucchini in oil until tender. Sprinkle with salt and pepper; stir. Transfer to an ungreased 13-in. x 9-in. x 2-in. baking dish.

In the same skillet, saute onion until crisp-tender. Add garlic; saute 3 minutes longer. stir in tomato puree, tomato paste, sugar, Italian seasoning and basil. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until slightly thickened. Stir in olives. Pour over zucchini. Sprinkle with mozzarella.

Combine the eggs and Parmesan cheese; pour over zucchini. Bake, uncovered, at 375 degrees F for 25-30 minutes or until a knife inserted near the center comes out clean. Let the dish stand for 15 minutes before serving.

Emerald Green Risotto

Ingredients

2 tablespoons olive oil
1 onion, diced
1 clove garlic, crushed
1 cup Arborio rice
1 stalk celery, diced
1/3 cup dry white wine
4 cups boiling chicken stock
1 cup broccoli florets
3/4 cup sugar snap peas, halved
1 cup thinly sliced zucchini
1 cup fresh green beans, cut into
1 inch pieces
1/3 cup crumbled reduced-fat feta
cheese
2 tablespoons chopped fresh
parsley (optional)

Directions

Heat olive oil in a large, heavy-bottomed saucepan over medium-high heat. Add the onion and garlic; cook and stir until the onion begins to turn golden brown at the edges, about 2 minutes. Pour in the rice, and stir until the rice is coated in oil and has started to toast, 3 to 4 minutes. Reduce the heat to medium and stir in the celery and white wine.

Cook and stir until the wine has mostly evaporated, then stir in one third of the boiling chicken stock; continue stirring until incorporated. Repeat this process twice more, stirring constantly. Stirring in the broth should take 15 to 20 minutes in all. Add the broccoli, peas, zucchini, and green beans during the last 7 minutes of cooking, and cook until tender. Stir in the feta cheese and parsley before serving.

Ingredients

2 (8 ounce) fillets milkfish (bangus)
1 tomato, quartered
1 onion, chopped
2 tablespoons shrimp paste (bagoong)
1 cup water
salt and pepper to taste
1/2 pound long beans, cut into bite-size pieces
1/2 pound zucchini, cut into bite-size pieces
1/2 pound fresh okra

Directions

Preheat an outdoor grill for medium heat and lightly oil the grate.

Grill the milkfish fillets until the flesh flakes easily with a fork, 2 to 3 minutes per side.

Combine the grilled fillets, tomato, onion, shrimp paste, and water to the pot; bring to a boil for 5 minutes. Season with salt and pepper. Add the long beans and zucchini; stir. Cover the pot and cook over medium heat for 5 minutes. Stir the okra into the mixture and cook another 5 minutes. Serve hot.

Creamy Zucchini with Linguine

Ingredients

1/2 cup olive oil
2 large zucchini, diced
2 cloves garlic, thinly sliced
1/2 teaspoon salt
1/8 teaspoon crushed red pepper flakes
1 (12 ounce) package linguine pasta
1 cup whole milk
2 tablespoons chopped fresh parsley
1/2 cup freshly grated Parmesan cheese

Directions

Warm olive oil in a large skillet over medium heat. Add zucchini and garlic to hot oil, and season with salt and red pepper flakes. Cook, turning occasionally, until zucchini are well browned on all sides, about 20 minutes.

Meanwhile, bring a large pot of generously salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

Stir milk into zucchini, and simmer until it is reduced by about half, about 10 minutes. Add pasta to skillet, and stir well. Sprinkle parsley and 1/4 cup Parmesan over the top, and toss. Garnish with remaining Parmesan to serve.

Chicken A La Impress Me

Ingredients

6 skinless, boneless chicken breasts
12 slices smoked ham
3/4 cup shredded Gruyere cheese
1/4 cup julienned carrots
1/4 cup julienned zucchini
1 tablespoon vegetable oil

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place chicken breasts between two sheets of wax paper or plastic wrapping, and pound with a meat mallet to flatten.

Cover each flattened breast with a slice or two of ham. Place 2 tablespoons cheese and a bit of carrot and a zucchini on the end of each chicken breast. Roll up each breast, and fasten with toothpicks.

In a large skillet, heat a small amount of oil over medium high heat. Cook chicken breasts in hot oil for 2 to 3 minutes to lightly brown. Place browned rolls in a lightly greased 9x13 inch baking dish.

Bake in the preheated oven for 20 to 25 minutes, or until chicken is cooked through and juices run clear.

MeMa Rie's Zippy Zucchini

Ingredients

1/4 cup extra-virgin olive oil,
divided
1 sweet onion, sliced
2 cloves garlic, crushed
5 small zucchini, sliced
cayenne pepper to taste
2 teaspoons apple cider vinegar

Directions

Heat 2 tablespoons olive oil in a skillet over medium heat, and saute onion and garlic until tender and lightly browned. Mix in the zucchini. Continue to cook and stir until zucchini is tender. Season with cayenne pepper. Sprinkle with vinegar. Reduce heat to low, cover skillet, and continue cooking 2 to 3 minutes. Remove cover, and taste. If not at desired 'vinegar' flavor, add another splash, cover, and simmer for another minute.

Zucchini Oven Omelet

Ingredients

2 cups chopped zucchini
1/4 cup chopped green pepper
1/4 cup cooking oil
6 eggs, lightly beaten
2 tablespoons grated Parmesan cheese
1 tablespoon light cream
1 tablespoon butter or margarine, melted
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 cup shredded Cheddar cheese

Directions

In a 10-in. ovenproof skillet, saute zucchini and green pepper in oil until tender, about 3 minutes. Combine eggs, Parmesan cheese, cream, butter, salt and pepper; pour over the vegetable mixture. Cook and stir gently for 3 minutes or until eggs are set on bottom. Top with cheese. Bake at 350 degrees F for 5-7 minutes or until eggs are set and cheese is melted.

Rustic Beef Caldo

Ingredients

3 pounds beef shank cross cuts, cut 1 to 1-1/2 inches thick
1 tablespoon vegetable oil
2 cups water
1 (14 ounce) can beef broth
2 tablespoons chopped fresh cilantro
4 cloves garlic, minced
2 teaspoons salt
2 teaspoons pepper
1/2 teaspoon ground cumin
5 cups coarsely chopped cabbage
2 medium ears corn, husked, cut into 3 pieces each
1/2 pound small red-skinned potatoes, cut in half or left whole if small
1 large onion, cut into 1-inch pieces
2 medium carrots, cut into 1-inch pieces
2 medium zucchini or Mexican zucchini, cut into 1-inch pieces
2 medium tomatoes, cut into 1-inch pieces
1 lime, cut into wedges (optional)

Directions

Heat oil in stockpot over medium heat until hot. Brown beef shanks, in batches, on all sides. Pour off drippings.

Return beef to stockpot. Add water, broth, cilantro, garlic, salt, pepper and cumin; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours or until beef is fork-tender.

Add cabbage, corn, potatoes, onion and carrots to stockpot; return to a simmer. Reduce heat; simmer, covered, 20 minutes. Add zucchini and tomatoes; simmer, covered, 10 to 15 minutes or until vegetables are tender.

Garnish with lime wedges, if desired

Zucchini Soup II

Ingredients

3 1/2 cups diced zucchini
1/2 cup chopped celery
1 cup diced carrots
1/2 cup diced onion
1/2 cup margarine
1 tablespoon all-purpose flour
1 3/4 cups milk
1 (10.75 ounce) can condensed
cream of mushroom soup
1 1/4 cups water
2 cubes chicken bouillon
1/2 cup dry white wine (optional)
1/2 cup sour cream

Directions

In a large stock pot saute zucchini, celery, carrots and onion in margarine, until done (approximately 20 minutes).

In a small mixing bowl combine flour and milk. Mix until smooth and then add to stock pot.

Cook soup until thickened and then puree in a blender or food processor until smooth and creamy.

Pour pureed soup back into stock pot and add cream of mushroom soup, water, bouillon cubes and sour cream. If desired also add white wine. Simmer until heated through and then serve.

Fiesta Fry Pan Dinner

Ingredients

1 pound ground turkey or beef
1/2 cup chopped onion
1 (1.25 ounce) package taco seasoning
1 1/2 cups water
1 1/2 cups sliced zucchini
1 (14.5 ounce) can stewed tomatoes, undrained
1 cup frozen corn
1 1/2 cups uncooked instant rice
1 cup shredded Cheddar cheese

Directions

In a skillet, cook turkey and onion until meat is no longer pink; drain if necessary.

Stir in taco seasoning, water, zucchini, tomatoes and corn; bring to a boil. Add rice. Reduce heat; cover and simmer for 5 minutes or until rice is tender and liquid is absorbed.

Sprinkle with cheese; cover and let stand until the cheese is melted.

Easy Greek Skillet Dinner

Ingredients

1/2 pound dried elbow macaroni
1 pound lean ground beef
2 cloves garlic, pressed or minced
2 medium carrots, quartered
lengthwise and sliced
1 large zucchini, quartered
lengthwise and sliced
1 1/2 tablespoons dried oregano
leaves
salt and pepper
1 (10.75 ounce) can condensed
tomato soup, plus
1 (10.75 ounce) can water
crumbled feta cheese (optional)

Directions

Bring a large pot of lightly salted water to a boil. Cook elbow macaroni for 8 to 10 minutes or until al dente; drain, and set aside.

Brown ground beef with garlic in a large skillet over medium heat. Strain off fat, if necessary. When meat is lightly browned, add carrots and cook until tender, about 5 minutes. Stir in zucchini and oregano, and continue cooking another 5 minutes. Season to taste with salt and pepper.

When vegetables are tender, stir in tomato soup, water, and prepared elbow macaroni, and cook for another 5 to 10 minutes. Serve with crumbled feta cheese on top, if desired.

Fabulous Zucchini Grinders

Ingredients

1 tablespoon butter
2 medium zucchini, cubed
1 pinch red pepper flakes
salt and pepper to taste
1 cup marinara sauce
1 1/2 cups shredded mozzarella cheese
4 (6 inch) French or Italian sandwich rolls, split

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Melt butter in a skillet over medium heat. Fry the zucchini in butter until browned and slightly tender. Season with red pepper flakes, salt and pepper, and stir in the marinara sauce. Cook and stir until sauce is heated.

Spoon a generous amount of the zucchini mixture into each sandwich roll. Top with a handful of shredded mozzarella. Close the rolls, and wrap individually in aluminum foil.

Bake for 15 minutes in the preheated oven, until bread is heated through, and cheese is melted.

Bayou's Mardi Gras Slaw

Ingredients

1/2 cup apple cider vinegar
1/3 cup packed dark brown sugar
1 teaspoon dry mustard
2 teaspoons celery seed
1/2 teaspoon cayenne pepper
1/2 teaspoon dried dill weed
1 cup sour cream
1/2 cup mayonnaise
1 teaspoon prepared horseradish
salt to taste
1 small head red cabbage,
shredded
2 yellow bell pepper, cut into 1/4
inch strips
2 green zucchini, cut into 1/4 inch
strips

Directions

Whisk together cider vinegar, dark brown sugar, dry mustard, celery seed, cayenne pepper, dill, sour cream, mayonnaise, horseradish and salt. Cover and refrigerate for 2 hours or overnight.

When ready to serve, place the cabbage, bell pepper, and zucchini in a large bowl. Pour the dressing over the vegetables and toss to coat (see notes).

Roasted Vegetable Medley

Ingredients

2 tablespoons olive oil, divided
1 large yam, peeled and cut into 1 inch pieces
1 large parsnip, peeled and cut into 1 inch pieces
1 cup baby carrots
1 zucchini, cut into 1 inch slices
1 bunch fresh asparagus, trimmed and cut into 1 inch pieces
1/2 cup roasted red peppers, cut into 1-inch pieces
2 cloves garlic, minced
1/4 cup chopped fresh basil
1/2 teaspoon kosher salt
1/2 teaspoon ground black pepper

Directions

Preheat oven to 425 degrees F (220 degrees C). Grease 2 baking sheets with 1 tablespoon olive oil.

Place the yams, parsnips, and carrots onto the baking sheets. Bake in the preheated oven for 30 minutes, then add the zucchini and asparagus, and drizzle with the remaining 1 tablespoon of olive oil. Continue baking until all of the vegetables are tender, about 30 minutes more. Once tender, remove from the oven, and allow to cool for 30 minutes on the baking sheet.

Toss the roasted peppers together with the garlic, basil, salt, and pepper in a large bowl until combined. Add the roasted vegetables, and toss to mix. Serve at room temperature or cold.

Italian Zucchini Saute

Ingredients

1/2 cup olive oil
1 small white onion, sliced into thin wedges
1 (14.5 ounce) can diced tomatoes with juice
2 zucchinis, sliced
1/2 tablespoon Italian seasoning
1 tablespoon salt
1 teaspoon sugar

Directions

Heat the olive oil in a skillet over medium heat. Stir in onion and cook until tender. Mix in tomatoes with juice and zucchini. Season with Italian seasoning and salt. Cook and stir until zucchini is tender. Mix in sugar and adjust seasonings to taste.

Mock Strawberry Jam

Ingredients

5 cups peeled and shredded zucchini
5 cups white sugar
3 tablespoons lemon juice
2 (3 ounce) packages strawberry flavored gelatin

Directions

Stir the zucchini and sugar together in a large pot over medium heat until the sugar has dissolved and the mixture begins to boil, about 10 minutes. Stir in the lemon juice and gelatin, and continue simmering 5 minutes more, stirring constantly.

Ladle the hot jam into 6 hot, sterilized half-pint canning jars leaving 1/4 inch headspace. Wipe the rim and jar threads with a clean, damp cloth. Center lid on jar and screw the ring down firmly. Place into a boiling water canner covered by 2 inches of boiling water. Process for 10 minutes. Remove from the canner, and allow to cool to room temperature, and refrigerate any jars that do not seal.

Lemon Corn and Zucchini

Ingredients

1 small zucchini, halved
lengthwise and thinly sliced
1/3 cup chopped onion
1/4 teaspoon dill weed
1 tablespoon butter
1 (15.25 ounce) can whole kernel
corn, drained
2 teaspoons lemon juice

Directions

In a skillet, saute the zucchini, onion and dill in butter until onion is tender. Add corn and lemon juice; cook and stir until heated through.

Green Green Pasta

Ingredients

1 (8 ounce) package pappardelle pasta
2 tablespoons olive oil, divided
1 zucchini, halved and sliced
1 bunch thin asparagus, cut into 1 1/2-inch lengths
1 crown broccoli, cut into florets
8 ounces fresh green beans, cut into 1-inch lengths
2 green onions, thinly sliced
1 (15 ounce) can garbanzo beans, drained and rinsed
2 tablespoons reserved pasta water
1 tablespoon chopped fresh basil
salt and pepper to taste
1/4 cup crumbled feta cheese

Directions

Bring a large pot of lightly salted water to boil. Add pappardelle, and cook until al dente, 8 to 10 minutes. Drain, reserving some pasta water. Coat with 1 tablespoon olive oil; set aside.

Meanwhile, heat 1 tablespoon olive oil in a large non-stick skillet over medium high heat. Add zucchini; cook and stir until zucchini begins to brown around the edges but is still firm. Stir in asparagus, broccoli, and green beans; continue to cook until vegetables turn bright green in color, about 3 minutes. Add green onions and garbanzo beans; cook and stir until vegetables are lightly browned around the edges.

Add reserved pasta water to vegetables. Cover skillet; reduce heat to low and simmer until garbanzos are heated through and vegetables are just tender. Stir vegetables and basil into pasta; season to taste with salt and pepper, and top with crumbled feta.

Chicken Soup with Adzuki Beans, Escarole, and

Ingredients

1 1/2 quarts chicken broth
4 boneless, skinless chicken thighs
1 cup dry adzuki beans
1 cup uncooked wild rice
2 onions, cut into large chunks
1 tablespoon bottled minced garlic
1 teaspoon dried sage
1 tablespoon dried thyme
1 tablespoon dried rosemary
1 large sweet potato, peeled and cubed
1 zucchini, cubed
1 yellow squash, cubed
1/3 medium head escarole, coarsely chopped

Directions

Place the chicken broth in a large pot. Mix in the chicken thighs, adzuki beans, wild rice, onions, and garlic. Season with sage, thyme, and rosemary. Bring to a boil, reduce heat, and cook 1 hour.

Remove chicken from the pot, shred with a fork, and set aside.

Stir the sweet potato into the pot. Continue cooking about 5 minutes, until sweet potato is slightly tender. Mix in the zucchini, yellow squash, and escarole. Continue cooking 15 minutes.

Return the shredded chicken to the pot. Cook until heated through. Increase the amount of broth if the soup seems too thick.

Easy Fettuccine Primavera

Ingredients

1 (26 ounce) jar Ragu® Old World Style® Pasta Sauce
1 (16 ounce) package frozen assorted vegetables (broccoli, carrots, bell peppers, onion, zucchini), cooked
1 teaspoon dried basil leaves
1 (16 ounce) package fettuccine, cooked and drained

Directions

Heat Pasta Sauce in 2-quart saucepan until heated through. Stir in cooked vegetables and basil.

Spoon vegetable mixture over hot fettuccine and sprinkle, if desired, with grated Parmesan cheese.

Blueberry Zucchini Bread

Ingredients

3 eggs, lightly beaten
1 cup vegetable oil
3 teaspoons vanilla extract
2 1/4 cups white sugar
2 cups shredded zucchini
3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking powder
1/4 teaspoon baking soda
1 tablespoon ground cinnamon
1 pint fresh blueberries

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease 4 mini-loaf pans.

In a large bowl, beat together the eggs, oil, vanilla, and sugar. Fold in the zucchini. Beat in the flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries. Transfer to the prepared mini-loaf pans.

Bake 50 minutes in the preheated oven, or until a knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

Cathi's Florentine Zucchini

Ingredients

1 pound seashell pasta
2 tablespoons olive oil
1 onion, chopped
3 cloves garlic, chopped
4 zucchini, cut into 1/2-inch slices
salt and pepper to taste
2/3 cup white wine
1/2 pound ricotta cheese
1/4 teaspoon ground cinnamon

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, heat oil in a medium skillet over medium heat. Saute onion and garlic until onions begin to soften. Stir in zucchini and season with salt and pepper.

Increase the heat to medium-high and add the wine. Allow it to reduce by half, stirring frequently. Reduce heat to medium-low and stir in ricotta and cinnamon. Heat through and season with salt and pepper. Add drained pasta to skillet and toss. Serve immediately.

Zucchini Slaw

Ingredients

1 teaspoon olive oil
2 medium zucchini, finely
chopped
1/2 medium onion, finely chopped
3 tablespoons Italian salad
dressing
1 bunch chopped fresh parsley

Directions

Heat the olive oil in a saucepan over medium-low heat, and cook the zucchini and onion until onion is very tender. Mix in the Italian salad dressing and parsley, and continue cooking until heated through. Serve warm.

Bread Crust Zucchini Quiche

Ingredients

- 3 slices whole wheat bread
- 1 tablespoon butter, softened
- 2 cups sliced zucchini
- 1 large tomato, chopped
- 1 teaspoon dried oregano
- 2 tablespoons whole wheat flour
- 1 cup low-fat cottage cheese
- 2 eggs, beaten
- 3/4 cup nonfat plain yogurt
- 1/3 cup grated Parmesan cheese

Directions

Preheat oven to 375 degrees F (190 degrees C). Cut bread slices in half diagonally, and arrange around edge of 9-inch pie plate.

In a medium skillet, melt butter and saute zucchini until tender, about 3-5 minutes. Add tomato and oregano, and cook for 3 minutes. Stir in the flour, and spoon mixture into center of the bread-lined pie plate.

In a bowl, mix the cottage cheese, eggs, yogurt, and 1/2 the Parmesan cheese. Spoon this mixture over the vegetables in the pie plate, and sprinkle with remaining Parmesan cheese.

Bake 30 minutes in the preheated oven, until firm in center.

Bangalore Cornish Hens

Ingredients

2 teaspoons caraway seed
2 tablespoons salt
6 cloves garlic, minced
1/2 cup honey
1/2 cup lemon juice
3 tablespoons olive oil
1/4 cup mild paprika
4 teaspoons ground cumin
1 tablespoon ground ginger
1 tablespoon ground cinnamon
1 teaspoon cayenne pepper
1 teaspoon black pepper
2 large zucchinis, halved
lengthwise and cut into 1 1/2 inch
pieces
3 medium turnips, peeled, halved,
and cut into 1-inch thick slices
2 medium red bell pepper, cut into
1-1/2 inch pieces
3 medium crookneck yellow
squash, cut into 1 1/2-inch pieces
2 medium onions, cut into 1-inch
wedges
1 (28 ounce) can canned
tomatoes, drained and chopped
1/2 cup chicken broth
2 (1 1/2 pound) Cornish game
hens, halved lengthwise
1/3 cup chopped fresh parsley
1/3 cup chopped cilantro
1/3 cup chopped fresh mint

Directions

Preheat oven to 425 degrees F (220 degrees C).

Coarsely grind caraway seeds with salt with a mortar and pestle. Mash the garlic into a paste with the caraway. In a large bowl, whisk together the garlic paste with the honey, lemon juice, and olive oil. Season with paprika, cumin, ginger, cinnamon, cayenne, and black pepper; mix well.

Lightly oil the inside of a heavy, ovenproof Dutch oven. Add the zucchini, turnips, red pepper, yellow squash, and onions. Toss with 1/2 of the spice paste. Stir in tomatoes and chicken broth. Toss the Cornish hens with the remaining spice paste, then arrange them in the Dutch oven, so that the cut side is facing down.

Cover the Dutch oven, and bake in the center of the preheated oven for 1 hour and 15 minutes. If a crunchy skin is desired on the Cornish hens, uncover during the last 15 minutes of cooking. Skim the fat off of the broth.

Serve hens on top of vegetables, spoon some of the broth over, and sprinkle with the parsley, cilantro, and mint.

Italian Sausage Tortellini Soup

Ingredients

1 (3.5 ounce) link sweet Italian sausage, casings removed
1 cup chopped onions
2 cloves garlic, minced
5 cups beef stock
1/3 cup water
1/2 cup red wine
4 tomatoes - peeled, seeded and chopped
1 cup chopped carrots
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 cup tomato sauce
1 zucchini, chopped
8 ounces cheese tortellini
1 green bell pepper, chopped
1 tablespoon chopped fresh parsley
2 tablespoons grated Parmesan cheese for topping

Directions

Place the sausage in a large pot over medium high heat and saute for 10 minutes, or until well browned. Drain the fat except for about 1 tablespoon, add the onions and garlic and saute for 5 more minutes.

Next add the beef stock, water, wine, tomatoes, carrots, basil, oregano and tomato sauce. Bring to a boil, reduce heat to low and simmer for 30 minutes, skimming any fat that may surface.

Add the zucchini, tortellini, green bell pepper and parsley to taste. Simmer for 10 minutes, or until tortellini is fully cooked. Pour into individual bowls and garnish with the cheese.

Frosted Zucchini Cookies

Ingredients

1/2 cup butter or margarine,
softened
1 cup sugar
1 egg
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/4 teaspoon ground cloves
(optional)
1 cup finely shredded zucchini
1 cup raisins
1 cup chopped walnuts
FROSTING:
1/4 cup butter or margarine,
softened
1 (3 ounce) package cream
cheese, softened
1 teaspoon vanilla extract
2 cups confectioners' sugar

Directions

In a mixing bowl, cream butter and sugar. Beat in egg. Combine the flour, baking soda, cinnamon, salt and cloves if desired; add to creamed mixture alternately with zucchini. Stir in raisins and walnuts. Cover and refrigerate for 2 hours. Drop by heaping teaspoonfuls 2 in. apart onto lightly greased baking sheets. Bake at 375 degrees F for 12-15 minutes or until lightly browned. Remove to wire racks.

In a small mixing bowl, cream butter, cream cheese and vanilla. Gradually beat in confectioners' sugar. Frost the cooled cookies.

Pineapple Coconut Zucchini Bread

Ingredients

3 cups all-purpose flour
2 teaspoons baking soda
1 1/2 teaspoons baking powder
1 teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon pumpkin pie spice
3 eggs
1 cup vegetable oil
1 cup white sugar
1 cup light brown sugar
1/2 cup sour cream
2 teaspoons vanilla extract
3 cups grated unpeeled zucchini
1 (20 ounce) can crushed
pineapple, well drained
1/2 cup shredded coconut

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans. Stir together flour, baking soda, baking powder, salt, cinnamon, and pumpkin pie spice in a bowl until well blended; set aside.

Whisk eggs, oil, white sugar, and brown sugar together in a large bowl. Stir in sour cream, vanilla, zucchini, pineapple, and coconut. Stir in the flour mixture, mixing just until moistened. Divide batter between the prepared loaf pans.

Bake until a toothpick inserted in the center comes out clean, 50 to 60 minutes. Cool in pans for 10 minutes, then remove and finish cooling on a wire rack.

Picnic Pasta Salad

Ingredients

3 cups tri-color spiral pasta,
cooked and drained
1 (10 ounce) package frozen corn,
thawed
2 cups cherry tomatoes, halved
2 small zucchini, sliced
1 cup small pitted ripe olives
DRESSING:
1/3 cup tarragon vinegar
1/2 cup olive or vegetable oil
2 teaspoons dill weed
1 teaspoon salt
1/2 teaspoon sugar
1/2 teaspoon ground mustard
1/4 teaspoon pepper
1/4 teaspoon garlic powder

Directions

In a large bowl, toss pasta, corn, tomatoes, zucchini and olives; set aside. In a jar with tight-fitting lid, combine all of the dressing ingredients; shake well. Pour over salad; toss lightly. Cover and refrigerate at least 2 hours or overnight.

Summer Zucchini Stew

Ingredients

1 tablespoon olive oil
2 Italian sausages, sliced
1 medium onion, finely diced
1 large potato, diced
1 medium green bell pepper, sliced
2 cloves garlic, minced
1 large zucchini, diced
1 (28 ounce) can roma tomatoes, with juice
21 fluid ounces water
1 tablespoon chopped fresh basil
1 teaspoon dried oregano
1 teaspoon chopped fresh parsley
salt and pepper to taste
1 (15 ounce) can green beans, drained

Directions

Heat the olive oil in a large pot over medium heat. Mix in the sausages, onion, potato, green bell pepper, and garlic. Cook 10 minutes, stirring often, until potatoes are slightly tender.

Mix the zucchini into pot. Pour in the tomatoes and their liquid and 3/4 tomato can (21 fluid ounces) water. Season with basil, oregano, parsley, salt, and pepper. Bring to a boil, reduce to low, and simmer 40 minutes.

Stir the green beans into the pot, and continue cooking 5 minutes, until beans are heated through.

Ingredients

3 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
1/2 pound pork loin, chopped
1/2 pound peeled and deveined prawns
salt and pepper to taste
1 tomato, chopped
1/4 pound zucchini, seeded and cut into bite-size pieces
1/4 pound fresh okra, ends trimmed
1/4 pound fresh green beans, trimmed
1/4 pound eggplant, cut into bite-size pieces
1 small bitter melon, cut into bite-size pieces

Directions

Heat the oil in a large pot over medium heat; cook and stir the onion and garlic in the hot oil until tender, about 5 minutes. Stir in the pork and cook until completely browned, 5 to 7 minutes. Stir the shrimp into the mixture; season with salt and pepper. Continue cooking until the shrimp turn pink, about 5 minutes. Add the tomato to the pot, cover, and let cook 5 minutes. Stir the zucchini, okra, green beans, eggplant, and bitter melon into the mixture; cover, and cook until the vegetables are all soft to the touch, about 10 minutes more. Serve hot.

Vegetarian Quiche

Ingredients

1 (9 inch) unbaked pastry shell
1 1/2 cups chopped onion
1 medium green pepper, chopped
1 cup chopped tomatoes
1 cup chopped zucchini
1/2 cup sliced fresh mushrooms
2 tablespoons butter or margarine
1/4 teaspoon curry powder
1/2 teaspoon salt
1/4 teaspoon pepper
Pinch ground cinnamon
5 eggs
1/4 cup milk
1/4 cup grated Parmesan cheese

Directions

Line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450 degrees F for 5 minutes. Remove foil; bake 5 minutes longer. Reduce heat to 350 degrees F.

In a skillet, saute the onion, green pepper, tomatoes, zucchini and mushrooms in butter. Add the curry powder, salt, pepper and cinnamon; mix well. Spoon into crust.

In a bowl, beat eggs. Add the milk and cheese; mix well. Carefully pour over vegetables. Bake for 40-45 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before cutting.

Ohio Meat Pie

Ingredients

3 tablespoons vegetable oil
2 onions, chopped
2 cloves garlic, chopped
2 pounds ground beef
12 ounces carrots, chopped
1 green bell pepper, seeded and chopped
1 pound zucchini, diced
1/3 cup raisins
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
1 1/2 cups whole kernel corn
1 3/4 cups baked beans

6 tablespoons butter
3/4 cup all-purpose flour
3 3/4 cups milk
1 cup grated Cheddar cheese
4 egg yolks

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat the oil in a large pot or Dutch oven over medium-high heat. Add the onions and garlic; cook and stir until tender. Crumble in the ground beef, and cook until evenly browned. Drain off grease, and reduce the heat to medium-low.

Add the carrots, bell pepper, zucchini, and raisins, and season with salt and pepper. Simmer, stirring occasionally, until tender, about 10 minutes. Stir in the beans and corn, remove from the heat, and pour into a casserole dish. Set aside.

Melt the butter in a saucepan over medium heat. Whisk in the flour using a fork until smooth. Cook for a few minutes, then gradually whisk in the milk and egg yolks so that no lumps form. Bring to a gentle simmer, then stir in the cheese, and remove from the heat. Pour over the meat and vegetables in the casserole dish.

Bake for 25 minutes in the preheated oven, until the sauce is thick and bubbly, and everything is heated through.

Pecan Zucchini Bread

Ingredients

3 cups all-purpose flour
2 cups sugar
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1/4 teaspoon baking powder
3 eggs
1/2 cup vegetable oil
1/2 cup sour cream
1 teaspoon vanilla extract
2 cups shredded zucchini
1 cup chopped pecans

Directions

In a large bowl, combine the first six ingredients. In another bowl, beat the eggs, oil, sour cream and vanilla. Stir into dry ingredients just until moistened. Fold in zucchini and nuts.

Transfer to two greased 9-in. x 5-in. x 3-in. loaf pans. Bake at 350 degrees F for 60-65 minutes or until a toothpick inserted near the center comes out clean. Cool for 15 minutes before removing from pans to wire racks to cool completely.

Honey Butter Zucchini Bread

Ingredients

3 cups self-rising flour
1 tablespoon ground cinnamon
1/2 teaspoon ground nutmeg
1 teaspoon salt
3 eggs
1 2/3 cups white sugar
1/2 cup vegetable oil
1/2 cup melted butter
1/2 cup honey
2 tablespoons vanilla extract
3 cups grated unpeeled zucchini
1 cup chopped walnuts
1/2 cup flaked coconut

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease two 9x5 inch loaf pans. Stir together the flour, cinnamon, nutmeg, and salt in a bowl until blended. Set aside.

Whisk eggs, sugar, oil, butter, honey, and vanilla together in a large bowl. Stir in zucchini, walnuts, and coconut. Add the flour mixture and stir until well combined. Divide the batter between the prepared loaf pans.

Bake until a toothpick inserted in the center comes out clean, about 1 hour. Cool completely. Store loaves overnight in plastic bags for best flavor.

Zucchini with Basil Cream

Ingredients

1 cup chicken broth
2 garlic cloves, minced
dash cayenne pepper
2 small carrots, julienned
4 medium zucchini, cut into 2-inch
julienne strips
1 teaspoon cornstarch
1/4 cup 2% milk
1/4 cup grated Parmesan cheese
1 tablespoon minced fresh basil
1/4 cup shredded part-skim
mozzarella cheese

Directions

In a large saucepan, bring the broth, garlic and cayenne to a boil; cook, uncovered, until mixture is reduced by a third. Add carrots. Reduce heat; cover and cook for 4-5 minutes or until tender. Add zucchini; cover and cook for 8-10 minutes or until tender. Drain.

Combine the cornstarch and milk until smooth; stir into vegetables. Bring to a boil; cook and stir for 2 minutes or until thickened. Add Parmesan cheese and basil; stir gently. Sprinkle with mozzarella cheese.

Zucchini Sticks

Ingredients

2 quarts oil for frying
4 eggs
1/4 cup heavy cream
1/2 teaspoon ground black pepper
1/4 teaspoon salt
3 zucchini, quartered
3/4 cup Italian-style dry bread crumbs

Directions

In a heavy saucepan or deep fryer, preheat oil to 350 degrees F (175 degrees C).

In a blender, mix the eggs, whipped cream, pepper and salt. Transfer the mixture to a medium bowl.

Slice the zucchini into pieces 2 to 3 inches long. Dip the pieces into the egg mixture, then coat them with the bread crumbs.

Carefully place the battered pieces in the oil and fry 3 to 4 minutes, until brown and crispy. Drain fried pieces on a paper towel. Repeat until all the slices have been fried.

Ratatouille

Ingredients

2 tablespoons olive oil
3 cloves garlic, minced
2 teaspoons dried parsley
1 eggplant, cut into 1/2 inch cubes
salt to taste
1 cup grated Parmesan cheese
2 zucchini, sliced
1 large onion, sliced into rings
2 cups sliced fresh mushrooms
1 green bell pepper, sliced
2 large tomatoes, chopped

Directions

Preheat oven to 350 degrees F (175 degrees C). Coat bottom and sides of a 1 1/2 quart casserole dish with 1 tablespoon olive oil.

Heat remaining 1 tablespoon olive oil in a medium skillet over medium heat. Saute garlic until lightly browned. Mix in parsley and eggplant. Saute until eggplant is soft, about 10 minutes. Season with salt to taste.

Spread eggplant mixture evenly across bottom of prepared casserole dish. Sprinkle with a few tablespoons of Parmesan cheese. Spread zucchini in an even layer over top. Lightly salt and sprinkle with a little more cheese. Continue layering in this fashion, with onion, mushrooms, bell pepper, and tomatoes, covering each layer with a sprinkling of salt and cheese.

Bake in preheated oven for 45 minutes.

Tofu and Cheese Stuffed Shells

Ingredients

1 (16 ounce) package jumbo pasta shells
1/3 cup grated carrot
1/4 cup shredded zucchini
3 tablespoons chopped onion
1 (8 ounce) container tofu
1/2 cup shredded Monterey Jack cheese
1 cup shredded mozzarella cheese, divided
1/2 cup ricotta cheese
1 egg white
1/2 teaspoon salt
1/2 teaspoon pepper
2 (8 ounce) cans diced tomatoes
1/3 cup tomato paste
1 teaspoon dried basil
1 teaspoon dried oregano
1/4 teaspoon garlic powder
1 teaspoon minced garlic

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, in a small saucepan over medium heat combine carrot, zucchini and onion. Pour in just enough water to cover; cook until tender and drain.

In a large bowl, mash the tofu with a fork. Stir in carrot mixture, Monterey Jack cheese, 1/2 cup mozzarella cheese, ricotta cheese, egg white, salt and pepper. Mix well and set aside.

In a medium saucepan over medium-high heat, combine tomatoes, tomato paste, basil, oregano, garlic powder and garlic. Bring to a boil; reduce heat to low and simmer for 10 minutes.

Stuff each cooked pasta shell with about 1 rounded tablespoon of the filling. Place shells in an ungreased 2-quart baking dish. Pour sauce over shells.

Cover and bake in preheated oven for 25 minutes, or until heated through. Sprinkle with remaining 1/2 cup mozzarella cheese.

Cheddar Zucchini Wedges

Ingredients

1 medium onion, chopped
1/4 cup butter or margarine
2 1/2 cups biscuit/baking mix
1 tablespoon minced fresh parsley
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
3 eggs, beaten
1/4 cup milk
1 1/2 cups shredded zucchini
1 cup shredded Cheddar cheese
3/4 cup chopped almonds,
toasted

Directions

In a skillet, saute onion in butter until tender. In a bowl, combine the biscuit mix, parsley, basil, thyme and onion mixture. Stir in eggs and milk just until combined. Fold in the zucchini, cheese and almonds. Transfer to a greased 9-in. round baking pan. Bake at 400 degrees F for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cut into wedges.

Mexican Zucchini Cheese Soup

Ingredients

1 tablespoon olive oil
1 cup chopped onion
2 cloves garlic, minced
1/2 teaspoon dried oregano
2 (14.5 ounce) cans chicken broth
1 (14.5 ounce) can Mexican-style stewed tomatoes
2 medium zucchini, halved lengthwise and cut in 1/4 inch slices
2 medium yellow squash, halved lengthwise and cut in 1/4 inch slices
1 (8.75 ounce) can whole kernel corn, drained
1 (4.5 ounce) can diced green chile peppers
12 ounces processed cheese food, cubed
1/2 teaspoon freshly ground black pepper
1/4 cup chopped fresh cilantro

Directions

Heat the olive oil in a large pot, and saute the onion and garlic until tender. Season with oregano.

Mix in the chicken broth and tomatoes. Bring to a boil. Mix in the zucchini, yellow squash, corn, and chile peppers. Reduce heat to low, and simmer 10 minutes, or until the squash is tender.

Mix the cubed processed cheese into the soup. Continue to cook and stir until cheese is melted. Season with pepper. Mix in the cilantro just before serving.

Zucchini Cucumber Salad

Ingredients

1/4 cup mayonnaise
1/2 (1 ounce) package Ranch-style dressing mix
3 cups shredded zucchini
1 cup shredded cucumber
1/2 green bell pepper, coarsely shredded

Directions

Stir mayonnaise and Ranch dressing mix together in a large bowl. Stir in the zucchini, cucumber, and bell pepper. Serve immediately.

Hearty Chicken Vegetable Soup I

Ingredients

- 1 (3 pound) whole chicken
- 1 onion, cut into thick slices
- 5 stalks celery, thickly sliced
- 1 tablespoon salt
- 1 teaspoon packed fresh basil leaves
- 1 teaspoon coarse ground black pepper
- 5 carrots, sliced
- 1 yellow squash, thinly sliced
- 1 zucchini, thinly sliced
- 1 pound fresh mushrooms, sliced
- 1 red bell pepper, sliced
- 12 ounces fresh tortellini pasta
- 2 tablespoons chicken soup base
- 2 cups uncooked egg noodles

Directions

Place chicken, onion, celery, salt, basil, and pepper in a 10 quart stock pot. Fill stock pot with water until ingredients are fully covered and bring to a boil. Let simmer for 1 and 1/2 hours or until chicken is tender.

Remove chicken from pot with slotted spoon and set aside for later.

Add carrots, squash, zucchini, mushrooms, red pepper, tortellini, chicken soup base and uncooked noodles to stock pot and increase temperature to medium heat.

While noodles and vegetables are cooking, tear chicken apart from bones. Cut up into pieces and add to soup in stock pot. Be sure to add additional water if ingredients are not fully covered. Bring to a boil, then reduce to a simmer for about 10 minutes or just until noodles are cooked. Enjoy

Meaty Zucchini Stew

Ingredients

- 1 pound ground beef
- 1 pound bulk pork sausage
- 2 (14.5 ounce) cans diced tomatoes
- 2 medium green bell peppers, cut into 1/2 inch pieces
- 2 cups thinly sliced celery
- 1 cup chopped onion
- 6 medium zucchini, halved and cut into 1/2-inch slices
- 1 cup tomato juice
- 1 teaspoon salt
- 1 teaspoon Italian seasoning
- 1 teaspoon dried oregano
- grated Parmesan cheese

Directions

In a Dutch oven or large saucepan, cook beef and sausage over medium heat until no longer pink; drain and set aside.

Drain tomatoes, reserving the juice; set tomatoes aside. In the same pan, combine the peppers, celery, onion and reserved juice. Cover and cook over medium heat for 10 minutes.

Add the meat, tomatoes, zucchini, tomato juice and seasonings. Cover and cook for 15 minutes or until zucchini is tender, stirring occasionally. Garnish with cheese if desired.

Zucchini Oven Frittata

Ingredients

1 cup water
3 tablespoons olive oil
1/2 teaspoon salt
1/2 green bell pepper, seeded and chopped
3 zucchini, cut into 1/2-inch slices
2 cloves garlic, peeled
1 small onion, diced
6 fresh chopped mushrooms
1 tablespoon butter
5 eggs
salt and pepper to taste
1 cup shredded mozzarella cheese
3 tablespoons Parmesan cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet or sauce pan, combine water, olive oil, salt, green pepper, zucchini and garlic cloves. Simmer until zucchini is tender, about 5 to 7 minutes.

Drain off water and discard garlic. Stir in onion, mushrooms and butter. Cook until onion is transparent. Add eggs and stir; season with salt and pepper. Cook over low heat until eggs are firm.

Sprinkle mozzarella cheese over eggs. Bake in preheated oven for 10 minutes. Remove from oven and sprinkle with Parmesan cheese. Place under broiler for 5 minutes. Let stand 5 minutes before cutting into wedges and serving.

Brown Rice Veggie Stir-Fry

Ingredients

2 tablespoons water
2 tablespoons reduced-sodium soy sauce
1 tablespoon olive oil
1 cup sliced zucchini
1 cup shredded cabbage
1/2 cup sliced fresh mushrooms
1/2 cup chopped onion
1 cup cooked brown rice
1/4 cup diced fresh tomato
1/4 cup grated carrot
2 tablespoons slivered almonds

Directions

In a large skillet or wok, combine the water, soy sauce and oil. Add the zucchini, cabbage, mushrooms and onion; stir-fry for 4-5 minutes or until crisp-tender. Add the rice, tomato and carrot; stir-fry for 2-3 minutes or until heated through. Sprinkle with almonds.

Cauliflower Zucchini Toss

Ingredients

2 cups cauliflowerets
2 cups sliced zucchini
1/2 cup sliced green onions
1/2 cup pitted ripe olives, halved
1/3 cup vegetable oil
1/4 cup orange juice
2 tablespoons white wine vinegar
or cider vinegar
1 teaspoon dried tarragon
1 teaspoon grated orange peel
1/2 teaspoon salt
1/4 teaspoon pepper
8 cups torn salad greens

Directions

Add 1 in. of water to a saucepan; add cauliflower. Bring to a boil. Reduce heat; cover and simmer for 5-8 minutes or until crisp-tender. rinse in cold water; drain and place in a large bowl. Add zucchini, onions and olives; toss.

In a jar with a tight-fitting lid, combine the oil, orange juice, vinegar, tarragon, orange peel, salt and pepper; shake well. Pour over cauliflower mixture and toss to coat. Cover and refrigerate for 2 hours. Just before serving, toss with salad greens.

Zucchini 'N' Carrot Coins

Ingredients

1 pound carrots, thinly sliced
2 tablespoons butter or margarine
1 small onion, sliced and
separated into rings
2 small zucchini, cut into 1/4 inch
slices
2 teaspoons dried basil
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a large skillet, saute carrots in butter for 4-5 minutes. Add the onion; cook for 1 minute. Stir in the remaining ingredients. Cover and cook for 4-5 minutes or until vegetables are crisp-tender.

Summer Garden Pasta

Ingredients

1 (16 ounce) package small shell pasta
1 cup sliced yellow summer squash
1 cup sliced zucchini
1 cup julienned sweet red pepper
1 cup julienned green pepper
1 cup sliced green onions
6 cloves garlic, peeled and thinly sliced
1/4 cup butter
1 1/2 cups reduced sodium chicken broth
1 small tomato, chopped
1/2 cup grated Parmesan cheese
1 tablespoon minced fresh parsley
2 teaspoons garlic pepper
1 teaspoon salt

Directions

Cook pasta according to package directions. Meanwhile, in a large skillet, saute the yellow squash, zucchini, peppers, onions and garlic in butter until crisp-tender. Add broth and tomato; bring to a boil. Cook and stir until liquid is reduced by half.

Drain pasta; stir into vegetable mixture. Cook 1 minutes longer or until heated through. Transfer to a large bowl. Sprinkle with Parmesan cheese, parsley, garlic pepper and salt; toss to coat. Serve immediately.

Spicy Pakistani Zucchini

Ingredients

1/4 cup cooking oil
1 onion, thinly sliced
6 zucchini - peeled, seeded and cut into semicircles
1/2 teaspoon salt
2 cups water
2 teaspoons chili powder
1/2 teaspoon ground turmeric
1/2 teaspoon garlic powder
1 teaspoon ground coriander seed
3 whole cloves
7 whole peppercorns
4 tomatoes, chopped
2 tablespoons plain yogurt

Directions

Heat oil in a large skillet over medium heat; saute onion until golden (about 5 minutes).

Add zucchini, salt, water, chile powder, turmeric, garlic powder, coriander, cloves, peppercorns, tomatoes and yogurt and stir all together. Reduce heat to low and simmer for 10 minutes, stirring occasionally.

Pear Zucchini Bread

Ingredients

2 cups all-purpose flour
1 cup whole wheat flour
3/4 cup sugar
3/4 cup packed brown sugar
2 teaspoons pumpkin pie spice
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
3 eggs
3/4 cup vegetable oil
3 teaspoons vanilla extract
2 cups finely chopped peeled ripe pears
1 cup shredded zucchini
1/2 cup chopped pecans or walnuts

Directions

In a large bowl, combine the first eight ingredients. In another bowl, beat eggs, oil and vanilla. Add the pears and zucchini. Stir into dry ingredients just until moistened. Fold in nuts. Pour into two greased 9-in. x 5-in. x 3-in. loaf pans.

Bake at 350 degrees F for 50-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Pasta Lamb Skillet

Ingredients

1 (8 ounce) package small pasta
12 ounces ground lamb
1 cup chopped onion
2 garlic cloves, minced
1 tablespoon olive oil
1 medium zucchini, quartered and thinly sliced
1 (14.5 ounce) can diced tomatoes, undrained
1 cup sliced fresh mushrooms
3 tablespoons minced fresh basil
1/2 teaspoon pepper
1/4 teaspoon seasoned salt
1/4 cup sliced ripe olives

Directions

Cook pasta according to package directions. In a large skillet, cook lamb, onion and garlic in oil over medium heat until meat is no longer pink and vegetables are tender; drain. Set aside and keep warm.

In same skillet, combine the zucchini, tomatoes, mushrooms, basil, pepper and seasoned salt. Cover and cook over medium heat for 5 minutes or until vegetables are tender. Drain pasta. Add pasta along with olives and lamb mixture to skillet; heat through.

Lori's Spicy Chipotle Lasagna

Ingredients

1 pound lean ground beef
1 pound bulk hot Italian sausage
1 onion, chopped
1 pint sliced fresh mushrooms
3 cloves garlic, minced
1 chipotle chile in adobo sauce, chopped
1 (6 ounce) can tomato paste
2 (15 ounce) cans stewed tomatoes
sea salt and ground black pepper to taste
1/2 cup chopped fresh basil
1/4 cup chopped fresh oregano
2 (8 ounce) packages cream cheese, at room temperature
1 pound frozen chopped spinach, thawed
9 lasagna noodles
2 (8 ounce) balls of fresh mozzarella, sliced
2 zucchini, thinly sliced lengthwise
1 cup grated Asiago cheese
1 cup grated Parmesan cheese

Directions

Cook and stir the ground beef and Italian sausage in a large pot or Dutch oven over medium-high heat until lightly browned. Drain any excess grease, then stir in the onion, mushrooms, and garlic. Cook and stir until the onion has softened and turned translucent, about 5 minutes more. Stir in the chipotle chile, tomato paste, and stewed tomatoes. Bring to a simmer, then reduce heat to medium-low, and simmer for 15 minutes. Season to taste with salt and pepper, then stir in the basil and oregano; simmer 5 minutes more then remove from the heat.

While the sauce is simmering, stir together the cream cheese and chopped spinach until blended. Leave the spinach soggy, the water will help thin out the cream cheese to a sour cream-like consistency.

Preheat oven to 400 degrees F (200 degrees C).

Line the bottom of a 9x13 inch baking dish with a sheet of aluminum foil, and lightly grease. Place 3 lasagna noodles on the bottom of the pan, and spread with 1/3 of the spinach mixture. Spread 1/3 of the chipotle meat sauce over this, then layer with 1/3 of the mozzarella and 1/3 of the zucchini. Sprinkle with 1/3 of the Asiago cheese and 1/3 of the Parmesan cheeses. Repeat layers two more times, ending with cheeses on top.

Cover the dish with aluminum foil, and bake in preheated oven for 40 minutes. Uncover, and continue baking until the top is bubbly and golden brown, 15 to 20 minutes.

Halibut in Yellow Curry Broth

Ingredients

4 (6 ounce) fillets of halibut
2 tablespoons vegetable oil
4 cups zucchini, finely diced
1 cup frozen peas, thawed
4 cups baby spinach
1/2 cup fresh basil, finely chopped
1/2 cup coconut milk
1 cup water
1 cup VH® Yellow Curry Sauce

Directions

In a large pot heat oil over medium and saute zucchini until tender, about 7 minutes. Add water and VH® Yellow Curry Sauce, simmer 3 minutes.

Add fish, cover and simmer for 10 minutes or until fish is cooked through.

Place cooked fish in bowls. To the pot add peas, spinach and basil and cook for 3 minutes until spinach has wilted. Ladle broth and vegetables between bowls of fish.

Whole Wheat Zucchini Bread

Ingredients

- 6 eggs, beaten
- 1 cup honey
- 1 cup packed brown sugar
- 1/2 cup canola oil
- 1 teaspoon vanilla extract
- 2 cups whole wheat flour
- 4 cups all-purpose flour
- 2 tablespoons ground cinnamon
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons salt
- 4 cups grated zucchini
- 1 cup chopped walnuts (optional)

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease three 8x4 inch loaf pans and set aside.

In a large bowl, whisk together the eggs, honey, brown sugar, oil and vanilla. Combine the whole wheat flour, all-purpose flour, cinnamon, baking powder, baking soda and salt; stir into the wet ingredients until moistened. Gently stir in the zucchini and walnuts until evenly distributed. Divide batter evenly between the prepared pans.

Bake for 50 to 60 minutes in the preheated oven, or until a knife inserted into the crown comes out clean. Cool in the pan until cool enough to touch, then turn out onto a wire rack to cool completely. Wrap in plastic wrap or store in a plastic bag when cool.

Zucchini Quiche

Ingredients

- 1 cup biscuit baking mix
- 1 teaspoon dried oregano
- 1 teaspoon seasoning salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 teaspoon dried parsley
- 1/3 cup grated Parmesan cheese
- 1/2 cup grated onion
- 4 eggs, beaten
- 1/3 cup vegetable oil
- 1 zucchini, sliced into rounds

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9 x 9 inch casserole dish.

In a large bowl combine biscuit mix, oregano, seasoning salt, garlic powder, salt, parsley and Parmesan cheese. Stir in onion, eggs and oil. Mix well and add zucchini. Pour into prepared casserole dish.

Bake in preheated oven for 30 to 35 minutes, or until cooked through and golden brown. Let cool for 5 minutes before slicing.

Blue Cheese Fettucine

Ingredients

2 tablespoons butter
1 large zucchini, sliced
3 cloves garlic, crushed
1/2 cup white wine
4 ounces blue cheese, crumbled
1 1/2 cups heavy cream
freshly ground black pepper to taste
1 (16 ounce) package fettuccine
3 tablespoons freshly grated Parmesan cheese
2 tablespoons chopped fresh parsley, for garnish

Directions

Heat butter in a large skillet over medium heat. Stir in the zucchini and garlic; cook until the zucchini is tender. Stir in wine, blue cheese, cream, and pepper; simmer 10 minutes.

Meanwhile, bring a large pot of water to boil. Add fettuccini, and cook until tender, about 6 to 8 minutes. Drain, rinse under warm water, and drain again.

Return pasta to the pot, and toss with sauce over low heat. Serve with Parmesan and parsley sprinkled over the top.

Teriyaki Pork Kabobs

Ingredients

1/2 cup soy sauce
1/4 cup water
2 tablespoons lemon juice
2 tablespoons vegetable oil
2 teaspoons brown sugar
2 garlic cloves, minced
1/2 teaspoon ground ginger
1 pound pork tenderloin, cut into 1
1/4 inch cubes
1 medium zucchini, cut into 1/2-
inch pieces
1 large sweet red pepper, cut into
1-1/2-inch pieces

Directions

In a bowl, combine the first seven ingredients. Pour half into a large resealable plastic bag or shallow glass container. Refrigerate the remaining marinade for basting. Add pork to bag or container and turn to coat. Cover and refrigerate for 1-4 hours. Drain and discard marinade. On four metal or soaked bamboo skewers, alternate pork, zucchini and red pepper. Grill, uncovered, over medium-hot heat for 3 minutes on each side. Baste with reserved marinade. Continue basting and turning kabobs for 4-6 minutes or until meat juices run clear.

Whole Wheat Zucchini Herb Bread

Ingredients

1/2 cup water
2 teaspoons honey
1 tablespoon vegetable oil
3/4 cup grated zucchini
3/4 cup whole wheat flour
2 cups bread flour
1 tablespoon chopped fresh basil
2 teaspoons sesame seeds
1 teaspoon salt
1 1/2 teaspoons active dry yeast

Directions

Place ingredients in the pan of the bread machine in the order suggested by the manufacturer. Set for Basic Bread cycle, or Normal setting.

Potato and Vegetable Frittata

Ingredients

1 teaspoon olive oil
1/2 cup chopped onion
1 clove garlic, minced
1/2 cup diced green bell pepper
1 zucchini, halved lengthwise and cut in 1/4 inch slices
2 cups cooked and diced potatoes
1 cup chopped fresh tomato
2 tablespoons black olives
4 eggs
salt and pepper to taste
1/4 teaspoon dried oregano
1 pinch cayenne pepper
1/2 small tomato, sliced
1/4 cup shredded mozzarella cheese
1/4 cup grated Parmesan cheese

Directions

Preheat the broiler on your oven.

In a frying pan with an ovenproof handle heat the oil and saute onion, garlic and green bell pepper over a low heat. Saute until vegetables are just tender but not browned. Add the zucchini and continue cooking, stirring occasionally, until crisp-tender. Add the potatoes, stir well to combine, and continue cooking, stirring frequently, until the potatoes are heated through and starting to stick to the pan.

Then add the tomatoes and black olives, stirring well to combine with the other ingredients, and cook just until the tomatoes have begun giving up their juice.

Beat the eggs with the salt, pepper, oregano, and cayenne. When all the vegetables are cooked, pour the eggs over them

Arrange the tomato slices over the top of the eggs, and sprinkle the mozzarella and Parmesan cheeses over the tomato slices. Cook gently over low heat until the eggs are almost set (they'll be firm around the edges and a bit runny in the middle).

Slip the pan under the broiler for a minute or two, until the eggs are fully set and the cheese has melted and begun to brown. Cut into wedges and serve.

Stuffed Zucchini II

Ingredients

2 large tomatoes - peeled, seeded and chopped
5 tablespoons chopped fresh basil
3 tablespoons olive oil
4 tablespoons chopped fresh parsley
1 teaspoon grated orange zest
1 teaspoon grated lemon zest
2 cloves garlic, minced
salt and pepper to taste

6 small zucchini
2 tablespoons olive oil
1 1/2 cups soft bread crumbs
1 egg, beaten
1/2 cup chicken broth

Directions

In a small bowl combine tomatoes, 3 tablespoons of basil, oil, 1 tablespoon of parsley, orange peel, lemon peel, 1/2 of the garlic, and salt and pepper to taste. Mix well and set aside for 1 hour at room temperature.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Cut the stem ends off of zucchini and slice a thin layer off the tops, lengthwise. If necessary, trim the bottoms so that the zucchini stand level; reserve trimmings. Scoop out the flesh, leaving 1/4 inch thick shells. Chop the reserved trimmings and flesh coarsely. In a large saucepan of boiling, salted water, cook the shells for 2 minutes. Drain and rinse in cold water; drain on paper towels.

Heat oil in a medium skillet over medium heat; saute chopped zucchini for 5 minutes, or until tender. Stir in remaining parsley, basil and garlic; cook for 1 minute. Transfer to a medium bowl and stir in bread crumbs and egg. Season with salt and pepper to taste. Spoon mixture into shells and place in prepared baking dish. Pour chicken stock over zucchini.

Cover and bake in preheated oven for 25 to 30 minutes, or until tender. Serve with the tomato salsa.

Zucchini Risotto

Ingredients

7 cups vegetable or chicken stock
1 tablespoon butter
1 medium onion, chopped
2 cups Arborio rice, uncooked
1/2 medium zucchini, thinly sliced
with a vegetable peeler
10 sun-dried tomatoes, softened
and chopped
1 teaspoon dried thyme, crushed
6 tablespoons freshly grated
Parmesan (or mozzarella) cheese
1 tablespoon chopped fresh basil
leaves, or to taste (optional)
freshly ground black pepper to
taste

Directions

Bring vegetable or chicken stock to a boil in a medium stock pot, then reduce heat to a low simmer.

Melt butter in a large, heavy bottomed stock pot over medium heat. Stir in onions and cook for 2 minutes, or until softened. Add the rice and cook for another 2 minutes, stirring constantly, until lightly toasted. Gradually ladle in simmering vegetable stock, stirring continuously. Risotto will become "creamy" and slightly sticky, yet still firm in the center, or al dente.

When almost finished, stir in the zucchini, sun-dried tomatoes, and thyme, adding stock as needed and stirring continuously. Stir in basil and 3 tablespoons cheese just before serving. Divide risotto among 6 bowls, sprinkle with remaining cheese, and season with pepper to taste.

Bacon Squash Saute

Ingredients

6 bacon strips, diced
2 small zucchini, cut into 1/4 inch slices
2 small yellow summer squash, cut into 1/4 inch slices
1 medium onion, thinly sliced

Directions

In a large skillet, cook bacon over medium heat until crisp; remove to paper towels. Drain, reserving 2 tablespoons drippings. In the drippings, saute the zucchini, yellow squash and onion for 6-8 minutes or until crisp-tender. Sprinkle with bacon.

Zucchini Pasta II

Ingredients

1 (8 ounce) package uncooked pasta shells
1 teaspoon olive oil
1/2 onion, chopped
3 cloves garlic, sliced
1 zucchini, chopped
1/2 teaspoon dried oregano
salt and freshly ground black pepper to taste
1/4 teaspoon crushed red pepper flakes
3/4 cup chicken broth
1/2 cup chopped cooked chicken
1 ounce diced roasted red peppers
2 tablespoons light cream cheese
1/4 cup chopped fresh basil leaves
1/4 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Place pasta shells in the pot, cook for 8 to 10 minutes, until al dente, and drain.

Heat the olive oil in a skillet over medium heat, and cook the onion and garlic until tender. Mix in the zucchini, and season with oregano, salt and pepper, and red pepper. Cook 10 minutes, until tender.

Stir the chicken broth into the skillet, and cook 5 minutes, until heated through. Mix in the chicken, roasted red peppers, and cream cheese, and continue cooking 5 minutes. Serve over the cooked pasta, and top with fresh basil and Parmesan cheese.

Veggies with Cheese Gravy

Ingredients

1/4 cup soy milk
2 tablespoons soy sauce
1 teaspoon honey
1/2 cup shredded Cheddar cheese
1 tablespoon olive oil
1 large zucchini, julienned
1 large yellow squash, julienned
1 large orange bell pepper, julienned
1 dash salt
1 dash pepper

Directions

Whisk the soy milk, soy sauce, honey, and Cheddar cheese together in a small bowl; set aside.

Heat the olive oil in a large saucepan over medium heat; cook the zucchini, squash, and bell pepper in the hot oil, stirring occasionally, for about 3 minutes. Pour the soy milk mixture over the vegetables. Increase heat to high and bring the mixture to a boil. Reduce heat to medium-low; cook and stir until the vegetables are tender, about 5 minutes. Season with salt and pepper to serve.

Raisin Banana Bread

Ingredients

3 cups all-purpose flour
2 cups sugar
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon pumpkin pie spice
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
3 eggs
1 cup vegetable oil
2 teaspoons vanilla extract
1 cup grated zucchini
1 cup grated carrot
1/2 cup mashed ripe banana
1/2 cup raisins
1/2 cup chopped walnuts

Directions

In a mixing bowl, combine the first seven ingredients. Add eggs, oil and vanilla; mix well. Stir in zucchini, carrot, banana, raisins and nuts. Pour into four greased and floured 5-3/4-in. x 3-in. x 2-in. loaf pans. Bake at 350 degrees F for 45-48 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes; remove from pans to wire racks.

Chocolate Zucchini Cookies

Ingredients

1 cup butter or margarine,
softened
2 cups sugar
2 eggs
4 cups all-purpose flour
2 teaspoons baking soda
2 teaspoons ground cinnamon
1 teaspoon salt
1 teaspoon ground nutmeg
1 teaspoon ground cloves
2 cups finely shredded zucchini
1 cup chopped nuts
1/2 cup semisweet chocolate
chips

Directions

In a mixing bowl, cream butter and sugar. Add the eggs, one at a time, beating well after each addition. Combine the flour, baking soda, cinnamon, salt, nutmeg and cloves; gradually add to the creamed mixture. Stir in the zucchini, nuts and chocolate chips. Drop by tablespoonfuls 3 in. apart onto ungreased baking sheets. Bake at 375 degrees F for 10-12 minutes or until lightly browned. Remove to wire racks to cool.

Lemon Zucchini Drops

Ingredients

1/2 cup butter or margarine,
softened
1 cup sugar
1 egg
1 cup finely shredded zucchini
1 teaspoon grated lemon peel
2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 cup raisins
1/2 cup chopped walnuts
LEMON GLAZE:
2 cups confectioners' sugar
2 tablespoons lemon juice

Directions

In a mixing bowl, cream butter and sugar. Beat in egg, zucchini and lemon peel. Combine flour, baking soda, baking powder, cinnamon and salt; gradually add to the creamed mixture. Stir in raisins and walnuts.

Drop by tablespoonfuls 3 in. apart onto lightly greased baking sheets. Bake at 375 degrees F for 8-10 minutes or until lightly browned. Remove to wire racks to cool.

For glaze, combine sugar and enough lemon juice to achieve a thin spreading consistency. Spread or drizzle over cooled cookies.

Pepper Steak Packet

Ingredients

1 (1/2 pound) sirloin steak, cut into bite size strips
1 red bell pepper, chopped
1 green bell pepper, chopped
1 yellow bell pepper, chopped
1 sweet onion, chopped
1 pint cherry tomatoes
1 zucchini, chopped
2 tablespoons butter
1/4 cup steak sauce

Directions

Preheat an outdoor grill for medium high heat and lightly oil grate.

Place the steak strips on a piece of foil large enough to hold the meat and some vegetables. Layer with the red, green and yellow peppers, chopped onion, cherry tomatoes and chopped zucchini. Dot with butter, and drizzle with steak sauce. Fold edges of foil to seal the packet well.

Grill over medium high heat for 45 to 60 minutes. About halfway through cooking, flip the packet, being careful not to puncture it. (Note: Be careful when opening foil packet as the steam that escapes will be very hot.)

Pineapple Zucchini Loaf

Ingredients

3 eggs
1 cup vegetable oil
2 cups white sugar
2 teaspoons vanilla extract
2 cups grated zucchini
1 cup crushed pineapple
3 cups all-purpose flour
2 teaspoons baking soda
1 teaspoon salt
1/4 teaspoon baking powder
1 1/2 teaspoons ground cinnamon
3/4 teaspoon ground nutmeg
1 cup raisins

Directions

Preheat oven to 350 degrees F (175 degrees C).

Beat eggs, oil, sugar, and vanilla together until thick.

Stir zucchini, pineapple, flour, soda, salt, baking powder, spices, raisins, and nuts into the egg mixture; blend well.

Pour batter into two 9x5 inch greased loaf pans. Bake in preheated oven for 1 hour, or until a toothpick inserted into the center of the cake comes out clean. Cool in the pan for 10 minutes then turn out onto a wire rack.

Chicken Tarragon

Ingredients

4 boneless, skinless chicken breast halves
1/2 teaspoon paprika
1/3 cup butter, divided
2 medium zucchini, julienned
4 small carrots, julienned
4 large mushrooms, sliced
2 tablespoons minced fresh tarragon
1 tablespoon lemon juice
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

Sprinkle chicken with paprika. In a large skillet, brown chicken in 2 teaspoons butter. Place the vegetables in a greased 13-in. x 9-in. x 2-in. baking dish. Top with chicken.

Melt the remaining butter; stir in the tarragon, lemon juice, salt and pepper. Pour over chicken and vegetables. Cover and bake at 350 degrees F for 30-35 minutes or until chicken juices run clear and vegetables are tender.

Summer Garden Medley

Ingredients

2 medium zucchini, halved
lengthwise and cut in 1/4 inch
slices
1 cup fresh or frozen corn, thawed
3/4 cup diced green pepper
1 medium leek, white portion only,
sliced
1/2 teaspoon seasoned salt
1 tablespoon olive oil
2 medium tomatoes, seeded and
diced

Directions

In a large nonstick skillet, saute the zucchini, corn, green pepper, leek and seasoned salt in oil until vegetables are tender. Stir in the tomatoes; heat through.

Zucchini Spice Cake

Ingredients

3 cups grated unpeeled zucchini
3 cups all-purpose flour
1 1/2 teaspoons baking soda
1 teaspoon baking powder
2 cups white sugar
1 cup brown sugar
1 tablespoon ground cinnamon
1/4 teaspoon ground cloves
1/4 teaspoon ground nutmeg
1/2 teaspoon salt
4 eggs
1 cup unsweetened applesauce
3/4 cup vegetable oil
1 teaspoon vanilla extract

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease one 9x13 inch pan.

Place grated zucchini in a colander and set aside to drain.

Whisk together the flour, baking soda, baking powder, white sugar, brown sugar, cinnamon, cloves, nutmeg, and salt in a large bowl until well blended. Beat the eggs, applesauce, oil, and vanilla in a separate bowl until smooth. Fold in the flour mixture, then stir in the zucchini. Pour the batter into the prepared pan.

Bake until a toothpick inserted in the center comes out clean, 45 to 55 minutes. Allow to cool completely before cutting.

Upside Down (Maqluba)

Ingredients

- 7 cups water
- 2 onions, chopped
- 1 tablespoon chopped garlic
- 1 teaspoon ground cinnamon
- 1 teaspoon ground turmeric
- 2 teaspoons garam masala
- 1 pinch salt and ground black pepper to taste
- 2 cups cooking oil
- 2 cups lamb meat, cut into small pieces
- 1 large eggplant, cut into 3/4-inch slices
- 2 zucchini, cut into 1/4-inch slices
- 1 cup broccoli
- 1 cup cauliflower
- 1 1/2 cups jasmine rice
- 1 (16 ounce) container plain yogurt

Directions

Bring to a boil the water, onion, garlic, cinnamon, turmeric, garam masala, salt, and pepper in a large pot. Add the lamb; reduce the heat to low and simmer 15 to 20 minutes. Separate the lamb from the liquid and set aside. Transfer the liquid to a bowl.

While the lamb mixture simmers, heat the oil in a large, deep skillet over medium heat. Fry the eggplant slices in the hot oil, assuring the pieces do not touch, until brown on both sides; remove to a plate lined with paper towels to drain. Use the same procedure to fry the zucchini and the cauliflower. Cook the broccoli in the oil until hot and remove to a paper towel-lined plate to drain.

Layer the lamb into the bottom of the large pot. Arrange the eggplants, zucchini, broccoli, and cauliflower on top of the beef in layers. Pour the rice over the beef and vegetables, shaking the pot gently to allow the rice to settle into the dish. Pour the reserved liquid from the beef over the mixture until it is completely covered. Add water if needed.

Cover the pot and simmer over low heat until the rice is soft and the liquid is absorbed, 30 to 45 minutes. Remove the lid from the pot. Place a large platter over the pot and flip the pot so the dish is 'upside down' on the platter. Serve with yogurt on the side.

No-Tomatoes-Required Italian Seasoned Stir Fry

Ingredients

2 tablespoons all-purpose flour
1 teaspoon garlic powder
salt and pepper to taste
1 pound skinless, boneless
chicken breast meat - cut into
cubes
1 teaspoon vegetable oil
1 red bell pepper, sliced
1 small onion, chopped
1 cup sliced zucchini
1 cup sliced fresh mushrooms
1/4 cup chicken broth
1/4 cup Italian salad dressing

Directions

Mix flour, garlic powder, salt, and pepper together in a resealable plastic bag. Add cubed chicken to the bag and shake until well coated.

Heat the oil in a large skillet over medium heat. Add the chicken; cook and stir until the chicken is no longer pink, about 5 minutes. Stir in the bell pepper, onion, zucchini, mushrooms, chicken broth, and Italian dressing. Cover and simmer until vegetables and meat are tender, about 10 minutes.

Zucchini and Razor Clam Fritters

Ingredients

- 4 eggs
- 1 cup milk
- 1 1/2 cups diced zucchini
- 8 ounces chopped razor clams
- 1 small onion, diced
- 1 clove garlic, minced
- 1/2 cup bread crumbs
- 1/2 cup all-purpose flour
- 2 tablespoons chopped fresh parsley
- 1 pinch salt and black pepper to taste
- 1 cup oil for frying
- 2 tablespoons butter

Directions

Whisk together the eggs and milk in a bowl until evenly blended. Mix in the zucchini, razor clams, onion, and garlic; set aside. Stir together the bread crumbs, flour, parsley, salt, and pepper in a separate large bowl. Pour the egg and vegetable mixture into the flour mixture and stir until well combined.

Heat oil and butter in a large, deep skillet over medium-high heat. Drop fritter batter by spoonfuls into the skillet in batches of 4. Cook until golden brown on the bottom; flip and cook until the other side is golden brown. Drain the fritters on a paper towel-lined plate.

Amazing Calavacita and Pork

Ingredients

1 tablespoon olive oil
2 pounds boneless pork roast,
cubed
5 medium zucchini, cubed
1 onion, diced
2 tablespoons Worcestershire
sauce
salt and pepper to taste
2 cups water, or as needed
1 (11 ounce) can whole kernel
corn, drained
8 (10 inch) flour tortillas

Directions

Heat the oil in a large skillet, and stir in the pork meat. Cook until evenly brown.

Mix zucchini, onion, and Worcestershire sauce into the skillet with the pork. Season with salt and pepper. Pour in enough water to cover ingredients, and continue cooking 15 minutes over medium-high heat. Mix in corn 5 minutes before end of cook time. Serve with tortillas.

Confetti Potato Pancakes

Ingredients

2 large potatoes
2 medium zucchini
2 large carrots
1/2 cup finely chopped onion,
divided
2 eggs, lightly beaten
1/2 cup all-purpose flour
1 clove garlic, minced
1/2 teaspoon salt
1/2 teaspoon dried basil
1/4 teaspoon sugar
1 tablespoon canola oil

Directions

Coarsely shred the potatoes, zucchini and carrots; drain and pat dry. Place half of the shredded vegetables and 1/4 cup chopped onion in a food processor or blender; cover and process until finely chopped. Transfer to a bowl; add eggs, flour, garlic, salt, basil, sugar and remaining onion and shredded vegetables.

In a large nonstick skillet, heat oil. Drop batter by 1/4 cupfuls into skillet, flatten to form patties. Fry until golden brown; turn and cook the second side.

Zucchini, Pork, and Peppers

Ingredients

1 pound ground pork
2 1/2 cups cubed zucchini
4 Hungarian hot peppers, seeded and chopped
2 green bell peppers, seeded and chopped
garlic powder to taste
salt and pepper to taste
2 cups spaghetti sauce
1 (1 pound) loaf Italian bread, thickly sliced

Directions

In a large skillet over medium heat, cook the ground pork until evenly browned.

Mix the zucchini, Hungarian hot peppers, and green bell peppers into the skillet. Season with garlic powder, salt, and pepper. Stir in the spaghetti sauce, and simmer 25 minutes, stirring occasionally. Serve on Italian bread slices.

Vibrant Veggie Stir-Fry

Ingredients

4 cups fresh broccoli florets
3/4 cup fresh baby carrots,
quartered lengthwise
2 teaspoons canola or vegetable
oil
1 medium zucchini, halved
lengthwise and sliced
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a nonstick skillet or wok, stir-fry broccoli and carrots in oil for 5 minutes. Add the zucchini, salt and pepper; stir-fry 4-5 minutes longer or until vegetables are crisp-tender.

Vegetarian Lime Orzo

Ingredients

2 tablespoons olive oil
2 cloves garlic, minced
2 cups orzo pasta
1 zucchini, peeled and shredded
1 carrot, peeled and shredded
1 (16 ounce) can stewed tomatoes, undrained
1 (14 ounce) can vegetable broth
1 teaspoon Italian seasoning
1 teaspoon dried basil leaves
salt and black pepper to taste
1/4 cup chopped green onions
1/4 cup chopped fresh parsley
2 teaspoons grated lime zest
2 tablespoons lime juice
1/2 cup grated Parmesan cheese for topping

Directions

Heat the olive oil in a large skillet over medium-high heat. Stir in the garlic and orzo pasta; cook and stir until pasta turns a light, golden color, about 5 minutes. Stir in zucchini and carrots; cook until vegetables soften, about 2 minutes. Stir in the tomatoes, vegetable broth, Italian seasoning, and basil. Season with salt and pepper to taste. Reduce heat to medium. Cover, and simmer until almost all liquid is absorbed, about 10 minutes. Stir in the green onions, parsley, lime zest, and lime juice. Remove from heat, cool slightly, and serve sprinkled with Parmesan cheese.

Cheesy Sausage Zucchini Casserole

Ingredients

1/2 cup uncooked white rice
1 cup water
1 pound pork sausage
1/4 cup chopped onion
1 cup diced fresh tomato
4 cups cubed zucchini squash
2 (4 ounce) cans sliced mushrooms, drained
1 (8 ounce) package processed cheese food, cubed
1 pinch dried oregano
salt and pepper to taste

Directions

Combine the rice and water in a small saucepan, and bring to a boil. Reduce heat to low, and simmer for about 20 minutes, or until tender. Remove from heat, and set aside.

Preheat the oven to 325 degrees F (165 degrees C).

Cook sausage and onion in a large skillet over medium heat, stirring until evenly browned. Drain excess grease. Stir in zucchini and tomatoes, and cook until tender. Stir in rice, mushrooms, and cheese. Season with oregano, salt, and pepper. Spread into a 9x13 inch baking dish, or a 2 quart casserole dish.

Bake, uncovered, for 1 hour in the preheated oven, or until lightly browned and bubbly.

Southwestern Spaghetti

Ingredients

3/4 pound ground beef
2 1/4 cups water
1 (15 ounce) can tomato sauce
2 teaspoons chili powder
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon ground cumin
1 (7 ounce) package thin spaghetti, broken in thirds
6 small zucchini, cut into chunks
1/2 cup shredded Cheddar cheese

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Remove beef and keep warm. In the same skillet, combine the water, tomato sauce, chili powder, garlic powder, salt if desired and cumin; bring to a boil. Stir in spaghetti; return to a boil. boil for 6 minutes.

Add the zucchini. Cook 4-5 minutes longer or until spaghetti and zucchini are tender, stirring several times. Stir in the beef; sprinkle with cheese. Serve immediately.

Layered Vegetable Enchilada Casserole

Ingredients

1 tablespoon vegetable oil
2 cups diced zucchini
1 cup chopped onion
2 cups packed coarsely shredded fresh spinach
1 cup frozen whole kernel corn
1 (17.5 ounce) jar Pace® Enchilada Sauce
12 corn tortillas (6 inch)
2 cups shredded Monterey Jack cheese
Chopped fresh cilantro leaves

Directions

Preheat oven to 350 degrees F.

Heat oil in skillet. Add zucchini and onion and cook 5 minutes or until golden brown and tender. Add spinach and corn. Cook and stir until spinach wilts.

Spread 1/2 cup enchilada sauce in 3-quart shallow baking dish. Place 6 tortillas, overlapping as needed to cover bottom of dish. Spread with half of remaining enchilada sauce. Top with vegetable mixture and half the cheese. Top with remaining tortillas and enchilada sauce.

Bake 20 minutes. Top with remaining cheese and bake 5 minutes or until cheese melts. Cut into 6 squares and garnish with cilantro.

Santa Fe Chicken Soup

Ingredients

1 tablespoon olive oil
1 cup chopped onion
1 cup chopped celery
2 cloves garlic, minced
3 (14 ounce) cans low-sodium chicken broth
1 (14.5 ounce) can diced tomatoes with jalapeno peppers, undrained
1/2 cup long-grain brown or white rice
1 cup water
4 (6 inch) flour tortillas, cut in 1/4-inch strips
1 teaspoon olive oil
2 1/2 cups pre-cooked chicken breast, shredded
1 (14.5 ounce) can zucchini with Italian-style tomato sauce
1 (11 ounce) can corn kernels, drained
1 (8.25 ounce) can sliced carrots, drained
2 tablespoons fresh lime juice

Directions

Preheat the oven to 400 degrees F.

Heat 1 tablespoon of the oil in large, heavy saucepan or Dutch oven over medium heat. Add the onion, celery and garlic, and cook and stir for 5 minutes until tender. Stir in the broth, tomatoes, rice and water, and increase the heat to medium high. Bring to a boil then reduce the heat, cover and simmer for about 20 minutes, or until rice is tender.

Meanwhile, toss the tortilla strips with remaining 1 teaspoon oil on a baking sheet. Spread the tortillas out on the sheet, and bake for about 6 minutes, stirring twice, until light, golden and crisp.

Add the chicken, zucchini, corn and carrots to the soup. Cook, uncovered for about 10 minutes, until heated through. Stir in the lime juice, and remove from heat. Ladle the soup into bowls, and sprinkle tortilla strips over the top.

Owen's Veggie Stir-Fry

Ingredients

- 1 teaspoon cornstarch
- 2 tablespoons water
- 1 tablespoon soy sauce
- 2 tablespoons olive oil
- 3 tablespoons vegetable oil
- 1 carrot, sliced
- 1 red bell pepper, chopped
- 1 zucchini, sliced
- 2/3 cup fresh corn kernels
- 1 clove crushed garlic
- 4 green onions, sliced
- 1 1/3 cups bean sprouts

Directions

Whisk together the cornstarch and water in a small bowl. Mix in the soy sauce and olive oil, and set aside.

Heat the vegetable oil in a skillet or wok over medium-high heat. Saute the carrot, pepper, and zucchini in oil for about 5 minutes. Stir in the corn, garlic, green onions, and bean sprouts. Pour in the soy sauce mixture. Cook and stir for about 5 minutes, or until vegetables are tender but crisp. Serve immediately.

Italian Sausage Soup with Tortellini

Ingredients

1 pound sweet Italian sausage, casings removed
1 cup chopped onion
2 cloves garlic, minced
5 cups beef broth
1/2 cup water
1/2 cup red wine
4 large tomatoes - peeled, seeded and chopped
1 cup thinly sliced carrots
1/2 tablespoon packed fresh basil leaves
1/2 teaspoon dried oregano
1 (8 ounce) can tomato sauce
1 1/2 cups sliced zucchini
8 ounces fresh tortellini pasta
3 tablespoons chopped fresh parsley

Directions

In a 5 quart Dutch oven, brown sausage. Remove sausage and drain, reserving 1 tablespoon of the drippings.

Saute onions and garlic in drippings. Stir in beef broth, water, wine, tomatoes, carrots, basil, oregano, tomato sauce, and sausage. Bring to a boil. Reduce heat; simmer uncovered for 30 minutes.

Skim fat from the soup. Stir in zucchini and parsley. Simmer covered for 30 minutes. Add tortellini during the last 10 minutes. Sprinkle with Parmesan cheese on top of each serving.

Pepper Steak with Squash

Ingredients

1 pound flank steak, cut into strips
2 tablespoons vegetable oil,
divided
1 medium green pepper, julienned
1 medium sweet red pepper,
julienned
2 medium zucchini, julienned
1 small onion, cut into 1/4 inch
slices
3 garlic cloves, minced
1 cup fresh or frozen snow peas
1 cup sliced fresh mushrooms
1 (8 ounce) can sliced water
chestnuts, drained
3 tablespoons cornstarch
1 (14.5 ounce) can low-sodium
beef broth
2 tablespoons light soy sauce
Hot cooked rice

Directions

In a large skillet, cook steak in 1 tablespoon oil over medium-high heat until no longer pink; drain. Remove and keep warm.

In the same skillet, heat remaining oil; saute peppers for 2 minutes. Stir in zucchini, onion and garlic; cook and stir 2 minutes longer. Add peas, mushrooms and water chestnuts. Saute until the vegetables are tender, about 2 minutes.

Return beef to the skillet. Combine cornstarch, broth and soy sauce until smooth; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over rice.

Baked Ziti Primavera

Ingredients

2 (16 ounce) packages ziti
1 (16 ounce) jar spaghetti sauce
1 (15 ounce) container ricotta cheese
1 (6 ounce) package baby spinach leaves
1 pound ready-peeled baby carrots
2 tablespoons olive oil
3 small zucchini, diced
1 (6 ounce) package portobello mushroom caps, diced
1 (8 ounce) package button mushrooms, diced
1 1/2 tablespoons minced garlic
1 (28 ounce) can diced tomatoes, drained
2 tablespoons Italian seasoning
1 (8 ounce) package shredded Italian cheese blend
3 (16 ounce) jars spaghetti sauce
2 tablespoons Italian seasoning
salt and ground black pepper to taste

Directions

Preheat an oven to 375 degrees F (190 degrees C).

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the ziti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink. Rinse with cold water to stop the cooking process. Transfer to a large roasting pan.

Whisk together 1 jar of spaghetti sauce and the ricotta cheese in a large bowl. Add to the pasta and stir.

Place the spinach in the bowl of a food processor; blend until finely chopped; remove and set aside. Then place the carrots in the food processor and process until finely chopped.

Heat the olive oil in a large skillet over medium-high heat. Cook the chopped carrots in the hot oil until they begin to soften, about 2 minutes. Stir in the zucchini, portobello mushrooms, button mushrooms, and garlic; cook and stir until the zucchini is soft, about 4 minutes. Remove from heat and stir in the chopped spinach, tomatoes, and 2 tablespoons Italian seasoning; drain. Add to the ziti and mix. Sprinkle about 1/2 the bag of the Italian cheese blend over the pasta and stir through. Pour in the 3 remaining jars of spaghetti sauce; stir until the pasta and vegetables are evenly coated. Season with 2 tablespoons Italian seasoning, salt, and pepper; mix. Cover the pan with aluminum foil.

Bake in the preheated oven until completely heated through, 1 to 1 1/2 hours. Remove the foil and sprinkle the remaining cheese over the dish. Return dish to oven and bake until the cheese melts and begins to brown, about 10 minutes more.

Lyndee's Chicken Penne Pasta

Ingredients

4 skinless, boneless chicken breast halves - cut into 1 inch cubes
2 tablespoons olive oil
2 cloves garlic, minced
1/4 teaspoon paprika
1 onion, chopped
1 (28 ounce) can diced tomatoes with juice
1 small yellow squash, sliced
1 small zucchini, sliced
3 carrots, diced
8 ounces fresh mushrooms, sliced
salt to taste
ground black pepper to taste
8 ounces penne pasta
2 tablespoons grated Parmesan cheese

Directions

Cook pasta in boiling salted water until al dente. Drain.

Saute garlic and onions in olive oil till onions are soft. Over high heat, quickly saute cut up chicken. Sprinkle with paprika, and cook until chicken is nicely browned.

Transfer sauteed mixture to a Dutch oven, and add vegetables and tomatoes. Simmer till vegetables are tender. Season with salt and pepper to taste.

Add pasta to Dutch oven, and stir into sauce. Serve with grated parmesan cheese if desired.

Zucchini Yogurt Multigrain Muffins

Ingredients

1 1/2 cups all-purpose flour
3/4 cup whole wheat flour
3/4 cup oat flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
2 1/2 teaspoons ground cinnamon
1/4 teaspoon ground nutmeg
3 eggs
1/2 cup vegetable oil
1/2 cup unsweetened applesauce
1 cup plain yogurt
1 cup white sugar
3/4 cup honey
2 teaspoons vanilla extract
1 cup shredded zucchini
1 cup shredded carrots
1/2 cup chopped pecans
(optional)
1/2 cup raisins (optional)

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease 24 muffin cups.

In a bowl, sift together the all-purpose flour, whole wheat flour, oat flour, salt, baking powder, baking soda, cinnamon, and nutmeg. In a separate bowl, beat together eggs, vegetable oil, applesauce, yogurt, sugar, honey, and vanilla. Mix the flour mixture into the egg mixture. Fold in the zucchini, carrots, pecans, and raisins. Scoop into the prepared muffin cups.

Bake 18 to 20 minutes in the preheated oven, until a toothpick inserted in the center of a muffin comes out clean. Cool 10 minutes before transferring to wire racks to cool completely.

Zucchini Brownies

Ingredients

1/2 cup vegetable oil
1 1/2 cups white sugar
2 teaspoons vanilla extract
2 cups all-purpose flour
1/2 cup unsweetened cocoa powder
1 1/2 teaspoons baking soda
1 teaspoon salt
2 cups shredded zucchini
1/2 cup chopped walnuts

6 tablespoons unsweetened cocoa powder
1/4 cup margarine
2 cups confectioners' sugar
1/4 cup milk
1/2 teaspoon vanilla extract

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch baking pan.

In a large bowl, mix together the oil, sugar and 2 teaspoons vanilla until well blended. Combine the flour, 1/2 cup cocoa, baking soda and salt; stir into the sugar mixture. Fold in the zucchini and walnuts. Spread evenly into the prepared pan.

Bake for 25 to 30 minutes in the preheated oven, until brownies spring back when gently touched. To make the frosting, melt together the 6 tablespoons of cocoa and margarine; set aside to cool. In a medium bowl, blend together the confectioners' sugar, milk and 1/2 teaspoon vanilla. Stir in the cocoa mixture. Spread over cooled brownies before cutting into squares.

Grilled Zucchini Pizza

Ingredients

1 large zucchini
1/2 cup butter, melted
3 cloves crushed garlic
1/2 cup mozzarella cheese
1/2 (14 ounce) can pizza sauce

Directions

Slice the Zucchini into thick rounds. Combine the melted butter and crushed garlic in a small bowl. set aside.

When the coals on your barbeque are almost burned down, lay your zucchini slices on the grill. Let cook for three minutes then turn over and brush the butter/garlic mixture on each slice. Cook for three more minutes and turn over again and brush the other side with the garlic and butter.

Cover the slices with pizza sauce and cheese and let cook until the cheese begins to melt.

Kielbasa Bean Soup

Ingredients

4 1/2 cups water
2 (14.5 ounce) cans diced tomatoes, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
2 medium green peppers, chopped
2 medium onions, chopped
2 celery ribs, chopped
1 medium zucchini, sliced
2 teaspoons chicken bouillon granules
2 garlic cloves, minced
2 1/2 teaspoons chili powder
2 teaspoons dried basil
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 bay leaves
3/4 pound fully cooked kielbasa or Polish sausage, halved lengthwise and sliced

Directions

In a soup kettle or Dutch oven, combine all ingredients except the sausage. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Add sausage and heat through. Discard bay leaves.

Fresh Vegetable Soup

Ingredients

1 bunch celery, chopped
1 medium head cabbage,
chopped
1 large green bell pepper,
chopped
1 zucchini, chopped
6 onions, chopped
8 tomatoes, chopped
2 (1 ounce) packages dry onion
soup mix
2 cloves garlic, minced
8 whole peppercorns
1 bay leaf

Directions

In a large pot, combine celery, cabbage, bell pepper, zucchini, onions and tomatoes. Pour in enough water to cover by one inch. Stir in onion soup mix, garlic, peppercorns and bay leaf. Bring to a boil, then reduce heat and simmer 90 minutes to 2 hours, until vegetables are tender and flavors are well blended.

Zucchini Stuffed Chicken

Ingredients

4 bone-in chicken breasts, with skin
3 tablespoons butter
1/2 small onion, chopped
1 tablespoon chopped fresh parsley
1/2 teaspoon dried basil
2 1/2 cups shredded zucchini
3 slices bread, torn into pieces
1 egg, beaten
3/4 cup shredded Swiss cheese
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

Preheat an oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking dish.

Loosen the skin on each chicken breast to form a pocket, and set aside.

Heat the butter in a skillet over medium heat, and cook and stir the onion, parsley, and basil until the onion is translucent, about 5 minutes. Stir in the zucchini, and cook and stir until tender, about 2 more minutes. Remove the skillet from the heat, and thoroughly mix the torn bread, egg, Swiss cheese, salt, and pepper into the zucchini mixture until well-combined.

Stuff the chicken breasts with the zucchini mixture, place them in the prepared baking dish, and bake in the preheated oven until the chicken breasts are golden brown and the stuffing is hot, 50 to 60 minutes.

Curried Beef with Winter Vegetables

Ingredients

1/2 pound beef for stew, such as beef chuck roast, cut into 1-inch chunks
3 tablespoons olive oil
2 (3 inch) pieces fresh ginger root, peeled and diced
3 cloves garlic, minced
2 onions, peeled and diced
2 celery ribs, chopped
2 tablespoons curry powder, or to taste
2 teaspoons coriander powder
1 teaspoon Asian five-spice powder
1 teaspoon ground turmeric
2 carrots, peeled and sliced
parsnips, peeled and sliced
2 potatoes, peeled and cubed
1 zucchini, sliced
2 apples - peeled, cored and chopped
1 cup raisins
1 cup cashews
1/2 cup water

Directions

Preheat oven to 350 degrees F (175 degrees C). Line a roasting pan with aluminum foil.

Place the beef into a pan with enough water to cover. Bring to a boil, reduce heat and simmer for 30 minutes.

Meanwhile, heat the olive oil in a deep pot over medium-high heat. Stir in the ginger, garlic, onions, and celery, and cook until vegetables soften, about 5 minutes. Mix in the curry powder, coriander powder, five-spice powder, and turmeric, and toss to evenly coat the onion mixture. Cook about 5 minutes more, and stir in the carrots, parsnips, potatoes, zucchini, and apples. Stir in the beef with its cooking liquid, raisins, and cashews, and toss to evenly blend the spices.

Pour the beef and vegetable mixture into the prepared roasting pan. Drizzle 1/2 cup water over the mixture. Cover the pan with aluminum foil.

Bake in preheated oven until heated through, about 1 hour.

Zucchini Balls (Kolokythokeftedes)

Ingredients

1 zucchini, grated
1 onion, grated
1/2 carrot, grated
1 clove garlic, minced
1/2 celery root (celeriac), peeled and grated
3/4 tablespoon anise seed, crushed
1/2 tablespoon celery seed
1 teaspoon salt
1 pinch ground black pepper
1/2 cup all-purpose flour, or as needed
oil for frying

Directions

Mix zucchini, onion, carrot, garlic, celery root, anise seed, celery seed, salt, and pepper together in a bowl. Gradually stir in flour until you have a soft, wet dough that sticks to your hands.

Heat oil in deep-fryer to 375 degrees F (190 degrees C). Drop dough by tablespoons into the skillet, and fry on both sides until lightly browned.

Lentil Rice and Veggie Bake

Ingredients

1/2 cup uncooked long grain white rice
2 1/2 cups water
1 cup red lentils
1 teaspoon vegetable oil
1 small onion, chopped
3 cloves garlic, minced
1 fresh tomato, chopped
1/3 cup chopped celery
1/3 cup chopped carrots
1/3 cup chopped zucchini
1 (8 ounce) can tomato sauce
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon ground cumin
salt and pepper to taste

Directions

Place the rice and 1 cup water in a pot, and bring to a boil. Cover, reduce heat to low, and simmer 20 minutes. Place lentils in a pot with the remaining 1 1/2 cups water, and bring to a boil. Cook 15 minutes, or until tender.

Preheat oven to 350 degrees F (175 degrees C).

Heat the oil in a skillet over medium heat, and stir in the onion and garlic. Mix in tomato, celery, carrots, zucchini, and 1/2 the tomato sauce. Season with 1/2 the basil, 1/2 the oregano, 1/2 the cumin, salt, and pepper. Cook until vegetables are tender.

In a casserole dish, mix the rice, lentils, and vegetables. Top with remaining tomato sauce, and sprinkle with remaining basil, oregano, and cumin.

Bake 30 minutes in the preheated oven, until bubbly.

Spicy Honey-Mustard Chicken Stir-Fry

Ingredients

2 teaspoons cornstarch
1/2 cup reduced-sodium chicken broth
2 tablespoons reduced fat peanut butter
4 teaspoons lime juice
1 tablespoon Dijon mustard
1 tablespoon honey
2 teaspoons reduced-sodium soy sauce
2 teaspoons sesame oil
1/4 teaspoon hot pepper sauce
1/8 teaspoon cayenne pepper
1 pound boneless, skinless chicken breasts cut into thin strips
2 teaspoons canola oil, divided
2 small zucchini, sliced
1 medium sweet red pepper, julienned
Hot cooked rice

Directions

In a blender or food processor, combine the first 10 ingredients; cover and process until smooth. In a large nonstick skillet, stir-fry chicken in 1 teaspoon hot oil for 5-7 minutes or until juices run clear. Remove chicken and keep warm. In the same skillet, stir-fry vegetables in remaining hot oil until crisp-tender. Return chicken to pan. Stir sauce and add to the pan. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve over rice if desired.

Fresh Spaghetti Sauce

Ingredients

18 roma (plum) tomatoes
2 (6 ounce) cans tomato paste
1/2 cup butter
4 cloves garlic, minced
5 bay leaves
1 large white onion, chopped
1 large zucchini, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 (8 ounce) package fresh mushrooms, sliced
2 tablespoons dried oregano
1 tablespoon Italian seasoning
2 teaspoons chili powder
2 tablespoons SLENDA® Brown Sugar Blend
1 (15 ounce) container ricotta cheese

Directions

Bring a large pot of lightly salted water to a boil. Add tomatoes and cook for 10 minutes. Drain and rinse with cold water. Remove skins and return tomatoes to the pot and mash them. Stir in tomato paste and 2 cups water. Cover and simmer on low heat.

Meanwhile, melt butter in a large skillet over medium heat. Saute garlic and bay leaves for 1 minute, then stir in onions; saute until onions are translucent. Stir in zucchini, green and red bell pepper and mushrooms. Slowly cook and stir for 5 to 7 minutes.

Stir vegetables into tomato sauce and add oregano, Italian seasoning, chili powder and SLENDA® Brown Sugar Blend. Simmer over low heat for 6 to 8 hours. Stir in the ricotta cheese 10 minutes before serving.

Chicken Alfredo

Ingredients

1 (8 ounce) package cream cheese, cubed
6 tablespoons butter or margarine
1/2 cup milk
1/2 teaspoon garlic powder
salt and pepper to taste
2 skinless boneless chicken breast halves, cooked and cubed
2 cups frozen chopped broccoli, thawed
2 small zucchini, julienned
1/2 cup julienned sweet red pepper
6 ounces fettuccine, cooked, drained

Directions

In a skillet over low heat, melt cream cheese and butter; stir until smooth. Add milk, garlic powder, salt and pepper. Cook and stir for 3 minutes or until thickened. Add chicken, broccoli, zucchini and red pepper. Cook over medium heat for 3 minutes. Reduce heat; cover and cook 5 minutes longer or until vegetables are tender. Serve over fettuccine.

Calabacitas

Ingredients

2 tablespoons olive oil
1 tablespoon butter
2 cloves garlic, minced
1/2 green bell pepper, diced
1 small sweet onion, diced
2 zucchini, quartered lengthwise
and then cut crosswise into 1/2-
inch pieces
1/4 teaspoon salt
1/8 teaspoon ground black
pepper
1/3 cup half and half
1 cup corn kernels
1/2 cup shredded Monterey Jack
cheese

Directions

Heat the oil and butter in a large skillet over medium heat. Add the garlic, bell pepper, onion, and zucchini, and cook until the zucchini begins to soften, about 5 minutes. Stir in the salt, pepper, half and half, and corn. Cover, reduce heat to low, and simmer 5 minutes. Remove from heat and sprinkle Monterey Jack cheese over top. Replace the cover on the skillet and allow to sit until the cheese melts, 2 to 3 minutes.

Zucchini Tomato Toss

Ingredients

4 cups thinly sliced zucchini
2 medium tomatoes, cut into wedges
1/4 cup thinly sliced green onions
3/4 cup white wine vinegar or cider vinegar
2/3 cup vegetable oil
1 garlic clove, minced
2 tablespoons sugar
1 teaspoon salt
1 teaspoon dried basil
1 dash pepper

Directions

In a serving bowl, combine the zucchini, tomatoes and onions. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Pour over zucchini mixture and toss gently to coat. Cover and refrigerate for at least 2 hours. Serve with a slotted spoon.

Cinnamon-Raisin Loaves

Ingredients

Vegetable cooking spray
3 cups all-purpose flour
2 teaspoons ground cinnamon
1 teaspoon baking soda
1/2 teaspoon baking powder
1 1/2 cups sugar
1 (10.75 ounce) can Campbell's®
Healthy Request® Condensed
Tomato Soup
6 egg whites
1/3 cup vegetable oil
1 teaspoon vanilla extract
2 small zucchini, sliced
1 cup raisins

Directions

Heat the oven to 350 degrees F. Spray 2 (8 1/2 x 4 1/2-inch) loaf pans with the cooking spray.

Stir the flour, cinnamon, baking soda and baking powder in a large bowl.

Beat the sugar, soup, egg whites, oil and vanilla extract in a medium bowl with a fork or whisk. Add the soup mixture to the flour mixture, stirring just until blended. Fold in the zucchini and raisins. Pour the batter into the loaf pans.

Bake for 55 minutes or until a toothpick inserted in the center comes out clean. Let the loaves cool in the pans on wire racks for 10 minutes. Remove the loaves from the pans and let cool completely on wire racks.

Italian Style Soup

Ingredients

- 1 pound ground beef
- 1 pound ground pork sausage
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 2 cloves garlic, minced
- 2 cups Italian green beans
- 3 1/2 cups diced zucchini
- 1 (29 ounce) can tomato sauce
- 1 (14.5 ounce) can canned tomatoes, drained and chopped
- 1 1/2 tablespoons Italian-style seasoning
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 cup grated Parmesan cheese

Directions

In a heavy skillet, cook ground beef and pork sausage with the onion, garlic and green pepper until the meat is cooked through., about 15 minutes. Drain and transfer the mixture to a stockpot. Add the green beans, zucchini, tomato sauce and canned tomatoes. Season with Italian style seasoning, salt and pepper. Bring to a boil then reduce heat and simmer for 1/2 hour. Serve hot topped with a sprinkle of Parmesan cheese.

Pasta Primavera Sauce

Ingredients

1 (14.5 ounce) can diced tomatoes
1 (6 ounce) can tomato paste
3/4 cup fresh broccoli florets
3/4 cup thinly sliced carrots
3/4 cup sliced onion
1/2 cup zucchini chunks
1/2 cup sliced green bell pepper
1/2 cup red bell pepper, sliced
2 cloves garlic, chopped
2 bay leaf
1 tablespoon olive oil
1/2 teaspoon dried basil
1/2 teaspoon dried rosemary
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
1 teaspoon white sugar
1/2 cup water

Directions

In a large pot combine tomatoes, tomato paste, broccoli, carrots, onion, zucchini, green bell pepper, red bell pepper, garlic, bay leaves, olive oil, basil, rosemary, oregano, thyme, salt, pepper, sugar, and water. Heat to just boiling, cover and reduce heat to simmer. Cook until all vegetable are tender, approximately 45 minutes. Stir occasionally.

Roasted Eggplant and Mushrooms

Ingredients

1 medium eggplant, peeled and cubed
2 small zucchini, cubed
1/2 small yellow onion, chopped
1 (8 ounce) package mushrooms, sliced
1 1/2 tablespoons tomato paste
1/2 cup water
1 clove garlic, minced
1/2 teaspoon dried basil
salt and pepper to taste

Directions

Preheat oven to 450 degrees F (230 degrees C).

Place eggplant, zucchini, onion and mushrooms in a 2 quart casserole dish. In a small bowl combine the tomato paste with the water, and stir in garlic, basil, salt and pepper. Pour over the vegetables and mix well.

Bake in preheated oven for 45 minutes, or until eggplant is tender, stirring occasionally. Add water as necessary if vegetables begin to stick; however, vegetables should be fairly dry, with slightly browned edges.

Zucchini Cornbread Casserole

Ingredients

4 cups shredded zucchini
1 onion, chopped
2 eggs, beaten
1 (8.5 ounce) package dry corn
muffin mix
1/2 teaspoon salt
1/4 teaspoon ground black
pepper
8 ounces Cheddar cheese,
shredded

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.

In a large bowl mix together the zucchini, onion, eggs, muffin mix, salt and pepper. Stir in 4 ounces of the cheese. Spread this mixture into a greased 2 quart casserole dish; top with remaining 4 ounces of cheese.

Bake in a preheated oven for 60 minutes.

Tomato Soup III

Ingredients

1 (28 ounce) can tomato sauce
5 cups water
3 cubes vegetable bouillon
1 bay leaf
1 small onion, chopped
2 cloves garlic, minced
1 teaspoon Italian seasoning
1 1/2 teaspoons dried parsley
1 1/2 teaspoons sugar
1 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon hot red pepper sauce
2 stalks celery, sliced
2 carrots, peeled and sliced
1 small zucchini, chopped
1 cup frozen corn
1/2 cup uncooked ditalini pasta

Directions

In a large pot, mix the tomato sauce, water, vegetable bouillon, bay leaf, onion, garlic, Italian seasoning, parsley, sugar, salt, pepper, and hot red pepper sauce. Bring to a boil, reduce heat to low, and simmer at least 30 minutes.

Stir in the celery, carrots, zucchini, and corn. Cover, and continue to simmer 30 minutes.

Stir ditalini pasta into the pot, and continue cooking 10 minutes, or until pasta is al dente.

Potato Pizza

Ingredients

4 potatoes, shredded
1 medium onion, grated
2 eggs, beaten
1/4 cup all-purpose flour
2 tablespoons olive oil
1 zucchini, thinly sliced
1 yellow squash, thinly sliced
1 green bell pepper, chopped
1 onion, thinly sliced
2 cloves garlic, minced
6 ounces firm tofu, crumbled
2 tomatoes, sliced
2 tablespoons chopped fresh basil
1/2 cup tomato sauce
1 cup shredded fat-free
mozzarella cheese

Directions

Preheat oven to 425 degrees F (220 degrees C). Coat a 12 inch pizza or baking dish with nonstick cooking spray.

In a large bowl, combine the potatoes, shredded onion, eggs and flour. Mix well and press into the prepared pan.

Bake for 15 minutes. Spray top of shell with cooking oil and bake for 10 more minutes. Place under broil and broil for 3 minutes, until golden and crisp. Remove crust from oven but leave oven on.

In a large bowl combine the zucchini, yellow squash, green pepper, thinly sliced onion, garlic and tofu. Toss to combine.

In a large nonstick skillet, saute vegetable/tofu mixture until vegetables are just tender crisp.

Combine the tomato sauce and basil. Spread half of the sauce over the top to the potato crust. Top with the sauteed vegetables and sliced tomatoes. Pour the remaining sauce evenly over all. Top with the cheese.

Bake at 425 degrees F (220 degrees C) for 7 minutes or until cheese is melted. Slice into wedges to serve.

Vegetable and Feta Latkes

Ingredients

2 1/2 cups grated zucchini
1 cup peeled and shredded potatoes
1 cup shredded carrots
1/2 teaspoon salt
3 eggs, lightly beaten
salt to taste
freshly ground black pepper
3/4 cup matzo meal
1/2 cup chopped fresh parsley
1/2 cup crumbled feta cheese
1/4 cup vegetable oil

Directions

Place the zucchini, potato and carrots in a colander, place paper towels or a cheesecloth over the top and squeeze out as much moisture as possible. Sprinkle salt over the vegetables and let them drain for 15 minutes. Squeeze vegetable again in paper towels.

In a large mixing bowl combine eggs, vegetables, salt and pepper. Mix well. Stir in matzo meal or flour, parsley and feta.

Heat vegetable oil in a large frying pan. Place vegetable mixture, formed into pancake sized cakes in hot oil and fry until golden brown on both sides. (Cook two to three minutes per side). Add more oil as needed to keep cakes frying up well. Drain fried latkes on paper towels.

Zucchini Chocolate Cake

Ingredients

1/2 cup butter or margarine,
softened
1 1/2 cups sugar
3 eggs
1/2 cup vegetable oil
3 teaspoons vanilla extract
1 3/4 cups all-purpose flour
1/4 cup baking cocoa
2 teaspoons baking soda
1 teaspoon baking powder
1/2 teaspoon ground cinnamon
2 cups shredded zucchini
1 cup chopped walnuts
1/2 cup semisweet chocolate
chips

Directions

In a mixing bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Beat in oil and vanilla. Combine the flour, cocoa, baking soda, baking powder and cinnamon; gradually add to the creamed mixture. Fold in zucchini and walnuts if desired.

Spread into a greased 13-in. x 9-in. x 2-in. baking pan. Sprinkle with chocolate chips. Bake at 350 degrees F for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

Gnocchi Primavera

Ingredients

1/2 cup freshly grated Parmesan cheese, divided

1 teaspoon olive oil

2 tablespoons pine nuts

1 (16 ounce) package potato gnocchi

2 tablespoons olive oil, divided

1 zucchini, chopped

12 fresh mushrooms, cleaned and stems trimmed

12 grape tomatoes

10 torn fresh basil leaves

Directions

Spray a nonstick skillet with cooking spray, and place over medium-low heat. Place about 2 tablespoons of Parmesan cheese at a time into the skillet. Cook until the cheese melts into a thin circle, begins to bubble, and browns at the edges, about 1 minute. Flip the crisp, and brown the other side for about 30 seconds. Remove the crisp to a plate to cool. Make 3 more cheese crisps the same way.

Heat 1 teaspoon of olive oil in a skillet over medium heat, and cook and stir the pine nuts until lightly toasted and fragrant, about 3 minutes. Remove the pine nuts from the skillet and set aside.

Cook the gnocchi according to the package directions, and drain them in a colander set in the sink.

Pour 1 tablespoon of olive oil in a large skillet over high heat, and cook and stir the zucchini just until seared, about 2 minutes; remove the zucchini from the pan. Reduce the heat to medium, and cook and stir the mushrooms in the same pan, until they begin to give up their juices but are still firm, about 5 minutes. Drain the juices. Return the zucchini to the pan; add the tomatoes, torn basil leaves, toasted pine nuts, drained gnocchi, and the remaining 1 tablespoon olive oil, and stir a few times to combine and heat through.

To serve, divide gnocchi among four plates, and serve each plate topped with a Parmesan cheese crisp.

Vegan Fajitas

Ingredients

1/4 cup olive oil
1/4 cup red wine vinegar
1 teaspoon dried oregano
1 teaspoon chili powder
garlic salt to taste
salt and pepper to taste
1 teaspoon white sugar

2 small zucchini, julienned
2 medium small yellow squash,
julienned
1 large onion, sliced
1 green bell pepper, cut into thin
strips
1 red bell pepper, cut into thin
strips
2 tablespoons olive oil
1 (8.75 ounce) can whole kernel
corn, drained
1 (15 ounce) can black beans,
drained

Directions

In a large bowl combine olive oil, vinegar, oregano, chili powder, garlic salt, salt, pepper and sugar. To the marinade add the zucchini, yellow squash, onion, green pepper and red pepper. Marinate vegetables in the refrigerator for at least 30 minutes, but not more than 24 hours.

Heat oil in a large skillet over medium-high heat. Drain the vegetables and saute until tender, about 10 to 15 minutes. Stir in the corn and beans; increase the heat to high for 5 minutes, to brown vegetables.

Nanny's Goulash

Ingredients

1 pound lean ground beef
1 (8 ounce) package fresh mushrooms, sliced
1 green bell pepper, cut into 1/2 inch pieces
1 red bell pepper, cut into 1/2 inch pieces
1 zucchini, thickly sliced
1 small red onion, sliced
4 tablespoons olive oil
1/2 tablespoon paprika
1/2 tablespoon dried basil
1 teaspoon garlic salt
1/2 teaspoon white pepper
1 (14.5 ounce) can whole peeled tomatoes with liquid, chopped

Directions

In a large skillet, brown the ground beef. Remove beef with a slotted spoon and discard fat.

Return skillet to stove, heat olive oil over medium-high heat. Stir in mushrooms, green and red peppers, squash, onion, paprika, basil, garlic salt, and pepper; cook for five minutes, stirring occasionally.

Reduce heat to medium. Stir in beef and tomatoes; simmer about 20 minutes, stirring occasionally.

Ratatouille Pasta

Ingredients

2 cups diced peeled eggplant
2 cups sliced zucchini
1/2 teaspoon salt
1 1/3 cups uncooked spiral pasta
1 cup sliced onion
1 tablespoon olive oil
1 (14.5 ounce) can diced tomatoes, undrained
2 tablespoons tomato paste
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1/2 teaspoon dried basil
Dash pepper
1 cup shredded part-skim mozzarella cheese

Directions

Place eggplant and zucchini in a colander over a plate; sprinkle with salt and toss. Let stand for 30 minutes; rinse and drain well.

Cook pasta according to package directions. Meanwhile, in a large nonstick skillet, saute the eggplant, zucchini and onion in oil until tender. Add the tomatoes, tomato paste, oregano, garlic powder, basil and pepper. Bring to a boil. Reduce heat; cook, uncovered, over medium-low heat for 3 minutes, stirring occasionally.

Drain pasta; place on an ovenproof platter. Top with vegetable mixture. Sprinkle with mozzarella cheese. Broil 4-6 in. from the heat until cheese is melted.

Zucchini Tomato Soup II

Ingredients

1 pound zucchini, sliced
2 teaspoons salt
2 tablespoons vegetable oil
2 onions, chopped
2 cloves garlic, minced
4 cups chicken broth
1 large tomato, chopped
2 teaspoons lemon juice
1/2 teaspoon white sugar
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/2 teaspoon dried parsley
1/4 teaspoon ground nutmeg
1/4 teaspoon Worcestershire sauce
1/4 teaspoon hot pepper sauce
salt and pepper to taste

Directions

In a large colander, sprinkle salt over zucchini slices. Let stand 30 minutes to drain then pat dry.

In a stockpot, heat vegetable oil over medium high heat. Sautee zucchini onion and garlic in the hot oil for about 10 minutes or until onions are translucent. Stir in the chicken broth and tomato; simmer for 20 minutes. Remove the vegetables from the broth using a slotted spoon and puree them in a blender or food processor.

Return the pureed vegetables to the stockpot and stir in the lemon juice, sugar, oregano, basil, parsley and nutmeg. Season with Worcestershire sauce, hot pepper sauce and salt and pepper to taste. Simmer for an additional 5 minutes.

Aunt Peg's Chowder

Ingredients

1 tablespoon vegetable oil
1 large onion, sliced
1/4 pound zucchini, chopped
1 (8 ounce) can garbanzo beans,
with liquid
1 (8 ounce) can whole peeled
tomatoes with liquid, chopped
3/4 cup dry white wine
3 tablespoons butter, melted
1 teaspoon minced garlic
1 teaspoon dried basil
1 bay leaf
1/2 cup heavy cream
1/2 cup shredded Monterey Jack
cheese
1/2 cup grated Romano cheese

Directions

Preheat oven to 400 degrees F (200 degrees C).

Heat oil in a medium saucepan over medium heat, and saute onion until tender and lightly browned.

In a medium baking dish, mix onion, zucchini, garbanzo beans with liquid, tomatoes with liquid, wine, butter, garlic, basil, and bay leaf.

Cover, and bake in the preheated oven 30 minutes. Uncover, stir, and continue baking 30 minutes.

Stir heavy cream, Monterey Jack cheese, and Romano cheese into the vegetable mixture, and continue baking 10 minutes, until cheeses are melted and bubbly.

Zucchini Cookies

Ingredients

1/2 cup margarine, softened
1 cup white sugar
1 egg
1 cup grated zucchini
2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1 cup raisins

Directions

In a medium bowl, cream together the margarine and sugar until smooth. Beat in the egg then stir in the zucchini. Combine the flour, baking soda, salt and cinnamon; stir into the zucchini mixture. Mix in raisins. Cover dough and chill for at least 1 hour or overnight.

Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets. Drop dough by teaspoonfuls onto the prepared cookie sheet. Cookies should be about 2 inches apart.

Bake for 8 to 10 minutes in the preheated oven until set. Allow cookies to cool slightly on the cookie sheets before removing to wire racks to cool completely.

Mediterranean Roast Vegetables

Ingredients

6 large potatoes, diced
2 red bell peppers, diced
1 fennel bulb, diced
1 zucchini, diced
6 cloves garlic
6 tablespoons olive oil
2 teaspoons salt
2 teaspoons vegetable bouillon powder
1/4 cup chopped fresh rosemary
1/2 cup balsamic vinegar

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place the potatoes, peppers, fennel, zucchini, and garlic in a large baking dish. Drizzle the olive oil evenly over the vegetables. Sprinkle the salt, bouillon powder, and rosemary over the top. Stir the mixture until the vegetables are coated.

Bake in the preheated oven until tender, stirring occasionally, about 1 hour. Stir the balsamic vinegar into the vegetables; serve immediately.

Cassie's Zucchini Brownies

Ingredients

2 cups all-purpose flour
1 teaspoon salt
1 1/2 teaspoons baking soda
1/3 cup unsweetened cocoa powder
1 cup white sugar
2 eggs
2 cups grated zucchini
1/2 cup vegetable oil
1 teaspoon vanilla extract
1/2 cup chopped walnuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 10x15 inch jellyroll pan.

In a large mixing bowl, sift together flour, salt, soda, cocoa, and sugar. Combine eggs, zucchini, oil, and vanilla; blend into dry ingredients. Stir in walnuts.

Bake for 20 minutes in preheated oven. Cool in the pan, and then cut into bars.

Stuffed Zucchini

Ingredients

3 zucchini
1 pound pork sausage
1 cup dry bread crumbs
1 clove garlic, minced
1 (32 ounce) jar spaghetti sauce
1/2 cup grated Parmesan cheese
1/2 cup shredded mozzarella
cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Trim stems from zucchini and slice lengthwise. Scoop out seeds and put in bowl. Mix seeds with sausage, garlic, bread crumbs, and parmesan cheese. Stuff squash with sausage mixture and place in 9x13 inch baking pan. Pour sauce over squash and cover pan with foil.

Bake in preheated oven for 45 minutes, or until sausage is cooked. Remove foil and cover with mozzarella cheese. Cook until cheese is melted.

Easy and Delicious Blender Quiche

Ingredients

1 cup shredded Cheddar cheese
1/2 cup cooked, cubed chicken meat
1/2 cup frozen zucchini, cooked
3 eggs
1/2 cup baking mix
1/2 teaspoon salt
1 dash garlic powder
1 tablespoon dried minced onion
2 tablespoons chopped fresh parsley
1 1/2 cups milk
1/3 cup olive oil
1/2 teaspoon paprika

Directions

Preheat oven to 350 degrees F (175 degrees C). Generously grease a 9 inch pie pan.

Spread shredded cheese across bottom of pie pan. Cover cheese with meat and vegetables.

In a blender, combine eggs, baking mix, salt, garlic powder, onions, parsley, and milk. Blend until smooth, then add olive oil. Blend until combined, then pour mixture over meat and vegetable layer. Sprinkle with paprika.

Bake in preheated oven for 40 minutes. Cool 10 minutes before serving.

Apple Zucchini Bread

Ingredients

4 cups all-purpose flour
1 tablespoon baking soda
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon salt
5 eggs
1 1/2 cups vegetable oil
2 cups sugar
1 cup packed brown sugar
1 tablespoon vanilla extract
2 cups shredded, unpeeled zucchini
1 cup peeled, shredded fresh apple
1 1/2 cups chopped pecans

Directions

In a large bowl, combine flour, baking soda, cinnamon, nutmeg and salt. In another bowl, beat eggs. Add oil, sugars and vanilla. Pour over dry ingredients; mix well. Stir in zucchini, apples and pecans (batter will be stiff). Spoon into three greased 8-in. x 4-in. x 3-in. loaf pans. Bake at 350 degrees F for 50-55 minutes or until done. Cool in pans for 10 minutes before removing to a wire rack to cool completely.

The Aztec Five-Step

Ingredients

3 tablespoons olive oil
3 onions, chopped
10 cloves garlic, chopped
2 (28 ounce) cans whole peeled tomatoes
2 tablespoons dried basil
2 tablespoons dried oregano
2 tablespoons ground cumin
2 teaspoons ground black pepper
4 quarts water
2 (2 to 3 pound) whole chickens, cut into pieces
5 bay leaves
2 sprigs epazote
16 ounces tomato paste
1 red bell peppers, julienned
1 cup green bell pepper, cut into 1 inch pieces
2 carrots, sliced thin
2 cups thinly sliced celery
3 cups zucchini, diced
3 potatoes
1 pound spinach, rinsed and chopped
2 avocados - peeled, pitted and diced
1 1/2 pounds shredded Monterey Jack cheese
3 (6 inch) corn tortillas, cut into 1/2 inch strips
salt to taste

Directions

Heat olive oil in large skillet and saute onions and garlic over low heat until they are translucent and soft, about 8-10 minutes. Add tomatoes, basil, oregano, cumin, and black pepper, and cook over low heat, partially covered, another 10-12 minutes. Let cool, then blend in a processor until smooth. Set aside.

Bring water to a boil in a large pot. Add chicken, bay leaves, and epazote. Water should cover chicken by an inch or so. Skim off foam and fat that surface in first 5 minutes. Add reserved puree and tomato paste and cook; partially covered, with liquid at rolling simmer, for another 20 minutes. Transfer chicken to a platter. When cool enough to handle, remove skin and bones, then shred.

Add peppers, carrots, and celery to broth and cook over low heat for 5 minutes. Add zucchini and cook an additional 5 minutes. Remove vegetables from broth with slotted spoon. Salt broth to taste.

Peel and parboil potatoes. Then dice and saute in a little olive oil until brown.

Place a scoop of vegetables and a heaping tablespoon of potatoes in a large soup bowl. Next, add tortilla strips, spinach, shredded chicken, avocado, and cheese. Pour piping-hot broth over everything and serve immediately.

Dilled Zucchini

Ingredients

3 medium zucchini, halved
lengthwise
1 tablespoon butter or margarine,
melted
1/4 teaspoon dill weed
Salt and pepper

Directions

Place zucchini in a skillet and cover with water; bring to a boil over medium heat. Cook until tender, about 12-14 minutes. Drain; brush with butter. Sprinkle with dill and salt and pepper if desired.

Garden Saute

Ingredients

1/4 cup chopped red onion
1 garlic clove, minced
2 teaspoons olive oil
1 medium yellow summer squash, sliced
1 medium zucchini, sliced
1/2 cup sliced fresh mushrooms
1 medium tomato, cut into wedges
1/4 cup chopped celery
1/2 teaspoon lemon juice
1/4 teaspoon dried rosemary, crushed
1/4 teaspoon dill weed
1/4 teaspoon Italian seasoning
1/8 teaspoon fennel seed
1/8 teaspoon pepper

Directions

In a large skillet coated with nonstick cooking spray, saute onion and garlic in oil until tender. Add the remaining ingredients; gently stir. Cover and cook over medium heat for 5-7 minutes or until vegetables are tender.

Veggies on the Grill

Ingredients

1/3 cup vegetable oil
1 1/2 teaspoons garlic powder
1/2 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon cayenne pepper
3 medium carrots, halved
lengthwise
3 large potatoes, quartered
lengthwise
3 medium zucchini, quartered
lengthwise

Directions

In a small bowl, combine oil, garlic powder, salt, pepper and cayenne. Brush over vegetables. Grill carrots and potatoes, covered, over medium heat for 10 minutes. Baste. Add zucchini. Cover and grill 10-15 minutes longer, basting and turning every 5 minutes or until vegetables are tender.

Creamy Tuna Pasta Salad

Ingredients

1 (8 ounce) package small seashell pasta
2 yellow squash, chopped
1 zucchini, chopped
1/2 cup chopped banana squash
1 (15 ounce) can kidney beans, drained and rinsed
1/2 (15 ounce) can canned corn
2 (6 ounce) cans tuna, drained
1/2 cup Italian-style salad dressing

Directions

Bring a large pot of salted water to a boil. Stir in pasta and return pot to boil. Cook until al dente. Drain well.

Place squash and zucchini in a medium saucepan with 2 cups of water. Bring to a boil and cook until tender, about 15 minutes. Drain and set aside.

In a large bowl, combine pasta, squash, zucchini, kidney beans, corn and tuna. Mix well and chill for at least 30 minutes. After salad is chilled, stir in dressing and serve.

Tomato Florentine Soup II

Ingredients

2 cups chicken stock
1 (8 ounce) can tomato sauce
1 cup tomato juice
1 (6 ounce) can tomato paste
1 tablespoon white sugar
2 stalks celery, chopped
1/2 cup chopped carrots
1/2 cup chopped spinach
1/2 cup diced zucchini
1/4 pound cooked pasta
1 pinch ground nutmeg
salt and pepper to taste

Directions

In a large saucepan over medium heat, combine the stock, tomato sauce, tomato juice, tomato paste and sugar. Whisk these ingredients together, then add the celery, carrots, spinach, zucchini and pasta.

Simmer over medium low heat for 30 minutes, or until all vegetables are to desired tenderness. Season with nutmeg, salt and pepper to taste.

Cheesy Zucchini Dip

Ingredients

3 cups shredded zucchini
2 cups shredded Cheddar cheese
1/3 cup shredded mozzarella cheese
1 1/2 cups mayonnaise
1/4 cup sour cream
1 cup chopped pecans
1/4 cup finely sliced red bell pepper
salt and pepper to taste

Directions

In a medium bowl, mix together zucchini, Cheddar cheese, mozzarella cheese, mayonnaise, sour cream, pecans, red bell pepper, salt and pepper. Chill in the refrigerator at least 1 hour before serving.

Tim's Sausage Stew

Ingredients

1 tablespoon butter
2 pounds sausages, sliced into
coin size pieces
1 tablespoon all-purpose flour
8 cups chicken broth
1 (28 ounce) can peeled and diced
tomatoes with juice
1 teaspoon dried basil
1 tablespoon dried oregano
3 zucchini, sliced
1/2 cup acini di pepe pasta

Directions

In a large pot, melt butter and brown the sausage slices; drain fat. Stir flour into sausage then mix in chicken broth, tomatoes, basil and oregano; bring to boil. Lower heat and simmer approximately 20 minutes or until sausage is fully cooked. Add zucchini slices and pasta. Continue cooking until zucchini and pasta are done.

Mom's Pineapple-Zucchini Bread

Ingredients

3 cups all-purpose flour
1 teaspoon salt
2 teaspoons baking soda
1/2 teaspoon baking powder
1 1/2 teaspoons ground cinnamon
3/4 teaspoon ground nutmeg
3 eggs
2 cups sugar
1/2 cup buttermilk
3/4 cup vegetable oil
2 teaspoons vanilla extract
2 cups coarsely shredded zucchini
1 cup shredded carrots
1 (8 ounce) can crushed pineapple, well drained
1 cup finely chopped walnuts
1 cup raisins

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9x5 inch loaf pans. Whisk together the flour, salt, baking soda, baking powder, cinnamon, and nutmeg in a bowl; set aside.

Beat the eggs together with the sugar, buttermilk, vegetable oil, and vanilla extract in a bowl until smooth. Stir in the dry mixture until just moistened, then fold in the zucchini, carrots, pineapple, walnuts, and raisins until evenly combined. Divide the batter between the prepared loaf pans.

Bake in the preheated oven until a toothpick inserted into the center of the bread comes out clean, about 50 minutes. Cool in the pans for 10 minutes, then remove and finish cooling on a wire rack before slicing.

Venison Italian Soup

Ingredients

1 pound ground venison
1 onion, chopped
1 (14.5 ounce) can stewed tomatoes
2 (8 ounce) cans tomato sauce
3 cups water
1 tablespoon minced garlic
2 teaspoons dried basil
2 teaspoons dried oregano
1 teaspoon salt
1/2 teaspoon ground black pepper
1 (15 ounce) can pinto beans
1 (15 ounce) can green beans
1 carrot, chopped
1 zucchini, chopped
1/2 (16 ounce) package fusilli (spiral) pasta

Directions

Brown venison, onion, and garlic over medium heat until meat is no longer pink. Add tomatoes, tomato sauce, water, and spices. Bring to a boil, and then simmer for about 30 minutes.

Stir in beans, carrots, and zucchini. Simmer soup for 90 minutes.

Add pasta, and cook until tender. Top individual servings with grated cheese, and serve.

Zucchini and Pecan Saute

Ingredients

3 tablespoons butter
1/3 cup chopped pecans
1 pound fresh zucchini, sliced
1 tablespoon grated Parmesan
cheese

Directions

In a large skillet, melt 1 tablespoon butter over medium heat. Add pecans; cook and stir until lightly browned, about 5 minutes. Remove pecans from skillet.

Add remaining 2 tablespoons butter to the skillet, and melt. Add zucchini, and saute until soft. Toss with pecans and cheese. Serve.

Picnic Zucchini Bean Salad

Ingredients

3 small zucchini, sliced
3/4 cup chopped green pepper
1/2 cup chopped onion
1 (15.5 ounce) can kidney beans,
rinsed and drained
1/4 cup vegetable oil
3 tablespoons vinegar
1 1/2 teaspoons garlic salt
1/4 teaspoon pepper

Directions

In a bowl, combine all ingredients. Cover and refrigerate at least 4 hours, stirring occasionally.

Honey-Ginger Shrimp and Vegetables

Ingredients

2 tablespoons olive oil
3 cloves garlic, minced
1/2 onion, chopped
1 1/2 teaspoons ground ginger
2 teaspoons red pepper flakes
1 red bell pepper, chopped
1/2 zucchini, halved lengthwise
and sliced
3 cups fresh mushrooms, coarsely
chopped
2 tablespoons cornstarch
1/2 cup honey
1 pound medium shrimp - peeled
and deveined
salt and pepper to taste

Directions

Heat olive oil in a wok or large skillet over high heat until it begins to smoke. Stir in garlic, onion, ginger, and red pepper flakes. Quickly cook until the onion softens and just begins to brown. Stir in bell pepper, zucchini, and mushrooms; continue cooking until the zucchini softens, about 4 minutes.

Stir cornstarch into honey until smooth, then add to vegetables, and simmer until thickened, about 2 minutes. Add shrimp, and cook until they turn pink, about 3 minutes. Season to taste with salt and pepper before serving.

Vegetable Taco Pie

Ingredients

1 tablespoon vegetable oil
1 pound ground turkey
1 3/4 cups chopped red bell pepper
1 cup chopped zucchini
1 small yellow onion, chopped
1 tablespoon chili powder
2 cups chopped tomato
1 (5.7 ounce) package Knorr® Rice Sides, Cheddar Broccoli, prepared according to package directions
3/4 cup shredded Cheddar cheese
2 (10 inch) burrito size whole wheat high fiber tortillas
1 cup shredded iceberg lettuce

Directions

Preheat oven to 350 degrees F.

Heat oil in 12-inch nonstick skillet over medium high heat and cook turkey, red pepper, zucchini, onion and chili powder about 5 minutes, until turkey is thoroughly cooked, stirring occasionally. Stir in 1-1/2 cups tomato and cook, stirring occasionally, 3 minutes or until tomato is soft.

Place 1/3 of the turkey mixture in 9-inch deep dish pie plate. Spread 1/3 of the rice mixture on top. Sprinkle with 1/4 cup cheese, then top with 1 tortilla. Repeat layers ending with rice. Bake covered 20 minutes. Sprinkle with remaining 1/4 cup cheese and bake uncovered 10 minutes. Garnish with lettuce, remaining 1/2 cup tomato and, if desired, reduced fat sour cream and chopped cilantro.

Squash Casserole Side Dish

Ingredients

4 eggs, beaten
1/2 cup vegetable oil
1 cup biscuit mix (dry)
1 (4 ounce) can chopped green chiles, with juice
1 medium onion, chopped
1 clove garlic, minced
2 cups grated Cheddar cheese, divided
4 cups coarsely chopped summer squash or zucchini or yellow summer squash

Directions

Combine eggs, oil and biscuit mix. Stir in chili peppers, onion, garlic and half the cheese. Stir in squash. Pour into a greased 13-in. x 9-in. x 2-in. baking dish. Bake at 350 degrees F for 40 minutes; sprinkle with reserved cheese and bake 5 minutes more.

Creamy Vegetable Sandwich Spread

Ingredients

2 (8 ounce) packages cream cheese, softened
1 1/2 cups shredded carrots
1 1/2 cups shredded zucchini
1 1/2 tablespoons chopped fresh parsley
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 dash ground black pepper
1 dash paprika
1 dash garlic salt

Directions

In a medium bowl, mix the cream cheese, carrots, zucchini, parsley, garlic powder, onion powder, pepper, paprika and garlic salt. Chill in the refrigerator approximately 30 minutes before serving

Zucchini Pie II

Ingredients

4 cups zucchini - peeled, seeded and sliced
1 1/4 cups white sugar
2 tablespoons all-purpose flour
1 1/2 teaspoons ground cinnamon
1 1/2 tablespoons cream of tartar
2 tablespoons lemon juice
1/8 teaspoon salt
1/4 teaspoon ground nutmeg
1 tablespoon butter, diced
1 recipe pastry for a 9 inch double crust pie

Directions

Boil zucchini until tender. Drain and let stand in cold water for about 5 minutes, then drain.

Add sugar, flour, cinnamon, cream of tartar, lemon juice, salt, and nutmeg. Mix well. Put into the pie crust. Dot with butter. Put top crust on.

Bake at 400 degrees F (205 degrees C) for 40 to 50 minutes.

Zucchini Pie

Ingredients

1 1/2 cups grated zucchini
3/4 cup buttermilk baking mix
1 tomato, chopped
1/2 cup fresh corn kernels
1/2 cup diced onion
3/4 cup shredded Cheddar cheese
2 eggs, beaten

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly butter one 9 inch pie plate.

In a medium bowl mix zucchini, buttermilk baking mix, tomato, corn, onion, cheese and eggs together.

Bake at 350 degrees F (175 degrees C) for 45 minutes. Do not cover the dish while it is cooking. Serve warm.

Filet with Farro Salad

Ingredients

1 (8 ounce) filet mignon
8 ounces farro or couscous
10 cherry tomatoes, quartered
1 zucchini, diced
2 tablespoons Bertolli® Extra Virgin Olive Oil
6 leaves basil, sliced in half lengthwise
1 cup shaved Parmesan
1/2 cup pine nuts
Salt and pepper

Directions

Season filet with salt and pepper and grill to medium rare. Let the meat rest. Slice meat when you are ready to serve. Prepare farro by cooking in salted boiling water for 12 minutes and drain. Mix farro with the remaining ingredients in serving bowl. Serve on plate and place sliced filet on top.

Sauceless Garden Lasagna

Ingredients

1 medium zucchini, halved lengthwise and sliced
1/3 cup chopped red onion
1 cup shredded mozzarella cheese, divided
1/2 cup crumbled feta cheese
2 portobello mushrooms, sliced
4 cups fresh baby spinach
1/4 cup chopped fresh basil
1 tablespoon chopped fresh oregano
3 cloves garlic, minced
3 tablespoons olive oil
1/4 cup balsamic vinegar
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 (8 ounce) package no-cook lasagna noodles
9 roma (plum) tomatoes, thinly sliced

Directions

Preheat the oven to 350 degrees F (175 degrees C). Lightly coat a 9x9 inch baking dish with cooking spray.

In a large bowl, toss together the zucchini, mushrooms, spinach, garlic, red onion, 1/2 cup mozzarella cheese, and feta cheese. Drizzle with olive oil and balsamic vinegar, and stir in basil, oregano, sugar, salt and pepper. Stir the mixture until evenly blended.

Place a layer of lasagna noodles into the bottom of the prepared pan. Make a layer of tomato slices over the noodles. Spread a generous amount of the spinach mixture over the tomatoes. Don't worry, it shrinks a lot while cooking. Lay slices of tomatoes over the spinach mixture, then another layer of noodles. Start with another layer of tomatoes on top of the noodles, and repeat layering until the dish is heaped with lasagna, ending with the vegetable mixture. Sprinkle remaining cheese on the top.

Bake for 35 to 45 minutes in the preheated oven, until noodles, and vegetables are tender. Let stand for a few minutes to set, then slice and serve.

Veggie Pork Saute

Ingredients

5 teaspoons all-purpose flour, divided
1 teaspoon Italian seasoning
1/2 teaspoon salt
1/4 teaspoon pepper
1 pound boneless pork, cubed
5 tablespoons butter, divided
1 tablespoon olive oil
1 medium onion, halved and sliced
2 celery ribs, sliced
1/2 cup sliced fresh mushrooms
1 medium zucchini, halved and sliced
1 medium tomato, diced
1 1/2 cups chicken broth
1 tablespoon balsamic vinegar
Hot cooked rice

Directions

In a large resealable plastic bag, combine 3 tablespoons flour, Italian seasoning, salt and pepper. Add pork; seal bag and shake to coat. In a large skillet over medium-high heat, brown pork in 3 tablespoons butter and oil; remove and keep warm.

In the same skillet, saute the onion, celery and mushrooms in remaining butter for 5 minutes. Add pork and zucchini; saute until meat juices run clear and vegetables are tender.

Stir in the tomato. Place the remaining flour in a small bowl; stir in the broth and vinegar until smooth. Add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with rice.

Summer Penne Pasta

Ingredients

1 (16 ounce) package penne pasta
1/3 pound sliced green bell peppers
1/3 pound sliced red bell peppers
1/3 pound sliced yellow bell peppers
2 tablespoons olive oil
1 zucchini, sliced
1 yellow squash, sliced
6 ounces mushrooms, chopped
1 clove garlic, minced
2 medium tomato - peeled, seeded and chopped
ground black pepper to taste
salt to taste

Directions

In a large pot cook penne pasta in boiling salted water until al dente. Drain the pasta, leaving it slightly wet.

While pasta is cooking, wash the bell peppers and cut them into 1/4 inch strips. In a large skillet over medium heat place 2 tablespoons of olive oil and saute the pepper until soft. Do not allow peppers to brown.

To the skillet, add the sliced zucchini and yellow squash and saute for 2 minutes. Add the sliced mushrooms and minced garlic and saute an additional 2 minutes, stirring frequently. Add the chopped tomatoes and remove from heat.

Dish pasta portions onto warmed plates. Add sauce to top. Sprinkle with salt and pepper to taste.

Zucchini Pasta Bake

Ingredients

8 ounces penne pasta
1/4 cup Parmesan cheese
1/2 cup crushed saltine crackers
1 tablespoon olive oil
1/2 onion, chopped
2 cups chopped zucchini
1 tomato, chopped
2 cloves garlic, minced
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1 pinch dried celery flakes
salt and pepper to taste
1 cup shredded mozzarella cheese

Directions

Bring a large pot of lightly salted water to a boil. Add penne pasta, cook for 10 to 12 minutes, until al dente, and drain. Lightly grease a medium casserole dish.

Preheat oven to 350 degrees F (175 degrees C). In a blender or food processor, thoroughly mix the Parmesan cheese and crackers.

Heat the oil in a skillet over medium heat. Place the onion in the skillet, and cook and stir until tender. Mix in the zucchini, tomato, and garlic, and season with oregano, basil, celery, salt, and pepper. Continue to cook and stir until the zucchini is tender.

In the prepared casserole dish, mix the pasta with the vegetable mixture and mozzarella cheese. Top evenly with the Parmesan cheese mixture.

Bake 25 minutes in the preheated oven, or until the topping is lightly browned. Allow to sit 5 minutes before serving.

Tomato and Garlic Pasta

Ingredients

1 (8 ounce) package angel hair pasta
2 pounds tomatoes
4 cloves crushed garlic
1 tablespoon olive oil
1 tablespoon chopped fresh basil
1 tablespoon tomato paste
salt to taste
ground black pepper to taste
1/4 cup grated Parmesan cheese

Directions

Place tomatoes in a kettle, and cover with cold water. Bring just to the boil. Pour off water, and cover again with cold water. Peel. Cut into small pieces.

Cook the pasta in a large pot of boiling salted water until al dente.

In a large skillet or saute pan, saute the garlic in enough olive oil to cover the bottom of the pan. The garlic should just become opaque, not brown. Stir in the tomato paste. Immediately stir in the tomatoes, and salt and pepper. Reduce heat, and simmer until the pasta is ready; add the basil.

Drain the pasta, but do not rinse in cold water. Toss with a couple of tablespoons of olive oil, and then mix into the sauce. Reduce the heat as low as possible. Keep warm, uncovered, for about 10 minutes when it is ready to serve. Garnish generously with fresh Parmesan cheese.

VARIATIONS: Saute fresh quartered mushrooms with the garlic, or add shoestring zucchini along with the tomato.

Connie's Zucchini 'Crab' Cakes

Ingredients

2 1/2 cups grated zucchini
1 egg, beaten
2 tablespoons butter, melted
1 cup bread crumbs
1/4 cup minced onion
1 teaspoon Old Bay Seasoning
TM
1/4 cup all-purpose flour
1/2 cup vegetable oil for frying

Directions

In a large bowl, combine zucchini, egg, and butter or margarine. Stir in seasoned crumbs, minced onion, and seasoning. Mix well.

Shape mixture into patties. Dredge in flour.

In a medium skillet, heat oil over medium high heat until hot. Fry patties in oil until golden brown on both sides.

Seafood Stuffed Zucchini

Ingredients

4 zucchini, halved lengthwise
1 egg, beaten
1/2 pound cooked crabmeat, diced
1/2 pound cooked salad shrimp
2 teaspoons finely chopped garlic
2 tablespoons fresh lime juice
2 tablespoons fresh lemon juice
1 cup Italian seasoned bread crumbs
1 1/2 teaspoons dried oregano
1 1/2 teaspoons dried basil
1 teaspoon ground black pepper
1 cup shredded Monterey Jack cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

With a large spoon, scoop out the centers of each zucchini half, reserving the meat.

In a large bowl, mix about 1/2 the reserved zucchini meat, the egg, crabmeat, shrimp, and garlic. Blend lime juice and lemon juice into the mixture, and stir in the Italian seasoned bread crumbs. Season with oregano, basil, and pepper.

Arrange the zucchini halves in a medium baking dish. Generously stuff the halves with the crabmeat and shrimp mixture.

Bake 35 to 45 minutes in the preheated oven, until golden brown. Remove from heat, cool slightly, and top with cheese. Return to the oven, and broil 5 minutes, or until the cheese is melted.

Shrimp Vegetable Stir-Fry

Ingredients

1/3 cup fat-free Italian dressing
1 tablespoon reduced-sodium soy sauce
1/2 teaspoon ground ginger
1 medium carrot, julienned
3/4 cup fresh snow peas
1 small zucchini, julienned
1 small red onion, halved and thinly sliced
1/2 cup sliced fresh mushrooms
1/2 medium sweet yellow pepper, julienned
1/2 medium sweet red pepper, julienned
1 pound uncooked medium shrimp, peeled and deveined
3 cups hot cooked rice

Directions

In a small bowl, combine the salad dressing, soy sauce and ginger; set aside 2 tablespoons. In a large skillet or wok, cook and stir carrot in remaining dressing mixture over medium heat for 5 minutes. Stir in the remaining vegetables. Cook and stir for 5-7 minutes or until crisp-tender. Remove vegetables with a slotted spoon and keep warm.

Add shrimp and reserved dressing mixture to the pan. Cook and stir over medium heat until shrimp turn pink. Return vegetables to pan; heat through. Serve over rice.

Chicken Alfredo

Ingredients

6 ounces dry fettuccine pasta
1 (8 ounce) package cream cheese
6 tablespoons butter
1/2 cup milk
1/2 teaspoon garlic powder
salt and pepper to taste
2 skinless, boneless chicken breast halves - cooked and cubed
2 cups chopped fresh broccoli
2 small zucchini, julienned
1/2 cup chopped red bell pepper

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente; drain.

While pasta is cooking, melt cream cheese and butter in a skillet over low heat. Stir until smooth. Stir in milk, and season with garlic powder, salt, and pepper. Simmer for 3 minutes, or until thickened, stirring constantly.

Mix in chicken, broccoli, zucchini, and red pepper. Cook 3 minutes over medium heat, then reduce heat, and simmer 5 minutes, or until vegetables are tender. Serve over fettuccine.

Meatball Skillet Meal

Ingredients

1/2 cup finely chopped fresh mushrooms
1/3 cup quick-cooking oats
2 tablespoons finely chopped green pepper
2 tablespoons finely chopped onion
2 tablespoons dried parsley flakes
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon dried thyme
1/2 teaspoon salt
1/4 teaspoon pepper
1 pound ground beef
4 medium carrots, sliced
1 small zucchini, sliced
1 (14.5 ounce) can diced tomatoes, undrained
4 cups hot cooked rice

Directions

In a bowl, combine the first 10 ingredients. Add beef and mix well. Shape into 1-1/4-in. balls. In a skillet over medium heat, brown meatballs; drain. Add carrots and zucchini; cook for 5 minutes or until tender. Stir in tomatoes; heat through. Serve over rice.

Sauteed Zucchini

Ingredients

1 tablespoon butter
1 sweet onion, chopped
1 clove garlic, minced
2 tomatoes, chopped
1/2 cup water, divided
1 cube chicken bouillon
1 large zucchini, thinly sliced
ground black pepper to taste

Directions

Melt the butter in a large skillet over medium heat; cook and stir the onion in the melted butter until translucent, about 5 minutes. Add the garlic; cook and stir 1 minute more. Stir the tomatoes and 1/4 cup water into the mixture; cover. Cook until the tomatoes have reduced slightly, stirring occasionally, about 5 minutes.

Pour another 1/4 cup water into the skillet, and add the bouillon cube; stir until the bouillon is dissolved. Add the zucchini; continue cooking until the zucchini is tender, 5 to 7 minutes. Season with black pepper to serve.

Jamie's Minestrone

Ingredients

3 tablespoons olive oil
3 cloves garlic, chopped
2 onions, chopped
2 cups chopped celery
5 carrots, sliced
2 cups chicken broth
2 cups water
4 cups tomato sauce
1/2 cup red wine (optional)
1 cup canned kidney beans, drained
1 (15 ounce) can green beans
2 cups baby spinach, rinsed
3 zucchinis, quartered and sliced
1 tablespoon chopped fresh oregano
2 tablespoons chopped fresh basil
salt and pepper to taste
1/2 cup seashell pasta
2 tablespoons grated Parmesan cheese for topping
1 tablespoon olive oil

Directions

In a large stock pot, over medium-low heat, heat olive oil and saute garlic for 2 to 3 minutes. Add onion and saute for 4 to 5 minutes. Add celery and carrots, saute for 1 to 2 minutes.

Add chicken broth, water and tomato sauce, bring to boil, stirring frequently. If desired add red wine at this point. Reduce heat to low and add kidney beans, green beans, spinach leaves, zucchini, oregano, basil, salt and pepper. Simmer for 30 to 40 minutes, the longer the better.

Fill a medium saucepan with water and bring to a boil. Add macaroni and cook until tender. Drain water and set aside.

Once pasta is cooked and soup is heated through place 2 tablespoons cooked pasta into individual serving bowls. Ladle soup on top of pasta and sprinkle Parmesan cheese on top. Spray with olive oil and serve.

Baked Halibut Steaks

Ingredients

1 teaspoon olive oil
1 cup diced zucchini
1/2 cup minced onion
1 clove garlic, peeled and minced
2 cups diced fresh tomatoes
2 tablespoons chopped fresh basil
1/4 teaspoon salt
1/4 teaspoon ground black pepper
4 (6 ounce) halibut steaks
1/3 cup crumbled feta cheese

Directions

Preheat oven to 450 degrees F (230 degrees C). Lightly grease a shallow baking dish.

Heat olive oil in a medium saucepan over medium heat and stir in zucchini, onion, and garlic. Cook and stir 5 minutes or until tender. Remove saucepan from heat and mix in tomatoes, basil, salt, and pepper.

Arrange halibut steaks in a single layer in the prepared baking dish. Spoon equal amounts of the zucchini mixture over each steak. Top with feta cheese.

Bake 15 minutes in the preheated oven, or until fish is easily flaked with a fork.

Thai Beef Noodle Salad

Ingredients

1/2 cup reduced-sodium soy sauce
1/2 cup rice wine vinegar
3 tablespoons orange juice
3 tablespoons canola oil
1 tablespoon sesame oil
2 garlic cloves, minced
2 teaspoons ground ginger
1 teaspoon peanut butter
3/4 teaspoon salt
1/2 teaspoon cayenne pepper
12 ounces uncooked spaghetti
1 cup fresh broccoli florets
1 cup fresh or frozen snow peas, thawed
1 cup julienned sweet red pepper
1 cup julienned zucchini
1/2 cup thinly sliced celery
1 pound boneless beef sirloin steak, cooked and cut into thin strips
2 tablespoons sesame seeds, toasted

Directions

For dressing, combine the first 10 ingredients in a blender; cover and process until blended. Cook spaghetti according to package directions; drain and place in a large bowl. Add the broccoli, peas, red pepper, zucchini, celery and cooked beef. Add dressing and toss to coat. Cover and refrigerate for at least 2 hours. Just before serving, sprinkle with sesame seeds.

Pepperoni Stuffed Zucchini

Ingredients

2 medium zucchini
1/3 cup diced onion
12 slices pepperoni sausage,
diced
1/2 cup grated Asiago or
Parmesan cheese

Directions

Preheat oven to 375 degrees F (190 degrees C).

Cut zucchini in half lengthwise. With a metal spoon, scoop out most of the insides and place into a skillet. Transfer the zucchini shells to a baking sheet.

Place the skillet over medium heat, and stir in onion and pepperoni. Cook about 3 minutes. Remove from heat, and spoon into zucchini shells. Sprinkle with cheese.

Bake in preheated oven for 12 minutes.

Authentic Thai Cashew Chicken

Ingredients

- 1 tablespoon canola oil
- 1 large yellow onion, chopped
- 1 large yellow bell pepper, chopped
- 3 tablespoons ketchup
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- 1/3 cup chicken broth
- 1 teaspoon white sugar
- 1 teaspoon Thai garlic chile paste
- 4 skinless, boneless chicken breast halves - cut into bite-size pieces
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 6 ounces broccoli, chopped
- 8 ounces fresh mushrooms, quartered
- 1/2 cup unsalted cashew nuts

Directions

Heat the oil in a skillet over medium heat, and cook the onion and yellow bell pepper until tender. Mix in the ketchup, oyster sauce, soy sauce, chicken broth, sugar, and chile paste. Place the chicken, zucchini, squash, broccoli, and mushrooms in the skillet. Continue to cook and stir 10 minutes, until vegetables are tender and chicken juices run clear. Mix in the cashews just before serving.

Crisp Side Salad

Ingredients

1/4 cup olive or vegetable oil
2 tablespoons cider vinegar
4 teaspoons sugar
1/2 teaspoon salt
1/4 teaspoon pepper
4 cups torn salad greens
3/4 cup sliced zucchini
2 medium carrots, sliced
2 celery ribs, sliced
2 green onions, sliced
1/4 cup seasoned croutons
1 tablespoon whole almonds,
toasted
1 tablespoon sesame seeds,
toasted

Directions

In a jar with tight-fitting lid, combine the first five ingredients and shake well.

In a large salad bowl, combine greens, zucchini, carrots, celery and onions. Just before serving, add dressing and toss to coat. Top with croutons, almonds and sesame seeds.

Smoked Sausage and Zucchini Saute

Ingredients

1 pound smoked sausage, cut into
1 inch pieces
1 tablespoon margarine
2 zucchini, cut lengthwise then in
half
1 tablespoon instant minced onion
1/2 teaspoon garlic salt
1/4 teaspoon dried oregano
1/4 teaspoon ground black
pepper
2 tomatoes, chopped

Directions

In a skillet over medium heat, brown the sausage. Remove sausage from skillet and set aside. Add margarine, zucchini, and onion to the skillet and cook until zucchini is crisp and tender. Return the browned sausage to the skillet and add garlic salt, oregano, and black pepper. Cook until all ingredients are hot. Add chopped tomatoes on top of the ingredients.

Turkey Minestrone

Ingredients

2/3 cup chopped onion
2 tablespoons vegetable oil
1/2 pound ground turkey
1/2 pound hot Italian turkey
sausage links, casings removed
1/2 cup minced fresh parsley
2 garlic cloves, minced
1 teaspoon dried oregano
1 teaspoon dried basil
2 (14.5 ounce) cans Italian stewed
tomatoes
6 cups chicken broth
1 medium zucchini, sliced
1 (10 ounce) package frozen
mixed vegetables
1 (16 ounce) can kidney beans,
rinsed and drained
1 1/2 cups cooked elbow
macaroni
2 tablespoons cider vinegar
1/2 teaspoon salt
1 pinch pepper

Directions

In a large kettle over medium heat, saute onion in oil until tender, about 4 minutes. Add the next six ingredients; cook until meat is no longer pink. Add tomatoes, broth, zucchini and mixed vegetables; cover and cook on low heat for 5 minutes. Add beans, macaroni, vinegar, salt if desired and pepper; simmer for 3-4 minutes or until heated through.

Lime-Curry Tofu Stir-fry

Ingredients

2 tablespoons peanut oil
1 (16 ounce) package extra-firm
tofu, cut into bite-sized cubes
1 tablespoon minced fresh ginger
root
2 tablespoons red curry paste
1 pound zucchini, diced
1 red bell pepper, diced
3 tablespoons lime juice
3 tablespoons soy sauce
2 tablespoons maple syrup
1 (14 ounce) can coconut milk
1/2 cup chopped fresh basil

Directions

Heat the peanut oil in a wok or large skillet over high heat. Add the tofu and stir-fry until golden brown. Remove the tofu and set aside, leaving the remaining oil in the wok.

Stir the ginger and curry paste into the hot oil for a few seconds until the curry paste is fragrant and the ginger begins to turn golden. Add the zucchini and bell pepper; cook and stir for 1 minute. Pour in the lime juice, soy sauce, maple syrup, coconut milk, and tofu. Bring the coconut milk to a simmer, and cook a few minutes until the vegetables are tender and the tofu is hot. Stir in the chopped basil just before serving.

Zucchini Chutney

Ingredients

2 pounds small zucchini
1 tart apple, peeled and cored
1 medium onion
1 green pepper
1 garlic clove, minced
1 1/2 cups packed brown sugar
1 cup vinegar
1 (2 ounce) jar chopped
pimientos, drained
1 tablespoon fresh ginger root
1 tablespoon Dijon mustard
1/4 teaspoon crushed red pepper
flakes
1/2 teaspoon salt

Directions

Peel zucchini and discard any large seeds; chop into small pieces (about 5 cups). Finely chop apple, onion and green pepper; place in a Dutch oven along with zucchini and remaining ingredients. Bring to a boil. Reduce heat and simmer, uncovered, over medium heat until thick, about 45-55 minutes, stirring often. Cool. Ladle into jars; cover and refrigerate.

Grilled Eggplant Moussaka

Ingredients

3 large eggplant, sliced into 1/4 inch rounds
3 large potatoes, thinly sliced
3 large zucchini, cut lengthwise into 1/4 inch slices
1/2 cup extra-virgin olive oil

5 tablespoons butter
7 tablespoons all-purpose flour
5 cups milk
1 pinch ground nutmeg
salt to taste
1 egg yolk, beaten

1 tablespoon olive oil
1 1/2 pounds ground beef
1 onion, chopped
1 teaspoon oregano
salt and pepper to taste
1/2 cup chopped fresh parsley
5 ripe tomatoes, chopped
1 cup crumbled feta cheese

Directions

Preheat an outdoor grill for medium-high heat and lightly oil grate.

Brush eggplant, potatoes, and zucchini lightly with extra-virgin olive oil. Grill vegetables until just tender and golden brown. Layer potatoes into the bottom of a 9x13 inch glass baking dish. Next layer in the eggplant, followed by the zucchini; set aside.

Preheat oven to 375 degrees F (190 degrees C).

Melt butter in a large saucepan over medium heat. Whisk in the flour, and cook until the flour smells slightly toasted, about 5 minutes. Whisk in milk, nutmeg, and salt. Bring to a bare simmer over medium-high heat, then reduce heat to medium-low and simmer 10 minutes. Place the egg yolk into a bowl, and quickly whisk in 1/4 cup of the thickened milk, a tablespoon at a time. Quickly stir the egg yolk mixture into the thickened milk until smooth, then set aside.

Meanwhile, heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Stir in the ground beef and onion, and cook until the beef is crumbly and no longer pink. Drain off any excess grease, then stir in the oregano, parsley, tomatoes, salt, and pepper. Turn heat to medium-low, cover, and simmer for 10 minutes, stirring occasionally.

To assemble, spread the meat mixture over the vegetables, and sprinkle with the feta cheese. Pour the white sauce overtop, and smooth with a spatula.

Bake moussaka in preheated oven until bubbly and golden brown, about 30 minutes.

Southwest Chicken Smoked Sausage Skillet

Ingredients

1 (14 ounce) package Hillshire Farm® Hardwood Chicken Smoked Sausage, cut into 1/2-inch thick slices
1 large zucchini, sliced
2 cups frozen corn with red and green bell peppers and onion, thawed, drained
1 (15 ounce) can black beans, drained, rinsed
2 cups cooked white rice
1/2 cup salsa
1 teaspoon chili powder
1 cup shredded Mexican blend cheese

Directions

Spray a large non-stick skillet with no-stick cooking spray. Add sausage, zucchini and corn mixture; cook and stir over medium-high heat for 8 minutes or until vegetables are cooked and sausage is heated through.

Stir in black beans, rice, salsa and chili powder. Cook and stir for 5 minutes or until heated through.

Sprinkle with cheese and cilantro (if desired); just before serving.

Gingered Squash Saute

Ingredients

1 pound yellow summer squash
1/2 pound zucchini, sliced
1 medium onion, thinly sliced
1 medium green pepper, julienned
4 teaspoons butter or stick margarine
3 medium tomatoes, peeled and quartered
3/4 teaspoon salt
1/2 teaspoon ground ginger

Directions

Cut yellow squash in half lengthwise, then into 1/2-in. slices. In a large skillet, saute squash, zucchini, onion and green peppers for 3 minutes. Add tomatoes, salt and ginger. Cover and cook 2-3 minutes or until heated through.

Grilled Vegetable Potato Skins

Ingredients

2 large baking potatoes
1 cup sliced yellow summer squash
1 cup sliced zucchini
1/2 large red pepper, julienned
1/2 large green pepper, julienned
1 small red onion, cut into 1/4-inch wedges
1/4 cup reduced-fat Italian salad dressing
1 1/2 teaspoons canola oil
1/2 teaspoon salt, divided
1/4 cup shredded reduced-fat Cheddar cheese

Directions

Pierce potatoes several times with a fork and place on a microwave-safe plate. Microwave on high for 18-20 minutes or until tender, rotating the potatoes once. Let stand until cool enough to handle.

Meanwhile, in a large resealable plastic bag, combine the summer squash, zucchini, peppers and onion. Pour salad dressing over vegetables. Seal bag and turn to coat; marinate for 20 minutes.

Cut each potato in half lengthwise. Scoop out pulp, leaving a thin shell (discard pulp or save for another use). Brush inside of shells with oil and sprinkle with 1/4 teaspoon salt.

Coat grill rack with nonstick cooking spray. Place potato shells skin side up on grill rack. Grill, covered, over indirect medium heat for 10 minutes or until golden brown.

Drain vegetables, reserving marinade. Grill vegetables in a grill basket, uncovered, over medium heat for 10 minutes or until tender, basting with reserved marinade.

Sprinkle potato skins with cheese. Fill with grilled vegetables; sprinkle with remaining salt. Grill 5 minutes longer or until cheese is melted.

Baked Stuffed Zucchini

Ingredients

1 medium zucchini
6 large fresh mushrooms, finely chopped
1 green onion, finely chopped
1 tablespoon butter or stick margarine
1/2 cup white wine or chicken broth
1/8 teaspoon salt
1 dash white pepper
2 teaspoons grated Parmesan cheese

Directions

Cut zucchini in half lengthwise. Scoop out pulp, leaving a 1/4-in. shell. Chop pulp; set shells aside. In a nonstick skillet, saute the zucchini pulp, mushrooms and onion in butter for 3-4 minutes or until tender. Add wine or broth. Reduce heat; simmer, uncovered, for 10-12 minutes or until liquid has evaporated. Stir in salt and pepper.

Place zucchini shells in a saucepan and cover with water; bring to a boil. Cook for 2 minutes; drain. Fill shells with mushroom mixture. Sprinkle with cheese. Broil 3-4 in. from the heat for 3-4 minutes or until lightly browned.

Baby Zucchini Salad

Ingredients

5 baby zucchini, sliced thinly
1/2 red onion, sliced thin
1 red bell pepper, diced
2 leaves fresh basil, minced
2 tablespoons smoked olive oil
2 tablespoons balsamic vinegar
salt and pepper to taste

Directions

Toss the zucchini, onion, bell pepper, and basil together in a large bowl. Drizzle the olive oil and balsamic vinegar over the mixture and toss again to evenly coat. Season with salt and pepper to serve.

Fish and Veggie Dish

Ingredients

2 zucchini, sliced
1 large potato, sliced
1 bunch green onions, chopped
2 large carrots, sliced
4 (4 ounce) fillets cod
1 tablespoon dried dill weed
2 roma (plum) tomatoes, sliced
1 fresh red chile pepper, seeded and chopped
1 tablespoon olive oil
1 tablespoon fresh lemon juice
sea salt to taste
coarsely ground black pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x12 inch baking dish.

In the baking dish, arrange the zucchini, potato, green onions, and carrots. Place the cod on top of the vegetables, and sprinkle with dill. Arrange tomato slices over the cod, and sprinkle with red chile pepper. Drizzle with olive oil and lemon juice, and season with sea salt and pepper.

Cover dish with aluminum foil, and bake 30 minutes in the preheated oven, until vegetables are tender and fish is easily flaked with a fork.

Italian Zucchini Casserole

Ingredients

3 medium zucchini, sliced
3 tablespoons olive or vegetable oil, divided
1 medium onion, sliced
1 garlic clove, minced
1 (28 ounce) can diced tomatoes, undrained
1 tablespoon minced fresh basil
1 1/2 teaspoons minced fresh oregano
1/2 teaspoon garlic salt
1/4 teaspoon pepper
1 1/2 cups dry instant stuffing mix
1/2 cup grated Parmesan cheese
3/4 cup shredded mozzarella cheese

Directions

In a large skillet, cook zucchini in 1 tablespoon oil until tender, about 5-6 minutes; drain and set aside. In the same skillet, saute the onion and garlic in remaining oil for 1 minute. Add tomatoes, basil, oregano, garlic salt and pepper; simmer, uncovered, for 10 minutes. Remove from the heat; gently stir in zucchini. Place in an greased 13-in. x 9-in. x 2-in. baking dish. Top with stuffing mix; sprinkle with Parmesan cheese. Cover and bake at 350 degrees F for 20 minutes. Uncover and sprinkle with mozzarella cheese. Return to the oven for 10 minutes or until golden.

Bait and Tackle Salad

Ingredients

2 cups grape or cherry tomatoes
2 small zucchini, coarsely
chopped
2 small yellow summer squash,
coarsely chopped
2 tablespoons minced fresh
cilantro
5 tablespoons white wine vinegar
3 tablespoons sugar
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/8 teaspoon pepper
2 tablespoons olive oil

Directions

In a large bowl, combine the tomatoes, zucchini, yellow squash and cilantro. In a blender, combine the vinegar, sugar, mustard, salt and pepper. While processing, gradually add oil. Drizzle over vegetables; toss to coat. Cover and refrigerate for at least 20 minutes.

Pepper Steak with Squash

Ingredients

1 pound flank steak, cut into strips
2 tablespoons vegetable oil,
divided
1 medium green pepper, julienned
1 medium sweet red pepper,
julienned
2 medium zucchini, julienned
1 small onion, cut into 1/4 inch
slices
3 garlic cloves, minced
1 cup fresh or frozen snow peas
1 cup sliced fresh mushrooms
1 (8 ounce) can sliced water
chestnuts, drained
3 tablespoons cornstarch
1 (14.5 ounce) can reduced-
sodium beef broth
2 tablespoons reduced-sodium
soy sauce
Hot cooked rice

Directions

In a large skillet, cook steak in 1 tablespoon oil over medium-high heat until no longer pink; drain. Remove and keep warm. In the same skillet, heat remaining oil; saute peppers for 2 minutes. Stir in zucchini, onion and garlic; cook and stir 2 minutes longer. Add peas, mushrooms and water chestnuts. Saute until the vegetables are tender, about 2 minutes. Return beef to the skillet. Combine cornstarch, broth and soy sauce until smooth; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over rice.

Lots O'Veggies Sausage Spaghetti Sauce

Ingredients

1 pound sweet Italian sausage, casings removed
1 pound lean ground beef
1/4 cup olive oil
1 large onion, diced
1 green bell pepper, diced
1 red bell pepper, diced
1 zucchini, quartered and sliced
12 ounces mushrooms, sliced
2 carrots, shredded
4 ounces fresh basil, julienned
1 (10 ounce) package frozen chopped spinach, thawed and drained
1 tablespoon chopped fresh thyme
1 tablespoon fresh oregano
4 cloves garlic, crushed
1 tablespoon white sugar
salt and pepper to taste
3 (28 ounce) cans peeled and diced tomatoes

Directions

In a medium skillet over medium heat, cook sausage and ground beef until brown. Drain, reserving 2 tablespoons drippings. Set aside.

In a large stock pot or Dutch oven heat oil over medium heat. Cook onions in oil until translucent. Stir in green and red bell peppers, zucchini, mushrooms and carrots and cook until just tender. Stir in basil, spinach, thyme, oregano, garlic, sugar and salt and pepper. Cook 2 to 5 minutes. Pour in tomatoes, stir well, reduce heat, cover and simmer 3 hours, stirring occasionally.

Zucchini Mexicali

Ingredients

1/4 cup vegetable oil
1 medium zucchini, thinly sliced
1 large onion, chopped
1 large carrot, coarsely shredded
3/4 cup chopped celery
1/2 cup julienned green pepper
1/2 teaspoon garlic salt
1/4 teaspoon dried basil
1/3 cup taco sauce
2 teaspoons prepared mustard
2 medium tomatoes, cut into wedges

Directions

In a large skillet, combine the first eight ingredients. Cover and cook over medium-high heat for 5 minutes. stir in the taco sauce and mustard; top with tomato wedges. Cook, uncovered, for 5 minutes or until heated through.

Cheesy Vegetable Medley

Ingredients

2 medium zucchini, quartered lengthwise and sliced
2 medium tomatoes, cut into wedges
1 small onion, quartered and sliced
1 teaspoon Italian seasoning
1 teaspoon salt
1/2 teaspoon pepper
1 1/2 cups shredded mozzarella cheese

Directions

In a greased 2-qt. microwave-safe dish, combine the zucchini, tomatoes and onion. Cover and microwave on high for 13 minutes or until vegetables are tender, stirring three times; drain. Sprinkle with Italian seasoning, salt, pepper and cheese. Cover and let stand for 2-3 minutes or until the cheese is melted.

Light Turkey Salad

Ingredients

2 cups sliced cooked turkey
4 radishes, thinly sliced
1 carrot, shredded
1 zucchini, sliced and julienned
1 small onion, chopped
2 tablespoons plain yogurt
1 teaspoon Dijon-style prepared mustard
1 teaspoon soy sauce
1/2 teaspoon white sugar
1 small head iceberg lettuce, shredded
1 tablespoon toasted sesame seeds

Directions

In a large bowl, combine the turkey, radishes, carrots, zucchini and onion.

In a small bowl, whisk together the yogurt, mustard, soy sauce and sugar. Pour dressing over turkey mixture and toss to coat.

Divide shredded lettuce among 6 plates, spoon on turkey salad and sprinkle with sesame seeds.

Zucchini and Shells

Ingredients

1/4 cup olive oil
1/2 medium onion, finely chopped
3 cloves garlic, minced
1 large zucchini, peeled and cubed
1 (15 ounce) can tomato sauce
2 cups water
1 teaspoon dried oregano
1 teaspoon dried basil
1/8 teaspoon crushed red pepper flakes
1/2 cup white sugar
1 (8 ounce) package uncooked pasta shells
1/4 cup grated Romano cheese

Directions

Heat the olive oil in a saucepan over medium heat. Stir in the onion and garlic, and cook until tender. Mix in zucchini and coat in the olive oil. Pour in tomato sauce and water. Season with oregano, basil, and red pepper. Dissolve sugar in the sauce. Reduce heat to low, and simmer 1 hour, stirring occasionally.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large bowl, mix sauce and cooked pasta shells. Top with cheese to serve.

Easy Vegetarian Pasta

Ingredients

1 (16 ounce) package uncooked whole wheat spaghetti
3 tablespoons olive oil
2 tablespoons garlic, minced
3 large tomatoes, diced
1 red onion, chopped
1 yellow bell pepper, chopped
1 red bell pepper, chopped
1 cup chopped zucchini
1/2 cup sliced fresh mushrooms
2 tablespoons balsamic vinegar
2 tablespoons crumbled feta cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat the oil in a skillet over medium heat, and saute the garlic until lightly browned. Mix in the tomatoes, onion, yellow bell pepper, red bell pepper, zucchini, and mushrooms. Cook and stir until tender.

Mix the balsamic vinegar into the skillet. Toss with the cooked spaghetti, and sprinkle with feta cheese to serve.

Makeover Zucchini Apple Bread

Ingredients

4 cups all-purpose flour
3 teaspoons baking soda
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon salt
2 eggs
3/4 cup canola oil
1 1/2 cups unsweetened applesauce
1 cup sugar
1 cup packed brown sugar
1 teaspoon vanilla extract
2 cups shredded zucchini
1 cup peeled and grated apple
1/2 cup chopped pecans

Directions

In a large bowl, combine the flour, baking soda, cinnamon, nutmeg and salt. In a large mixing bowl, beat the eggs until frothy. Add the oil, applesauce, sugars and vanilla; beat until blended. Stir into dry ingredients just until moistened. Fold in the zucchini, apples and pecans.

Transfer to three 8-in. x 4-in. x 2-in. loaf pans coated with nonstick cooking spray. Bake at 350 degrees F for 55-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Green Velvet Soup

Ingredients

1 onion, chopped
2 stalks celery, sliced
2 potatoes, diced
3/4 cup dried split peas
2 bay leaves
6 cups vegetable broth
2 zucchini, diced
1 head broccoli, chopped
1/2 teaspoon dried basil
1/4 teaspoon ground black pepper
4 cups chopped fresh spinach
salt to taste

Directions

In a large pot over medium heat, combine onion, celery, potatoes, split peas, bay leaves and broth. Bring to a boil, then reduce heat, cover and simmer 1 hour.

Remove the bay leaves and stir in the zucchini, broccoli, basil and black pepper. Simmer 20 minutes, until broccoli is tender.

Stir in spinach and remove from heat. Puree in a blender or food processor using an immersion blender. Salt to taste.

Corn and Zucchini Melody

Ingredients

4 slices bacon
2 cups chopped zucchini
1 1/2 cups fresh corn kernels
1 small onion, chopped
1 pinch pepper
1/4 cup shredded Monterey Jack cheese

Directions

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Reserve 1 tablespoon of drippings. Drain bacon, chop, and set aside.

Heat the bacon drippings in the skillet over medium heat. Saute the zucchini, corn, and onion until tender but still crisp, about 10 minutes. Season with pepper. Spoon vegetables into a bowl, and sprinkle with chopped bacon and shredded cheese.

Chicken with Couscous

Ingredients

3 1/4 cups low-sodium chicken broth
1 cup quick-cooking couscous
2 tablespoons olive oil
4 skinless, boneless chicken breast halves - cut into cubes
1 pinch ground black pepper
1/2 cup finely chopped jalapeno chile peppers
1 carrot, thinly sliced
1 zucchini, diced
3 green onions, thinly sliced
1 1/2 teaspoons grated fresh ginger root
1 1/2 teaspoons curry powder
1/2 teaspoon ground coriander seed
1 teaspoon cornstarch

Directions

In a medium saucepan, bring 2 cups of the chicken broth to a boil. Stir in couscous and 1 1/2 teaspoons of the olive oil. Turn off heat, cover, and let stand 10 minutes.

Heat 1 tablespoon olive oil in a medium skillet over medium heat. Stir in the chicken, season with pepper, and cook until no longer pink and juices run clear. Remove chicken from the skillet, and set aside.

Heat the remaining olive oil in the skillet over medium heat. Stir in the jalapeno peppers and carrot, and saute about 2 minutes. Mix in the zucchini, green onions, ginger, and 1/4 cup chicken broth. Continue to cook and stir until tender, about 5 minutes.

In a small bowl, blend the remaining 1 cup chicken broth with curry powder, coriander, and cornstarch. Pour over the vegetables. Return chicken to the skillet. Continue cooking about 2 minutes until chicken is coated and the broth mixture begins to thicken. Serve over the couscous.

Chocolate Zucchini Cake IV

Ingredients

2 1/2 cups all-purpose flour
2 1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1/2 cup unsweetened cocoa powder
1/2 cup butter
1/4 cup vegetable oil
2 cups white sugar
3 eggs
1 teaspoon vanilla extract
2 cups shredded zucchini
1/4 cup milk

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Sift together the flour, baking powder, baking soda, salt, cinnamon and cocoa powder. Set aside.

In a large bowl, cream together the butter, oil and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. In a small bowl, combine shredded zucchini with milk. Beat in the flour mixture alternately with the zucchini mixture. Pour batter into prepared pan.

Bake in the preheated oven for 55 to 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool.

Zucchini Souffle with Monterey Jack Cheese

Ingredients

4 cups shredded zucchini
1 1/4 teaspoons salt
1 tablespoon melted butter
4 eggs
1/8 teaspoon ground black pepper
1/8 teaspoon garlic powder
1/4 teaspoon dried parsley
1 cup shredded Monterey Jack cheese
1/4 cup all-purpose biscuit baking mix

Directions

Toss the zucchini and salt together and place into a colander set in the sink. Allow to drain for 1 hour, then squeeze the liquid out of the zucchini, and set aside.

Preheat oven to 350 degrees F (175 degrees C). Prepare a 1 1/2 quart casserole dish with the melted butter.

Whisk the eggs in a mixing bowl with the pepper, garlic powder, and parsley. Stir in the zucchini, Monterey Jack cheese, and baking mix until combined. Pour into the prepared casserole dish.

Bake, uncovered, in the preheated oven until set and golden brown on top, 45 minutes to 1 hour. The souffle is done when a knife inserted into the center comes out clean.

Zucchini Casserole

Ingredients

6 zucchini, sliced
2 eggs, beaten
1 cup mayonnaise
1 small onion, diced
1 cup grated Romano cheese
1/4 teaspoon ground black pepper
24 buttery round crackers, crushed
2 tablespoons butter, diced

Directions

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 baking pan with cooking spray.

Place sliced zucchini in a large saucepan. Pour in enough water to cover, and bring to a boil over high heat. Boil until barely tender, about 2 minutes. Drain and set aside.

In a large bowl, whisk together eggs and mayonnaise until smooth. Stir in onion, cheese, and pepper. Fold in squash, then pour mixture into prepared baking pan. Sprinkle with crushed crackers, then dot evenly with diced butter.

Bake in preheated oven for 30 to 40 minutes, until middle of casserole is no longer moist, and springs back when gently pressed.

Bountiful Garden Zucchini Enchiladas

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 3 cups diced zucchini
- 1/4 cup canned diced green chiles
- 1 teaspoon chili powder
- 1/4 teaspoon black pepper
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1 teaspoon chili powder
- 1/8 teaspoon black pepper
- 1 cup milk
- 1/4 cup canned diced green chiles
- 1 cup shredded Monterey Jack cheese
- 8 (8 inch) flour tortillas
- 1/2 cup shredded Monterey Jack cheese
- 1 1/2 cups chopped tomatoes

Directions

Preheat an oven to 400 degrees F (200 degrees C). Heat oil in a large skillet over medium-high heat. Cook the onion and garlic in the oil until tender, about 5 minutes. Stir in zucchini, 1/4 cup diced chiles, 1 teaspoon chili powder, and 1/4 teaspoon black pepper. Cook until softened, 3 to 5 minutes. Remove zucchini mixture from skillet and reserve.

Melt butter in the skillet over medium low heat. Stir in flour, salt, remaining 1 teaspoon chili powder, and 1/8 teaspoon pepper. Cook, stirring, for 1 minute. Pour in milk; whisk until thickened, 3 to 5 minutes. Stir in the remaining 1/4 cup of diced chiles and 1 cup of Monterey Jack cheese.

Stir 1/2 cup of cheese sauce into the zucchini mixture. Spoon 1/3 cup squash mixture down the center of each tortilla; roll up. Place filled tortillas in prepared baking dish, pour remaining cheese sauce over. Cover and bake in preheated oven until hot, about 25 minutes. Remove from oven; sprinkle with remaining 1/2 cup Monterey Jack cheese and the chopped tomatoes.

Savory Summer Squash

Ingredients

1 small zucchini, julienned
1 small yellow summer squash,
julienned
1 medium tomato, diced
3 tablespoons finely chopped
onion
1 tablespoon olive or vegetable oil
1/4 teaspoon garlic powder
1/4 teaspoon dried marjoram
1/4 teaspoon seasoned salt
1/8 teaspoon pepper

Directions

In a skillet, saute the zucchini, yellow squash, tomato and onion in oil for 1 minute. Sprinkle with seasonings; cook 5-7 minutes longer or until vegetables are tender. Serve with a slotted spoon.

Penne Pasta with Veggies

Ingredients

1 pound penne pasta
2 tablespoons olive oil
1/2 pound asparagus, trimmed
and cut into 1 inch pieces
1 cup fresh broccoli florets
1 cup chopped red bell pepper
1 cup chopped zucchini
3/4 cup butter
2 tablespoons minced garlic
5 ounces prosciutto, diced
2 cups sun-dried tomatoes,
packed in oil
8 ounces grated Parmesan
cheese

Directions

Preheat oven to 375 degrees F (190 degrees C).

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Toss with olive oil.

In a large skillet over medium-high heat, roast asparagus, broccoli, bell pepper and zucchini until flecked with dark brown. Set aside.

In a large skillet over medium heat, melt butter. Saute garlic with prosciutto and sun-dried tomatoes until heated through. Toss with penne, roasted vegetables and Parmesan. Place in a 9x13 inch baking dish.

Bake in preheated oven 30 to 40 minutes, until hot.

Zucchini Frittata

Ingredients

1/2 cup chopped onion
1 cup shredded zucchini
1 teaspoon cooking oil
3 eggs, beaten
1/4 teaspoon salt
1 cup shredded Swiss cheese

Directions

In an 8-in. ovenproof skillet over medium heat, saute onion and zucchini in oil for 2-3 minutes. Pour eggs over top; sprinkle with salt. Cook until almost set, 6-7 minutes. Sprinkle with cheese. Bake at 350 degrees F for 4-5 minutes or until the cheese is melted.

Zucchini Herb Casserole

Ingredients

1/3 cup uncooked long grain white rice
2/3 cup water
2 tablespoons vegetable oil
1 1/2 pounds zucchini, cubed
1 cup sliced green onions
1 clove garlic, minced
1 1/4 teaspoons garlic salt
1/2 teaspoon basil
1/2 teaspoon sweet paprika
1/2 teaspoon dried oregano
1 1/2 cups seeded, chopped tomatoes
2 cups shredded sharp Cheddar cheese, divided

Directions

Combine the rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer 20 minutes, until rice is tender.

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a shallow 1 1/2 quart casserole dish.

Heat the oil in a skillet over medium heat, and cook the zucchini, green onions, and garlic 5 minutes, or until tender. Season with garlic salt, basil, paprika, and oregano. Mix in the cooked rice, tomatoes, and 1 cup cheese. Continue to cook and stir until heated through. Transfer to the prepared casserole dish. Top with remaining cheese.

Bake uncovered 20 minutes, or until cheese is melted and bubbly.

End-of-the-Garden Casserole

Ingredients

1 pound medium potatoes, thinly sliced
1 medium zucchini, thinly sliced
1 1/2 pounds medium onions, thinly sliced
1 small eggplant, peeled and sliced
1 pound medium tomatoes, sliced
1 1/2 cups shredded part-skim mozzarella cheese
1/4 cup grated Parmesan cheese
1/2 teaspoon dried basil
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 cup water

Directions

Layer half of the first 10 ingredients in a 3-qt. baking dish coated with nonstick cooking spray. Repeat layers. Pour water over the top. Cover and bake at 375 degrees F for 60-75 minutes or until tender. Uncover; bake 5 minutes longer or until lightly browned.

Salsa Fish Skillet

Ingredients

1 pound halibut steaks or other firm whitefish, cut into 1 inch pieces
3 teaspoons canola oil, divided
2 medium yellow squash, julienned
1 medium zucchini, julienned
1 cup sliced fresh mushrooms
2 garlic cloves, minced
1/4 teaspoon ground cumin
1 1/2 cups chunky salsa
4 teaspoons minced fresh cilantro leaves

Directions

In a large nonstick skillet or wok, stir-fry halibut in 2 teaspoons hot oil for 3-4 minutes or until fish flakes easily with a fork; remove and keep warm.

Add the yellow squash, zucchini, mushrooms, garlic, cumin and remaining oil to the pan. Stir-fry for 2-3 minutes or until vegetables are crisp-tender. Return fish to the pan. Add salsa; heat through. Sprinkle with cilantro.

Zucchini Coconut Loaf

Ingredients

- 1 egg
- 1/2 cup vegetable oil
- 1 cup white sugar
- 1 cup grated zucchini
- 1/2 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 cup flaked coconut
- 1/2 cup chopped walnuts
- 1/2 cup currants

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease one 9x5x3 inch loaf pan.

In small pan boil one cup water. Add currants or raisins, and boil for two minutes. Drain.

In mixing bowl beat egg, oil, and sugar. Stir in zucchini and vanilla.

In another bowl, measure flour, baking powder, soda, salt, cinnamon, nutmeg, coconut, walnuts, and currants or raisins. Stir to combine thoroughly. Pour all at once over batter in mixing bowl. Stir to moisten. Turn into greased 9x5x3 inch loaf pan.

Bake at 350 degrees F (175 degrees C) for 1 hour until an inserted toothpick comes out clean. Cool in pan 10 minutes. Turn out on rack. Cool and wrap.

Zucchini Cake II

Ingredients

2 cups all-purpose flour
2 teaspoons baking soda
1 teaspoon salt
1/4 teaspoon baking powder
3 teaspoons ground cinnamon
3 eggs
1 cup vegetable oil
1 1/2 cups white sugar
2 cups grated zucchini
2 teaspoons vanilla extract
1 cup chopped walnuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 13x9 inch baking pan.

Combine eggs, oil, sugar, grated zucchini, and vanilla. Beat until well mixed. Stir in the flour, baking soda, salt, baking powder, and cinnamon and mix until just combined. Stir in the chopped nuts. Pour batter into prepared pan.

Bake at 350 degrees F(175 degrees C) for 45 minutes.

Squash Casserole

Ingredients

3 cups Pepperidge Farm®
Cornbread Stuffing
1/4 cup butter or margarine,
melted
1 (10.75 ounce) can Campbell's®
Condensed Cream of Chicken
Soup (Regular or 98% Fat Free)
1/2 cup sour cream
2 small yellow squash, shredded
2 small zucchini, shredded
1/4 cup shredded carrot
1/2 cup shredded Cheddar
cheese

Directions

Mix stuffing and butter. Reserve 1/2 cup stuffing mixture and spoon remaining into a 2 quart shallow baking dish.

Mix soup, sour cream, yellow squash, zucchini, carrot and cheese. Spread over stuffing mixture and sprinkle with reserved stuffing mixture.

Bake at 350 degrees F for 40 minutes or until hot.

Creamy Zucchini Soup

Ingredients

1 tablespoon butter
2 tablespoons olive oil
1 onion, chopped
1 1/2 pounds zucchini, sliced
1/2 (14 ounce) package firm tofu, cubed
2 teaspoons red pepper flakes
1 teaspoon dried oregano
3 cups vegetable stock
1/2 cup cottage cheese
salt and pepper to taste

Directions

Melt the butter and heat the oil in a large skillet over medium heat. Mix in the onion, and cook 5 minutes. Mix in the zucchini and tofu. Season with red pepper flakes and oregano. Continue to cook and stir 10 minutes, until zucchini is tender.

Pour the vegetable stock into the skillet. Bring to a boil, reduce heat to low, and simmer 35 minutes.

In a blender, process the soup and cottage cheese until smooth. Season with salt and pepper to serve.

Zucchini Bisque

Ingredients

1 medium onion, diced
1/2 cup butter or margarine
2 1/2 cups shredded zucchini
2 1/2 cups chicken broth
1/2 teaspoon dried basil
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon ground nutmeg
1 cup light cream

Directions

In a large saucepan, saute onion in butter. Add zucchini and chicken broth. Simmer, covered, for about 15 minutes; add seasonings. Puree on low in a blender. Return to pan; stir in cream and heat through.

Zucchini Apple Bread

Ingredients

4 cups all-purpose flour
3 teaspoons baking soda
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon salt
5 eggs
1 1/2 cups vegetable oil
2 cups sugar
1 cup packed brown sugar
1 teaspoon vanilla extract
2 cups shredded zucchini
1 1/2 cups chopped pecans
1 cup peeled and grated apple

Directions

In a large bowl, combine the flour, baking soda, cinnamon, nutmeg and salt. In a large mixing bowl, beat the eggs until frothy. Add the oil, sugars and vanilla; beat until blended. Stir into dry ingredients just until moistened. Fold in the zucchini, pecans and apples.

Transfer to three greased 8-in. x 4-in. x 2-in. loaf pans. Bake at 350 degrees F for 55-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.

Zucchini and Tomato Casserole

Ingredients

4 zucchini, cubed
3 tablespoons chopped fresh dill weed
ground black pepper to taste
1 tablespoon margarine, melted
2 large tomatoes, sliced
1 tablespoon chopped fresh basil leaves
3/4 cup grated Romano cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2-quart casserole dish.

Place zucchini in a pot fitted with a steamer basket over boiling water. Steam 5 minutes, or until tender but firm. Transfer to the casserole dish. Mix the dill, pepper, and margarine, and stir into the casserole dish, evenly coating zucchini. Layer tomato slices over zucchini, and sprinkle with basil and Romano cheese.

Bake 30 minutes in the preheated oven, until bubbly and golden brown.

Summery Ratatouille

Ingredients

1 pound ground pork
1 onion, diced
1 bell pepper, diced
1 tablespoon olive oil
1 large zucchini, cubed
2 medium yellow squash, cut in one-inch cubes
1 tablespoon minced garlic
2 (14.5 ounce) cans chopped canned tomatoes
1 tablespoon dried parsley
1 tablespoon dried oregano
1 tablespoon salt
1 tablespoon ground black pepper
1 1/4 cups crushed crackers
1 1/4 cups grated Parmesan cheese
1 (16 ounce) package shredded mozzarella cheese

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a large casserole dish.

Place the ground pork in a large skillet and cook over medium heat, stirring to crumble, until evenly browned. Remove meat from skillet with a slotted spoon, reserving drippings, and place in a bowl. Add the onion and bell pepper to the skillet, and cook over medium heat until translucent and tender. Place in bowl with the ground pork.

Add the olive oil to the same large skillet, swirling to coat pan. Stir in zucchini, yellow squash, and garlic; cook over medium heat until tender, about 4 minutes. Mix in the tomatoes, parsley, oregano, salt, and pepper; simmer over medium heat for 10 minutes. Stir in the sausage and onions; simmer 5 minutes more.

Mix the cracker crumbs and Parmesan cheese together in a bowl. Set aside.

Spread half the vegetable-sausage mixture over the bottom of the prepared dish. Sprinkle with the mozzarella. Spread remaining vegetable sausage mixture over the cheese. Top evenly with the cracker crumb and Parmesan cheese mixture.

Bake in preheated oven until top is golden brown, about 30 minutes.

Baked Zucchini

Ingredients

2 medium zucchini, cut into 1/4-inch slices
2 tablespoons butter or margarine, melted
1 tablespoon minced fresh oregano
1/4 cup grated Parmesan cheese
salt and pepper to taste

Directions

In a bowl, toss the zucchini, butter and oregano. Arrange in a single layer on a greased baking sheet or shallow baking dish; sprinkle with Parmesan cheese. Bake, uncovered, at 350 degrees F for 35-40 minutes or until golden brown. Season with salt and pepper.

Cream of Zucchini Soup

Ingredients

2 tablespoons olive oil
1 tablespoon vegan margarine
1 onion, chopped
2 pounds zucchini, sliced
1 teaspoon dried oregano
salt and pepper to taste
2 1/2 teaspoons vegetable
bouillon powder
2 1/2 cups water
6 ounces crumbled Gorgonzola
cheese
1 cup non-dairy creamer (such as
MimicCreme®)

Directions

Heat the olive oil and margarine together in a large pot; cook and stir the onion in the hot oil and margarine until soft, 5 to 7 minutes. Add the zucchini and season with the oregano, salt, and pepper; continue cooking and stirring until the zucchini is tender, about 10 minutes.

Pour the water into the pot, and stir in the bouillon powder. Bring the liquid to a boil, reduce heat to medium-low, and simmer another 10 minutes. Add the Gorgonzola cheese and allow it to melt into the soup.

Pour the soup into a blender, filling the pitcher no more than halfway full. Secure the lid of the blender with a folded kitchen towel and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup in the cooking pot. Stir the creamer through the soup before serving hot.

Skillet Chicken and Vegetables

Ingredients

1 pound boneless, skinless chicken breasts, cut in 1/2-inch strips
1 teaspoon garlic powder
1 teaspoon dried basil
1 tablespoon vegetable oil
1/2 pound fresh mushrooms, sliced
1 large zucchini, julienned
1 medium onion, chopped
1 medium green pepper, chopped
1 medium sweet red pepper, chopped
1 (7 ounce) package spaghetti
3/4 cup mayonnaise or salad dressing
4 tablespoons grated Parmesan cheese, divided

Directions

In a large skillet, saute the chicken, garlic and basil in oil for 4 minutes. Add the mushrooms, zucchini, onion and peppers. Cook and stir for 5-7 minutes or until chicken juices run clear and vegetables are crisp-tender. Meanwhile, cook the spaghetti according to package directions.

Stir the mayonnaise and 3 tablespoons Parmesan cheese into chicken mixture. Drain spaghetti; top with chicken mixture. Sprinkle with remaining cheese.

Chicken with Vegetables

Ingredients

1 cup sliced fresh mushrooms
4 chicken drumsticks, skin removed
4 chicken thighs, skin removed
4 celery ribs, sliced
1 cup sliced zucchini
1 cup sliced carrots
1 medium onion, sliced
1 cup tomato juice
1/2 cup chicken broth
1 garlic clove, minced
1/4 teaspoon paprika
pepper to taste
3 tablespoons cornstarch
3 tablespoons cold water
Hot cooked rice

Directions

Place mushrooms and chicken in a slow cooker. Add the celery, zucchini, carrots, onion, tomato juice, broth, garlic, paprika and pepper. Cover and cook on low for 5 hours or until meat juices run clear.

Remove chicken and vegetables and keep warm. Transfer cooking juices to a saucepan; skim fat. Combine the cornstarch and water until smooth; add to the juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour over chicken and vegetables; serve over rice.

Parmesan Zucchini Bread

Ingredients

3 cups all-purpose flour
3 tablespoons grated Parmesan cheese
1 teaspoon salt
1/2 teaspoon baking powder
1/2 teaspoon baking soda
2 eggs
1 cup buttermilk
1/3 cup sugar
1/3 cup butter or stick margarine, melted
1 cup shredded peeled zucchini
1 tablespoon grated onion

Directions

In a bowl, combine the flour, Parmesan cheese, salt, baking powder and baking soda. In another bowl, beat the eggs, buttermilk, sugar and butter. Stir into dry ingredients just until moistened. Fold in zucchini and onion.

Pour into a greased and floured 9-in. x 5-in. x 3-in. loaf pan. Bake at 350 degrees F for 1 hour or until a toothpick comes out clean. Cool for 10 minutes before removing from pan to a wire rack.

Zucchini Puffs

Ingredients

2 cups shredded zucchini
2 eggs
1/4 cup finely chopped onion
1 clove garlic, minced
1 1/2 cups buttermilk baking mix
salt and ground black pepper to taste
oil for frying

Directions

In a large bowl, combine zucchini, eggs, onion, and garlic. Blend in baking mix, salt and pepper.

Heat 1/2 inch of oil in deep-fryer to 375 degrees F (190 degrees C).

Drop batter by spoonfuls into hot oil, and fry until evenly brown and fluffy. Drain on paper towels. Sprinkle with salt before serving.

Zucchini Corn Bread Muffins

Ingredients

1/3 cup Marzetti® Slaw Dressing
2 cups self-rising cornmeal mix
1/8 teaspoon baking soda
1 1/4 cups low fat buttermilk
1 large egg
2 tablespoons melted butter or margarine
1 cup grated zucchini
1 cup grated mild or sharp Cheddar cheese

Directions

Preheat oven to 400 degrees F. Mist a 12-cup muffin tin with non-stick vegetable oil spray. Set aside. In a large mixing bowl, combine cornmeal mix and baking soda. In a medium mixing bowl, whisk together Marzetti Slaw Dressing, buttermilk, egg, and melted butter and pour into dry ingredients. Add zucchini and cheese and fold mixture together just until moistened. Spoon batter into muffin tins.

Bake for 14 to 16 minutes or until a toothpick inserted into center comes out clean. Cool.

Zucchini Corn Fritters

Ingredients

2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon cumin
1/2 cup sugar
1/2 teaspoon salt
fresh ground black pepper
2 eggs, beaten
1 cup milk
1/4 cup butter, melted
2 cups grated zucchini
1 1/2 cups fresh corn, kernels cut from cob
1 cup finely shredded Cheddar cheese
oil for frying

Directions

In a large bowl, stir together flour, baking powder, cumin, sugar, salt, and pepper.

In a small bowl, whisk together eggs, milk, and butter. Whisk wet ingredients into dry ingredients. Stir in zucchini, corn, and cheese; mix well.

Warm oil in a cast iron skillet over medium-high heat. Drop batter by the tablespoonful into hot oil. Fry until crisp and brown, turning once with tongs. Remove to paper towels.

White Wine Chicken Soup

Ingredients

1/2 (2 to 3 pound) whole chicken
2 parsnips, peeled and chopped
1 medium head garlic, peeled
2 large onions, chopped
5 carrots, chopped
2 zucchini, chopped
1/2 cup chopped fresh parsley
2 stalks celery, chopped
2 potatoes, peeled and chopped
1 sweet potato, peeled and cubed
1 packet chicken vegetable soup mix
1 tablespoon dried oregano
1 teaspoon paprika
8 cups water
1/2 (750 milliliter) bottle white wine
salt and pepper to taste

Directions

In a large soup pot or Dutch oven, combine chicken, parsnips, garlic, onions, carrots, zucchini, parsley, celery, potatoes, sweet potato, soup mix, oregano, paprika, water, wine, salt and pepper. Cover and bring to a boil over high heat. Boil 30 minutes, partially covered, then reduce heat to low and simmer another 90 minutes.

Pork Chop Veggie Medley

Ingredients

2 medium onions, thinly sliced
2 garlic cloves, minced
1 tablespoon olive or canola oil
6 (3/4 inch thick) boneless pork chops
1/2 teaspoon salt
1/4 teaspoon pepper
1/3 cup water
1 (28 ounce) can diced tomatoes, undrained
1 (10 ounce) package frozen corn
3 small zucchini, thinly sliced
4 cups hot cooked rice

Directions

In a large nonstick skillet, saute onions and garlic in oil for 2-3 minutes. Add the pork chops; brown on both sides and sprinkle with salt and pepper. Remove chops and onions with a slotted spoon; keep warm. Add water to drippings; bring to a boil, scraping any browned bits from pan. Return chops and onions to pan; add the tomatoes. Bring to a boil. Reduce heat cover and simmer for 25-30 minutes or until meat is tender.

Stir in corn and zucchini; cover and simmer for 10-15 minutes longer or until the vegetable are tender. Serve over rice.

Zucchini Patties

Ingredients

2 cups grated zucchini
2 eggs, beaten
1/4 cup chopped onion
1/2 cup all-purpose flour
1/2 cup grated Parmesan cheese
1/2 cup shredded mozzarella cheese
salt to taste
2 tablespoons vegetable oil

Directions

In a medium bowl, combine the zucchini, eggs, onion, flour, Parmesan cheese, mozzarella cheese, and salt. Stir well enough to distribute ingredients evenly.

Heat a small amount of oil in a skillet over medium-high heat. Drop zucchini mixture by heaping tablespoonfuls, and cook for a few minutes on each side until golden.

Calabacitas con Elote (Zucchini with Corn)

Ingredients

2 1/2 cups fresh corn kernels
1 tablespoon olive oil
1/4 cup chopped onion
1 clove garlic, minced
1 pound zucchini, sliced
3 roma (plum) tomatoes, chopped
1 fresh poblano chile pepper -
seeded, deveined, and chopped
salt and black pepper to taste
1/4 cup crumbled cotija cheese

Directions

Place the corn in a saucepan with enough water to cover; bring to a boil. Place a cover on the saucepan, reduce heat to medium, and cook until tender, about 10 minutes. Drain.

Heat the olive oil in a large skillet over medium-high heat; cook and stir the onion and garlic in the hot oil until fragrant, about 5 minutes. Mix the zucchini and tomato into the onion and garlic; cook together 5 minutes. Stir the corn kernels into the mixture; add the poblano pepper. Season with salt and pepper; stir. Cover the skillet with a lid and cook until the zucchini is tender, about 10 minutes. Sprinkle with the cotija cheese to serve.

Calabacitas

Ingredients

1 tablespoon olive oil
1 large onion, chopped
3 cloves garlic, minced
4 small zucchini, diced
1 fresh poblano chile pepper,
seeded and chopped
1 cup frozen whole kernel corn
1 (15 ounce) can black beans,
rinsed and drained
1/2 teaspoon salt, or to taste

Directions

Heat olive oil in a large skillet over medium-high heat. Add onion and garlic, and cook, stirring until translucent. Add zucchini and poblano pepper, and saute until soft. Stir in corn and beans, and heat through. Season with salt to taste.

Zucchini with Farfalle

Ingredients

5 tablespoons olive oil
5 small zucchini, julienned
2 onions, minced
1 clove garlic, minced
2/3 cup heavy whipping cream
1 (16 ounce) package farfalle pasta
2 tablespoons grated Parmesan cheese
salt to taste
freshly ground black pepper
2 tablespoons grated Parmesan cheese

Directions

Heat oil in large skillet over medium high heat. Add zucchini, and saute quickly until golden. Remove and set aside.

Add onion and garlic to the pan, and saute until golden. Stir in cream; increase heat, and boil until sauce is reduced by one third.

Meanwhile, cook the pasta according to package directions. Drain.

Add noodles, zucchini, 1/2 cup cheese, and salt and pepper to the cream sauce. Toss thoroughly until heated through. Serve immediately with additional grated parmesan cheese.

The Best Zucchini Dip Ever

Ingredients

1 medium zucchini, cubed
2 tablespoons white sugar
1 tablespoon soy sauce
1 clove garlic, chopped
3/4 teaspoon dried oregano
2 cups mayonnaise

Directions

Place zucchini in a saucepan, and fill with enough water to cover. Bring to a boil, and cook until tender, about 5 minutes. Drain, and transfer to a food processor or blender. Process until smooth. Add the garlic, sugar, and oregano, and process until blended.

Transfer the pureed mixture to a serving bowl, and stir in the mayonnaise. Chill for at least 1 hour before serving.

Four-Vegetable Bake

Ingredients

3 medium zucchini, cut into 1/4-inch slices
1 pound fresh mushrooms, sliced
1 medium onion, chopped
1/2 cup chopped green onions
8 tablespoons butter, divided
1/4 cup all-purpose flour
1 cup milk
1 (14 ounce) can water packed artichoke hearts, drained and quartered
3/4 cup shredded Swiss cheese
1/2 teaspoon salt
1/4 teaspoon pepper
3/4 cup seasoned bread crumbs

Directions

In a large skillet, saute the zucchini, mushrooms and onions in 3 tablespoons butter until zucchini is crisp-tender; remove and set aside. In the same skillet, melt 3 tablespoons butter. stir in flour until smooth. Gradually stir in milk until blended. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the zucchini mixture, artichokes, cheese, salt and pepper; mix well.

Transfer to a greased 11-in. x 7-in. x 2-in. baking dish. Melt remaining butter; toss with bread crumbs. Sprinkle over the top. Bake, uncovered, at 350 degrees F for 20-25 minutes or until bubbly and topping is lightly browned.

Lentil Burritos

Ingredients

2 cups water
1 cup dried lentils
2 tablespoons dried minced onion
1/2 teaspoon dried minced garlic
1/2 teaspoon ground cumin
1/8 teaspoon hot pepper sauce
1 small zucchini, chopped
1 cup taco sauce
1 cup shredded part-skim
mozzarella cheese
8 (8 inch) fat-free tortillas

Directions

In a saucepan, combine the first six ingredients; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until lentils are tender. Drain if necessary. Stir in zucchini, taco sauce and cheese. Place about 1/2 cupfuls down the center of each tortilla. Fold sides and ends over filling and roll up.

Skillet Zucchini

Ingredients

1/4 cup butter
6 medium zucchini, sliced
1 large onion, sliced
2 large tomatoes, cut into chunks
4 slices cooked bacon
salt and pepper to taste
1/4 cup water
1 cup bread crumbs
1 teaspoon soy sauce
1 cup shredded Cheddar cheese
1/2 grated Parmesan cheese

Directions

Melt butter in a large skillet over medium-high heat. Mix in zucchini, onion, tomatoes, and bacon. Season with salt and pepper, and pour in water. Cover, and cook 10 minutes, stirring occasionally, until vegetables are tender.

Stir the bread crumbs and soy sauce into the skillet, and mix in Cheddar cheese. Cover, and continue cooking 2 minutes, until cheese is melted. Sprinkle with Parmesan cheese to serve.

Zucchini Pizza Bake

Ingredients

4 cups shredded unpeeled zucchini
1/2 teaspoon salt
2 eggs, lightly beaten
1/2 cup grated Parmesan cheese
2 cups shredded mozzarella cheese
1 cup shredded Monterey Jack cheese
1 pound ground beef
1/2 cup chopped onion
1 (15 ounce) can Italian-style tomato sauce
1 teaspoon Italian seasoning
1 green bell pepper, chopped
1/2 cup sliced fresh mushrooms
1/2 cup sliced black olives

Directions

Preheat an oven to 400 degrees F (200 degrees C). Place the zucchini in a colander and sprinkle with salt; let drain for 15 minutes then squeeze out the moisture.

Combine the zucchini, eggs, Parmesan, 1 cup mozzarella, and 1/2 cup Monterey Jack in a large bowl. Press the mixture into a greased 9x13 inch baking dish. Bake, uncovered, in the preheated oven for 20 minutes.

While the zucchini crust is baking, heat a large skillet over medium-high heat and stir in the ground beef and onion. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in the tomato sauce and Italian seasoning.

Spoon the sauce mixture over the baked zucchini crust. Top with the bell pepper, mushrooms, black olives, and the remaining mozzarella and Monterey Jack cheeses. Return to the preheated oven and bake for 20 minutes or until heated through. Let sit for 5 minutes before serving.

Zucchini Bread with Dried Cranberries

Ingredients

- 1 1/2 cups all-purpose flour
- 1 1/2 cups whole wheat flour
- 2 tablespoons ground flax seed
- 1 tablespoon ground cinnamon
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 3 eggs
- 1 tablespoon vanilla extract
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1/2 cup applesauce
- 1/2 cup vegetable oil
- 1/4 cup shredded carrots
- 2 cups shredded zucchini
- 1 cup dried cranberries
- 1/2 cup chopped walnuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 9x5 inch loaf pans. Whisk together the all-purpose flour, whole wheat flour, flax seed, cinnamon, salt, baking powder, and baking soda in a bowl until evenly combined; set aside.

Beat the eggs, vanilla, white sugar, brown sugar, applesauce, and vegetable oil in a mixing bowl until smooth. Fold in the flour mixture, carrots, zucchini, cranberries, and walnuts until no dry spots remain. Divide the batter between the two prepared loaf pans.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 60 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Zucchini Galore

Ingredients

3 zucchini
1 sweet onion
2 tablespoons olive oil
salt to taste

Directions

Cut zucchini in half lengthwise, then slice crosswise into thin half-moons. Cut onion into large dice. Heat a large skillet over medium-high heat. Pour in olive oil, then saute onion until lightly browned. Stir in zucchini and continue to saute until zucchini is soft and lightly browned. Season with salt to taste.

Summer Zucchini Casserole

Ingredients

2 pounds sliced zucchini
1/4 cup chopped onion
1 (10.75 ounce) can condensed
cream of chicken soup
1 cup sour cream
1 cup grated carrots
1 stick unsalted butter, melted
1 (6 ounce) package chicken-
flavored dry bread stuffing mix

Directions

Preheat oven to 350 degrees F (175 degrees C).

Boil the zucchini and onion in water for 5 minutes; drain well. In a medium bowl, combine the soup, sour cream and carrots. Stir in the zucchini and onion and mix well.

In a separate medium bowl, combine the butter and stuffing mix. Spread half of this mixture into the bottom of a 9x13-inch baking dish. Spoon the zucchini mixture over the stuffing, then top off with the other half of the stuffing.

Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes, or until stuffing is golden brown.

Seafood Scampi Linguine

Ingredients

1 (16 ounce) package linguine pasta
1/3 cup butter
1 red bell pepper, chopped
2 zucchini, sliced
1/3 cup chopped garlic
3/4 cup chopped shallots
1/4 cup drained capers
salt and pepper to taste
2 1/2 pounds clams in shell, scrubbed
1 pound shrimp, peeled and deveined
1/4 cup fresh basil

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Preheat oven to 450 degrees F (230 degrees C).

Melt butter in a large heavy skillet. Add red pepper, zucchini, garlic, and shallots. Saute over high heat until the shallots begin to soften; about 4 minutes. Mix in capers, salt and pepper. Remove from heat and add clams and shrimp. Toss until it's fully mixed.

Transfer mixture to a large baking dish. Cover and bake in a preheated oven until the clams have all opened and shrimp is cooked. Make sure the lid is not touching the shrimp or they'll burn and stick. Cook about 20 to 25 minutes, stirring occasionally.

Pour the scampi over the linguine, top with fresh basil and serve.

No Mess Squash on the Barbeque

Ingredients

2 yellow squash, cut into 1/2-inch slices
2 zucchini, cut into 1/2-inch slices
2 tomatoes, cut into wedges (optional)
1 small onion, sliced and separated into rings
2 cloves garlic, minced
2 tablespoons olive oil
salt and pepper to taste
2 tablespoons chopped fresh parsley (optional)

Directions

Preheat an outdoor grill to medium heat. Cut two sheets of heavy duty aluminum foil, each approximately 18 inches long.

Place the yellow squash, zucchini, tomatoes, onion, and garlic in the center of one sheet of aluminum foil. Drizzle with olive oil; season with salt and pepper. Place second sheet of foil on top of vegetables. Fold edges together tightly to seal packet.

Place packet on the top rack of the preheated grill. Cook for 15 minutes. Turn packet over and continue to cook until vegetables are tender, 15 to 20 minutes.

Carefully cut an "X" into top of packet and pour vegetables and juices into serving bowl. Garnish with parsley.

Zucchini Pepperjack Casserole

Ingredients

1/2 cup seasoned bread crumbs
2 pounds zucchini, thinly sliced
8 ounces Monterey Jack cheese,
cubed
8 ounces pepper jack cheese,
cubed
6 eggs
3/4 cup milk
3/4 teaspoon salt
3 teaspoons baking powder
5 tablespoons all-purpose flour
1 tablespoon butter

Directions

Preheat the oven to 325 degrees F (165 degrees C).

Generously butter a 9x13 inch baking dish, and coat with some of the bread crumbs. Place the zucchini into the pan, and distribute the cheeses evenly over the top. In medium bowl, mix together the eggs, milk, salt, baking powder and flour. Spoon over the top of the casserole, and dot with butter. Sprinkle remaining bread crumbs over the top.

Bake for 45 minutes in the preheated oven, or until the topping is cooked through. Pick up a piece of the topping and peek underneath to see if it is no longer gooey.

Skillet Zucchini

Ingredients

1/2 pound bacon
1 large onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 cup chopped celery
6 medium zucchini, cut into 1/4-inch slices
1 cup sliced fresh mushrooms
2 large ripe tomatoes, coarsely chopped
1 (14 ounce) can artichoke hearts, drained and chopped
1 (16 ounce) can pineapple chunks - drained with juice reserved
1/4 cup juice from the can of pineapple
1 tablespoon soy sauce
salt and pepper to taste
1 teaspoon dried basil
1/4 teaspoon garlic powder
1/2 teaspoon Italian seasoning
1 cup shredded Cheddar cheese
1/2 cup grated Parmesan cheese (optional)

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Pour off all but one tablespoon of bacon fat from the skillet.

Stir in the onion, green and red bell peppers, and celery to the skillet and cook over medium heat, stirring, for 2 minutes. Add the zucchini and mushrooms and cook 1 more minute. Stir in the tomatoes, artichoke hearts, pineapple and crumbled bacon.

Pour in the reserved pineapple juice and the soy sauce. Season with the salt and pepper, basil, garlic powder and Italian seasoning. Cover and simmer over low heat for 10 minutes stirring occasionally. Do not over cook.

Sprinkle the Cheddar cheese on top of the vegetables and cook 2 more minutes, or until the cheese melts. Serve zucchini in the skillet topped with Parmesan cheese, if desired.

Zucchini Soup I

Ingredients

2 tablespoons margarine
2 onions, chopped
2 potatoes, peeled and diced
8 zucchinis, chopped
1/4 teaspoon dried thyme
1/4 teaspoon dried rosemary
1/2 teaspoon dried basil
1/4 teaspoon ground white pepper
4 cups chicken broth
1 cup whole milk
1/4 cup dry potato flakes
1 tablespoon soy sauce
4 tablespoons chopped fresh dill weed

Directions

In a large frying pan, melt butter or margarine; add onion and saute until translucent. Add diced potato, zucchini, thyme, rosemary, basil, and white pepper, and cook for 5 minutes.

In a medium-sized cooking pot, add broth and bring to boil. Add zucchini/potato mixture; reduce heat and simmer about 15 minutes.

When cooked, puree in food processor or blender in batches. Return to cooking pot, add milk and bring just to boil, but do not boil. Add instant mashed potato flakes and soy sauce and stir well. Adjust seasonings to taste. Garnish with dill weed. Soup may be served hot or chilled.

Pierogi Supper

Ingredients

1 (16 ounce) package frozen pierogies
2 cups cubed fully cooked ham
1 medium yellow summer squash, cut into 1/4-inch slices
1 medium zucchini, cut into 1/4-inch slices
1/2 teaspoon garlic powder
3 tablespoons butter

Directions

Cook pierogies according to package directions. In a large skillet, cook the ham, squash, zucchini and garlic powder in butter for 4 minutes or until squash is tender. Drain pierogies and add to skillet; heat through.

Zucchini Egg Bake

Ingredients

3 cups peeled, chopped zucchini
1 large onion, chopped
2 garlic cloves, minced
1/4 cup butter
4 eggs
1/2 cup grated Parmesan cheese
1/4 cup minced fresh parsley
1 1/2 teaspoons minced fresh basil
1 1/2 teaspoons minced fresh marjoram
1/2 teaspoon salt
1/2 cup shredded Monterey Jack cheese

Directions

In a large skillet, saute the zucchini, onion and garlic in butter until tender; set aside. In a large bowl, whisk the eggs, Parmesan cheese, parsley, basil, marjoram and salt. Stir in zucchini mixture and Monterey Jack cheese.

Pour into a greased 1-qt. baking dish. Bake at 350 degrees F for 20 -25 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before serving.

Linda's Summertime Eggplant Salsa

Ingredients

1 large eggplant, cut into 1/2 inch cubes
3/4 teaspoon kosher salt

1 cup tomato-vegetable juice cocktail (such as V8®)
1/4 cup red wine vinegar
1/2 cup red wine
2 tablespoons brown sugar
1/4 cup chopped fresh parsley
4 anchovy fillets, minced, or to taste
1 (14.5 ounce) can diced tomatoes
1/4 cup raisins
1/2 cup pitted black olives, chopped
1/2 cup pitted green olives, chopped
1/2 cup zucchini, diced
1/2 cup yellow squash, diced
2 celery stalks, diced
1/2 red bell pepper, diced
1/2 cup grated carrot

3 tablespoons extra-virgin olive oil
1/2 red onion, finely diced
1/2 cup pine nuts
1/4 cup grated Parmesan cheese

Directions

Toss the eggplant with the kosher salt and spread out onto a microwave-safe plate. Cook in the microwave on High until the eggplant is dry and has shriveled to 1/3 of its original size, about 15 minutes. Transfer to a paper towel-lined plate and set aside.

Whisk the tomato juice cocktail, vinegar, red wine, brown sugar, parsley, and anchovies together in a large bowl. Stir in the tomatoes, raisins, black olives, green olives, zucchini, yellow squash, celery, red bell pepper, and carrot; set aside.

Heat 1 tablespoon of the olive oil in a large skillet over medium-high heat. Stir in the eggplant and cook, stirring occasionally, until the edges have browned, 4 to 8 minutes. Add the remaining 2 tablespoons of olive oil along with the celery and onion. Cook and stir until the onion has softened, about 4 minutes more. Stir in the vegetable mixture and bring to a simmer. Reduce heat to medium-low and simmer uncovered until the liquid thickens and begins to coat the vegetables, 4 to 7 minutes more. Scrape into a bowl and stir in the pine nuts. Refrigerate to room temperature. Sprinkle with the Parmesan cheese and serve.

Zippy Zucchini

Ingredients

4 zucchinis, thinly sliced
1 cup buttermilk baking mix
1/2 cup chopped onion
1/2 cup grated Parmesan cheese
1 teaspoon salt
1/2 cup vegetable oil
4 eggs, beaten

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium size mixing bowl combine zucchini, buttermilk baking mix, onion, parmesan cheese, salt, oil, eggs. Spread lightly into a 9x13 inch baking pan. Bake for 30 minutes. Serve warm.

Zucchini Miso

Ingredients

1 1/2 tablespoons sesame seeds
1/4 cup chicken broth
3 tablespoons miso paste
2 tablespoons soy sauce
1 tablespoon rice vinegar
1 tablespoon lime juice
1/2 teaspoon Thai chile sauce
2 teaspoons brown sugar
1/2 cup chopped green onions
1/4 cup chopped cilantro
6 medium zucchini, julienned
2 sheets nori, cut into thin slices
2 tablespoons slivered almonds

Directions

Place sesame seeds in a skillet over medium heat. Cook 5 minutes, stirring frequently, until lightly toasted.

In a large bowl, mix the chicken broth, miso paste, soy sauce, rice vinegar, lime juice, chile sauce, brown sugar, green onions, and cilantro. Toss zucchini in the dressing to coat just before serving, and top with toasted sesame seeds, nori, and almonds.

Zucchini Bread with Cinnamon Sugar Topping

Ingredients

3 beaten eggs
1 cup vegetable oil
2 cups white sugar
2 cups shredded zucchini
2 teaspoons vanilla extract
1/2 cup golden raisins
3 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1 teaspoon salt
1 teaspoon cinnamon

1/4 cup brown sugar
1/4 teaspoon ground cinnamon

Directions

Preheat oven to 325 degrees F (165 degrees C). Prepare two loaf pans with cooking spray.

Mix the eggs, vegetable oil, sugar, zucchini, and vanilla extract together in a large bowl; add the raisins. In a separate bowl, combine the flour, baking soda, baking powder, salt, and 1 teaspoon cinnamon. Whisk the flour mixture into the zucchini mixture, stirring until almost all the lumps are gone. Divide the batter between the two prepared loaf pans.

Whisk the flour mixture into the zucchini mixture, stirring until almost all the lumps are gone. Divide the batter between the two prepared loaf pans, and sprinkle the tops with the brown sugar-cinnamon mixture.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Gnocchi with Pesto Sauce

Ingredients

1 (18 ounce) package potato
gnocchi
1 cup diced zucchini
1/2 cup chopped sweet yellow
pepper
2 teaspoons olive oil
1/4 cup prepared pesto
1 cup chopped tomatoes
Toasted pine nuts

Directions

Cook gnocchi according to package directions. Meanwhile, in a large skillet, saute the zucchini and yellow pepper in oil until crisp-tender. Drain gnocchi; add to skillet with the pesto. Gently stir until coated. Stir in tomatoes. Sprinkle with pine nuts if desired.

Hidden Treasures Ranch Pockets

Ingredients

1 1/2 teaspoons rapid rise yeast
1/2 cup warm water (110 degrees F to 115 degrees F)
3 tablespoons white sugar
1/2 teaspoon salt
1 egg
1/2 cup whole wheat flour
1 1/2 cups bread flour, or as needed

1 pound ground pork
1 (1 ounce) package ranch dressing mix (such as Hidden Valley Ranch®)
1 cup finely chopped cabbage
1 small zucchini, grated
1 small onion, chopped
1/2 cup red bell pepper, finely chopped
1 carrot, grated
1 teaspoon minced garlic, or to taste
salt and pepper to taste
1 tablespoon butter, melted

Directions

Sprinkle the yeast over warm water in a large bowl. Let stand for 5 minutes until the yeast softens and begins to form a creamy foam. Beat in the sugar, egg, 1/2 teaspoon salt, and whole wheat flour with an electric mixer on low for 3 minutes. Stir in the bread flour, a 1/2 cup at a time, mixing well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, then place the dough in the bowl and turn to coat with oil. Cover with a light cloth and let rise in a warm place (80 to 95 degrees F (27 to 35 degrees C)) until doubled in volume, about 30 minutes.

While the dough is rising, heat a large skillet over medium heat and cook and stir until the pork is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in the ranch dressing mix until meat is well-coated. Add the cabbage, zucchini, onion, red bell pepper, carrot, and garlic. Cook and stir until the vegetables are tender and most of the liquid has evaporated, about 10 minutes. Season with salt and pepper. Set aside.

Deflate the dough and turn it out onto a lightly floured surface. Use a knife to divide the dough into four equal pieces-don't tear it. Roll each portion out to an 8-inch square, then cut each large square into four smaller squares. Place about 3 tablespoonfuls of the pork filling into the center of each square. Bring the corners over the filling and pinch to seal. Secure with a toothpick, if needed. Spray a baking sheet with cooking spray. Place the pouches on the prepared baking sheet about 3-inches apart. Cover the pouches with a damp cloth and let rise in a warm place until doubled in volume, about 30 minutes.

Preheat an oven to 350 degrees F (175 degrees C).

Bake in the preheated oven until golden brown, about 15 minutes. Remove from pan and discard toothpicks. Brush each pocket with melted butter. Serve hot.

Maple Zucchini Bread

Ingredients

- 3 eggs
- 1 cup vegetable oil
- 1 cup packed brown sugar
- 1 cup white sugar
- 3 teaspoons maple flavored extract
- 2 1/2 cups all-purpose flour
- 1/2 cup wheat germ
- 2 teaspoons baking soda
- 2 teaspoons salt
- 1/2 teaspoon baking powder
- 2 cups grated zucchini
- 1 cup chopped walnuts

Directions

In a mixing bowl, beat the 3 eggs; add oil, sugars and flavoring, mixing until foamy. Blend in the flour, wheat germ, baking powder, soda, and salt. Stir in zucchini and nuts. Pour batter into 2 greased bread pans

Bake at 325 degrees F (165 degrees C) for 1 hour. Cool.

Beef Loaf Deluxe

Ingredients

2 tablespoons vegetable oil
4 baking potatoes, peeled, sliced
1/4 inch thick
1 green bell pepper, thinly sliced
1 red bell pepper, thinly sliced
1 onion, thinly sliced
1 egg
1 pound lean ground beef
1/4 cup minced fresh parsley
1 tablespoon Worcestershire
sauce
2 cloves garlic, finely chopped
1/2 cup fine dry bread crumbs
2 zucchini, thinly sliced
1 (8 ounce) can tomato sauce
salt and pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Grease a 15x10 inch roasting pan. Place the potatoes, green and red peppers, and onions in the pan and toss with the 2 tablespoons of vegetable oil. Bake in a preheated oven, uncovered, for 20 minutes.

Meanwhile, in a mixing bowl, combine egg, ground beef, parsley, Worcestershire sauce, garlic and bread crumbs. Mix thoroughly. Shape into a loaf about 8x4x4 inches.

When vegetables have cooked for 20 minutes, reduce heat to 350 degrees F (175 degrees C). Take roasting pan out of oven and stir in zucchini. Push the vegetables to the sides of the pan. Place the meat loaf in the center of the pan and pour the tomato sauce over the loaf and vegetables. Season with salt and pepper to taste.

Bake in a preheated oven, uncovered, for 30 minutes or until done.

Crispy Zucchini or Pumpkin Blossoms

Ingredients

2/3 cup all-purpose flour
1 teaspoon baking powder
3 leaves fresh basil, minced
2 tablespoons finely grated
Parmesan cheese
2 tablespoons cold water
2 eggs, beaten
3 cups oil for frying
12 pumpkin or zucchini blossoms

Directions

In a medium bowl, stir together the flour, baking powder, basil and Parmesan cheese. Mix in water and eggs until smooth.

Heat 1/2 inch of oil in a large heavy skillet over medium-high heat. When the oil is hot, dip blossoms in the batter to coat, and gently place a few at a time into the hot oil. Fry on each side until crisp and golden. Drain on paper towels.

Ham Vegetable Strata

Ingredients

1 small zucchini, cut into 1/4-inch slices
2 cups broccoli florets
1/2 cup shredded carrot
12 slices white bread, crusts trimmed
1 cup cubed fully cooked ham
1 (8 ounce) can mushroom stems and pieces, drained
1 cup shredded sharp Cheddar cheese
1 cup shredded Swiss cheese
12 eggs
2 1/2 cups milk
1/4 cup chopped onion
1/2 teaspoon ground mustard
1/4 teaspoon salt
1/8 teaspoon pepper
1 1/2 cups crushed cornflakes
1/4 cup butter or margarine, melted

Directions

In a small saucepan, cook the zucchini, broccoli and carrot in a small amount of water until tender; drain. Cut bread in half diagonally; place half of the pieces in a greased 13-in. x 9-in. x 2-in. baking dish. Top with half of the vegetables, ham, mushrooms and cheese. Repeat layers.

In a bowl, beat the eggs, milk, onion, mustard, salt and pepper; pour over the top. cover and refrigerate for 8 hours or overnight.

Remove from the refrigerator 30 minutes before baking. Toss cornflakes and butter; sprinkle over the casserole. Bake, uncovered, at 350 degrees F for 50 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.

Valentine Pizza

Ingredients

3 cups bread flour
1 (.25 ounce) envelope active dry yeast
1 1/4 cups warm water
3 tablespoons extra virgin olive oil, divided
3 tablespoons chopped fresh rosemary

1 (14 ounce) can pizza sauce
3 cups shredded mozzarella cheese
2 ripe tomatoes, sliced
1 zucchini, sliced
15 slices vegetarian pepperoni
1 (2.25 ounce) can sliced black olives

Directions

Place bread flour, yeast, water, and 2 tablespoons olive oil into the bread machine pan in the order recommended by the manufacturer. Select the Dough setting. Press Start. When the dough is finished, knead rosemary into the dough.

Preheat oven to 400 degrees F (200 degrees C).

Divide the dough into three portions. Shape each piece into a heart shape about 1/2 inch thick. Brush with remaining olive oil, and spread a thin layer of pizza sauce on each pizza. Sprinkle cheese over pizza sauce, and arrange tomatoes, zucchini, pepperoni, and sliced olives on top.

Bake for about 15 to 20 minutes, or until cheese has melted and crust is browned.

Lemon Zucchini Bars

Ingredients

1 1/4 cups white sugar
1 cup vegetable oil
3 eggs
2 teaspoons lemon zest
1/4 cup fresh lemon juice
1 3/4 cups grated zucchini
2 cups all-purpose flour
1/4 teaspoon baking powder
2 teaspoons baking soda
1 teaspoon salt
1 cup chopped walnuts
1/3 cup confectioners' sugar for decoration

Directions

In a large bowl, combine sugar, oil, eggs, lemon rind, and lemon juice; mix well. Stir in shredded zucchini.

Combine in another bowl, flour, baking powder, baking soda, and salt. Gradually add this mixture to the zucchini mixture. Mix thoroughly. Stir in the walnuts.

Pour batter into a greased 9 x 13 inch baking pan. Bake at 350 degrees F (175 degrees C) for 45 to 50 minutes, or until a knife inserted in the center comes out clean. Cool.

Sprinkle top with sifted confectioners' sugar and cut into bars.

Zucchini Chip Bread

Ingredients

3 cups all-purpose flour
2 cups sugar
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1/4 teaspoon baking powder
3 eggs
1/2 cup unsweetened applesauce
1/2 cup vegetable oil
1 tablespoon grated orange peel
2 teaspoons vanilla extract
2 cups shredded zucchini
1 cup chopped walnuts
1 cup semisweet chocolate chips

Directions

In a large bowl, combine the first seven ingredients.

In another bowl, beat eggs, applesauce, oil, orange peel and vanilla. Stir into the dry ingredients just until moistened. Fold in zucchini, nuts and chocolate chips. Divide batter between two greased 9-in. x 5-in. x 3-in. loaf pans.

Bake at 350 degrees for 55-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

Stir-Fried Vegetables with Chicken or Pork

Ingredients

2 tablespoons vegetable oil
1/2 pound boneless skinless
chicken breasts, cut into cubes
2 cloves garlic, chopped
2 tablespoons oyster sauce

1 cup chopped broccoli
1 cup sliced green bell pepper
1 cup sliced carrots
1 cup sliced napa cabbage
1 cup sliced celery
1 cup fresh bean sprouts
1 cup sliced zucchini
1 cup chopped green onions
1 teaspoon salt

1/2 cup water
2 tablespoons mushroom soy
sauce
1 tablespoon cornstarch

Directions

Heat oil in a wok or large heavy skillet. Add chicken, garlic and oyster sauce, and stir-fry for 10 minutes. Stir in broccoli, green pepper, carrots, cabbage, celery, bean sprouts, zucchini and green onions. Season with salt, and stir-fry for 6 to 8 minutes. In a small bowl, mix together water, soy sauce and cornstarch. Stir into vegetables, and cook for 1 to 2 minutes, or until sauce is thickened.

Zucchini Bread III

Ingredients

3 eggs
1 cup vegetable oil
1 1/2 cups packed brown sugar
2 cups grated zucchini
2 teaspoons vanilla extract
1 cup all-purpose flour
1 cup whole wheat flour
1/4 teaspoon baking powder
2 teaspoons baking soda
1 teaspoon salt
3 teaspoons ground cinnamon
1 cup raisins (optional)
1 cup chopped walnuts (optional)
1/4 cup wheat germ

Directions

In a large bowl, combine eggs, oil, sugar, zucchini, and vanilla. Mix well. Add flours, baking powder, soda, salt, wheat germ, and cinnamon; stir to combine. Stir in raisins and nuts, if desired.

Bake at 350 degrees F (175 degrees C) for 1 hour, or until a tester inserted in the center comes out clean.

Zucchini Apple Bread

Ingredients

4 eggs
1 cup white sugar
1 cup brown sugar
1/2 cup vegetable oil
1 teaspoon vanilla extract
3 1/2 cups all-purpose flour
1 1/2 teaspoons baking soda
1/2 teaspoon salt
2 teaspoons ground cinnamon
1/2 cup chopped walnuts
2 cups peeled, chopped zucchini
1 cup chopped, peeled apple

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease 2 - 9x5 inch loaf pans.

In a large bowl, combine eggs, white sugar, brown sugar, oil and vanilla until well blended. In a separate bowl, combine flour, baking soda, salt and cinnamon. Stir flour mixture into egg mixture. Fold in walnuts, zucchini and apple. Pour into prepared pans.

Bake 1 hour, or until top springs back when touched lightly in center. Let cool in pans 10 minutes before removing to wire rack to cool completely.

Zucchini Nut Bars

Ingredients

1 cup honey
1/4 cup butter
3 eggs
1 1/4 cups all-purpose flour
1 teaspoon baking powder
3/4 cup grated zucchini
1 cup chopped walnuts
1 cup dates, pitted and chopped
1 pinch salt
1/3 cup sifted confectioners' sugar

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.

Melt the butter over low heat. In a large mixing bowl, combine the butter, honey and eggs. Beat well.

Stir in the flour, salt and baking powder and mix well. Mix in zucchini, dates and walnuts until well blended.

Spread mixture into baking pan and bake for 25 to 30 minutes, until lightly brown. Cut into 1 x 3 inch long pieces, and roll in confectioners' sugar while still warm.

Zucchini-Chocolate Chip Muffins

Ingredients

1 1/2 cups all-purpose flour
3/4 cup sugar
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt
1 egg, lightly beaten
1/2 cup vegetable oil
1/4 cup milk
1 tablespoon lemon juice
1 teaspoon vanilla extract
1 cup shredded zucchini
1/4 cup miniature semisweet chocolate chips
1/4 cup chopped walnuts

Directions

In a bowl, combine flour, sugar, baking soda, cinnamon and salt. Combine the egg, oil, milk, lemon juice and vanilla; mix well. Stir into dry ingredients just until moistened. Fold in zucchini, chocolate chips and walnuts. Fill greased or paper-lined muffin cups two-thirds full. Bake at 350 degrees F for 20-25 minutes or until muffins test done.

Zucchini Cakes

Ingredients

2 1/2 cups shredded zucchini
1 cup seasoned bread crumbs
1 egg, lightly beaten
2 tablespoons chopped onion
1 tablespoon butter, melted
1 teaspoon prepared mustard
3/4 teaspoon seafood seasoning
1/2 cup crushed butter-flavored
crackers
2 tablespoons vegetable oil

Directions

In a bowl, combine the zucchini, bread crumbs, egg, onion, butter, mustard and seafood seasoning; mix well. Shape into five patties. Dip in cracker crumbs. Heat oil in a large skillet; fry patties for 4 minutes on each side or until golden brown. Drain on paper towels.

Greek Vegetables

Ingredients

1 clove garlic, minced
1 teaspoon dried oregano
salt and ground black pepper to taste
6 tablespoons extra-virgin olive oil
8 red potatoes, cut into quarters
10 crimini mushrooms, quartered
1 large zucchini cut in half lengthwise, then cut into 1-inch moons

Directions

Cook and stir the garlic, oregano, salt, pepper, and olive oil in a large skillet over medium heat until fragrant, 1 minute. Add the potatoes, mushrooms, and zucchini. Cover the skillet and cook the vegetables over high heat for 5 minutes. Stir, replace the lid, and reduce the heat to medium. Cook, stirring occasionally, until the potatoes are tender, about 15 minutes.

Pasta with Mushroom and Zucchini Sauce

Ingredients

1 pound fresh mushrooms
10 zucchini
1 onion
2 tablespoons butter
2 cloves garlic, minced
1 pound farfalle (bow tie) pasta
2 tablespoons cake flour
2 cups half-and-half cream

Directions

Roughly chop zucchini and onion and process mushrooms, zucchini and onion in a food processor until finely chopped.

Melt butter in a large skillet over medium heat. Stir in garlic and chopped vegetables. Reduce heat, cover and simmer 20 minutes, until tender and juicy.

Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Stir flour into vegetables. Stir in cream or milk and season to taste. Let simmer 10 minutes more, then toss with cooked pasta.

Cilantro Chicken with Zucchini Spanish Rice

Ingredients

1/4 cup chopped fresh cilantro
2 tablespoons olive oil, divided
1 tablespoon finely chopped garlic
1 pound boneless, skinless
chicken breast halves, cut into
thin strips
1/2 cup fat free sour cream
1 tablespoon chopped fresh
cilantro
2 medium zucchini and/or yellow
squash, chopped
2 cups water
1 (5.6 ounce) package KnorrB®
Fiesta SidesB„Ÿ - Spanish Rice

Directions

Combine 1/4 cup cilantro, 1 tablespoon olive oil and garlic in large bowl. Add chicken and toss to coat. Cover and marinate in refrigerator 15 minutes. Blend sour cream and remaining 1 tablespoon cilantro in a small bowl; set aside.

Heat remaining 1 tablespoon olive oil in 2-quart saucepan over medium-high heat and cook zucchini, stirring occasionally, 4 minutes or until crisp-tender. Stir in water and KnorrB® Fiesta SidesB„Ÿ - Spanish Rice and bring to a boil. Reduce heat to low and simmer covered 7 minutes or until rice is tender. Remove from heat and let stand 2 minutes; stir.

Meanwhile, cook chicken in 12-inch nonstick skillet over medium-high heat, stirring occasionally, 8 minutes or until chicken is thoroughly cooked. Arrange chicken next to zucchini rice on a serving platter. Serve with sour cream mixture and garnish, if desired, with fresh cilantro sprigs, sliced lime wedges and hot pepper sauce.

Chicken Zucchini Casserole

Ingredients

1 (6 ounce) package stuffing mix
3/4 cup butter, melted
3 cups diced zucchini
2 cups cubed cooked chicken breast
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 medium carrot, shredded
1/2 cup chopped onion
1/2 cup sour cream

Directions

In a large bowl, combine stuffing mix and butter. Set aside 1/2 cup for topping. Add the zucchini, chicken, soup, carrot, onion and sour cream to the remaining stuffing mixture. Transfer to a greased 2-qt. baking dish. Sprinkle with reserved stuffing mixture. Bake, uncovered, at 350 degrees F for 40-45 minutes or until golden brown and bubbly.

Creamy Vegetable Soup

Ingredients

1 onion, chopped
1/4 cup butter, melted
3 sweet potatoes, peeled and diced
3 zucchini, chopped
1 1/2 cups fresh broccoli, chopped
3 (14 ounce) cans chicken broth
2 potatoes, peeled and shredded
1/2 teaspoon celery seed
2 teaspoons salt
1 teaspoon ground cumin
2 cups milk

Directions

In a slow cooker stir together the onion, butter or margarine, sweet potatoes, zucchini and broccoli. Pour in the chicken broth and stir. Add the potatoes, celery seed, salt and ground cumin and stir.

Cover and cook on low for 8 to 10 hours. Add the milk and cook for 30 minutes to 1 hour. Serve.

Zucchini Beef Soup

Ingredients

1/2 pound ground beef
2 celery ribs, thinly sliced
1/3 cup chopped onion
1/2 cup chopped green pepper
1 (28 ounce) can diced tomatoes, undrained
3 medium zucchini, cubed
2 cups water
1 1/2 teaspoons Italian seasoning
1 teaspoon salt
1 teaspoon beef bouillon granules
1/2 teaspoon sugar
pepper to taste
Shredded Parmesan cheese

Directions

In a large saucepan, cook beef, celery, onion and green pepper over medium heat until meat is no longer pink and vegetables are tender; drain. Stir in the tomatoes, zucchini, water, Italian seasoning, salt if desired, bouillon, sugar and pepper. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until zucchini is tender. Garnish with Parmesan cheese if desired.

Pumpkin Zucchini Bread

Ingredients

- 3 eggs, lightly beaten
- 2 cups sugar
- 1 cup canned pumpkin
- 1 cup butter or margarine, melted
- 1 tablespoon vanilla extract
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1 cup shredded zucchini
- 1 cup chopped walnuts

Directions

In a mixing bowl, combine eggs and sugar. Add pumpkin, butter and vanilla. Combine dry ingredients; gradually add to pumpkin mixture and mix well. Stir in zucchini and nuts. Pour into two greased and floured 9-in. x 5-in. x 3-in. loaf pans. Bake at 350 degrees F for 45-50 minutes or until breads test done. Cool in pans 10 minutes. Remove to a wire rack.

Cheesy Zucchini Rounds

Ingredients

1 medium zucchini, sliced
1/8 teaspoon dried basil
1/8 teaspoon onion powder
1/4 cup shredded reduced-fat Cheddar cheese
1 bacon strip, cooked and crumbled
2 teaspoons grated Parmesan cheese

Directions

Place zucchini on a microwave-safe plate; sprinkle with basil and onion powder. Microwave, uncovered, on high for 1 minute or until hot. Sprinkle with the cheddar cheese, bacon and Parmesan cheese; microwave on high for 30-60 seconds or until cheese is melted.

Zucchini Snack Bread

Ingredients

3 cups all-purpose flour
2 1/4 teaspoons ground cinnamon
1 1/4 teaspoons salt
1 teaspoon baking soda
1/4 teaspoon baking powder
1/4 teaspoon ground nutmeg
3 eggs
2 cups sugar
1 cup vegetable oil
1 tablespoon vanilla extract
2 cups shredded zucchini
1 cup chopped walnuts

Directions

Combine flour, cinnamon, salt, baking soda, baking powder and nutmeg; set aside. In a mixing bowl, lightly beat eggs; stir in sugar, oil and vanilla. Add dry ingredients; stir just until moistened. Fold in zucchini and nuts; mix well (batter will be stiff). Pour into two greased and floured 8-1/2-in. x 4-1/2-in. x 2-1/2-in. loaf pans. Bake at 350 degrees F for 50-60 minutes or until bread tests done. Cool in pans 10 minutes before removing to a wire rack.

Chocolate Zucchini Cake

Ingredients

1 cup butter, softened
1/2 cup vegetable oil
1 1/2 cups sugar
2 eggs, lightly beaten
1/2 cup buttermilk
1 teaspoon vanilla extract
2 1/2 cups all-purpose flour
1/4 cup baking cocoa
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
2 cups shredded zucchini
1/2 cup chopped nuts
1/2 cup semisweet chocolate chips

Directions

In a mixing bowl, cream butter, oil and sugar. Add eggs, milk and vanilla; mix well. Combine flour, cocoa, baking soda, baking powder, salt, cinnamon and cloves; gradually add to creamed mixture. Stir in zucchini.

Spread into a greased 13-in. x 9-in. x 2-in. baking pan. Sprinkle with nuts and chocolate chips. Bake at 350 degrees F for 35-40 minutes or until cake tests done.

Garden Fresh Breakfast

Ingredients

8 ounces fresh mushrooms, sliced
1 cup chopped zucchini
1/2 cup chopped green pepper
1/4 cup sliced green onions
2 tablespoons butter or margarine
1 medium tomato, seeded and
diced
4 eggs
2 tablespoons water
2 tablespoons Dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup shredded Monterey Jack
cheese
Paprika

Directions

In a large skillet, saute mushrooms, zucchini, green pepper and onions in butter for 5 minutes or until tender. Drain off juices. Stir in tomato. In a bowl, beat the eggs, water, mustard, salt and pepper. Pour over vegetables. Cover and cook over medium heat for 5-10 minutes or until eggs are set. Sprinkle with cheese and paprika. Cut into wedges to serve.

Sweet and Sour Chicken Stir Fry

Ingredients

1/2 cup SMUCKER'S® Low Sugar Apricot Preserves
1 tablespoon cider vinegar
1 teaspoon garlic salt
1 teaspoon powdered ginger
2 teaspoons soy sauce, or to taste
1/8 teaspoon crushed red pepper flakes
1/2 cup Crisco® Canola Oil, divided
2 medium zucchini, cut into 1/4 inch slices
1 pound boneless chicken breasts, cut in 1-inch cubes
1/2 pound small mushrooms, sliced
1 (6 ounce) package frozen pea pods, thawed
Hot cooked rice, if desired

Directions

Combine SMUCKER'S® preserves, vinegar, garlic salt, ginger, soy sauce and crushed red pepper flakes; stir until well blended. Set aside.

Heat 2 tablespoons oil in wok or large skillet until hot. Stir-fry zucchini and mushrooms over medium-high heat until zucchini is crisp-tender. Transfer mixture to a platter.

Add remaining oil to wok; cook chicken until tender, stirring often. Add pea pods and cooked zucchini and mushrooms; toss gently to mix well and heat through.

Pour apricot sauce over chicken and vegetables; toss gently to mix well and heat through. Serve with rice, if desired.

Greeked Zucchini

Ingredients

1 medium zucchini, halved and sliced
1/4 cup diced red onion
1/4 cup diced green bell pepper
2 (4 ounce) cans sliced black olives, drained
1/4 cup crumbled feta cheese
2 tablespoons Greek vinaigrette salad dressing
1/4 cup grape or cherry tomatoes, halved

Directions

Preheat oven to 350 degrees F (175 degrees C).

Spray a large piece of aluminum foil with nonstick cooking spray. Layer the zucchini, onion, pepper, and olives onto the center. Sprinkle with feta cheese, and drizzle with vinaigrette. Fold into a packet and seal the edges.

Bake in preheated oven until vegetables are tender, about 30 minutes. Open the foil packet, turn the oven onto Broil, and broil until the feta lightly browns. Add the grape tomatoes and serve.

The Best Zucchini Fritters Ever

Ingredients

1 large zucchini, finely chopped
1 small onion, chopped
3 eggs, beaten
1/2 cup freshly grated Romano cheese
1 cup 2% milk
2 cups all-purpose flour
salt and pepper to taste
garlic powder to taste
onion powder to taste
dried parsley (optional)
1/4 cup vegetable shortening

Directions

In a large bowl, mix together the zucchini, onion, eggs, Romano cheese, milk, and flour. Season with salt, pepper, garlic powder, onion powder, and parsley.

Heat about 1 tablespoon of shortening in a large skillet over medium heat. Drop 1/4 cupfuls of the batter into the skillet, and flatten slightly with the back of a spatula. Turn fritters over when the center appears dry. Cook on the other side until golden brown. Set aside and keep warm. Add more shortening to skillet as needed, and continue with remaining batter.

PHILADELPHIA Creamy Pasta Primavera

Ingredients

4 cups penne pasta, uncooked
2 tablespoons KRAFT Calorie-Wise Zesty Italian Dressing
675 grams boneless skinless chicken breasts, cut into 1-inch chunks
2 zucchini, cut into chunks
1 1/2 cups cut fresh asparagus (1 inch pieces)
1 red pepper, chopped
1 cup 25%-less-sodium chicken broth
1/2 cup PHILADELPHIA Light Cream Cheese Spread
1/4 cup KRAFT 100% Light Parmesan Grated Cheese

Directions

Cook pasta as directed on package.

Meanwhile, heat dressing in large skillet on medium heat. Add chicken and vegetables; cook 10 to 12 min. or until chicken is cooked through, stirring frequently. Add broth and cream cheese spread; cook 2 min. or until cream cheese is melted, stirring constantly. Add Parmesan cheese; mix well.

Drain pasta; return to pot. Add chicken and vegetable mixture; toss lightly. Cook 1 min. or until heated through. (Sauce will thicken upon standing.)

Tomato and Zucchini Melange

Ingredients

2 plum tomatoes, halved and cut into 1/4 inch slices
1 large zucchini, sliced
3 tablespoons salsa
3 tablespoons water
1/2 teaspoon dried oregano
1/4 teaspoon dried basil
salt and pepper to taste

Directions

In a small saucepan, mix together tomatoes, zucchini, salsa, water, oregano, basil, salt, and pepper. Mix in bell peppers if desired. Bring to a boil over medium heat, then reduce to a simmer. Simmer 3 to 4 minutes, stirring frequently.

Chocolate Chip Orange Zucchini Bread

Ingredients

- 3 eggs
- 2 cups white sugar
- 1 cup vegetable oil
- 2 teaspoons vanilla extract
- 2 cups grated zucchini
- 1 cup chopped walnuts
- 1 cup semisweet chocolate chips
- 1 tablespoon orange zest
- 3 cups all-purpose flour
- 1/4 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg

Directions

Sift together flour, baking powder, soda, salt, and spices.

In a large bowl, beat eggs until light and fluffy. Add sugar, and continue beating until well blended. Stir in oil, vanilla, zucchini, nuts, chocolate chips, and orange rind. Blend in sifted ingredients. Turn batter into two greased 9 x 5 inch loaf pans.

Bake at 350 degrees F (175 degrees C) for 50 minutes, or until bread tests done. Remove loaves from pans, and cool. Chill before slicing.

Tortellini Soup I

Ingredients

1 pound Italian sausage
1 cup chopped onion
2 cloves garlic, minced
5 cups beef broth
1/2 cup water
1/2 cup dry red wine (optional)
8 ounces fresh tortellini pasta
1 cup sliced carrots
2 cups stewed tomatoes
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
8 ounces tomato sauce
1 1/2 cups sliced zucchini
2 green bell peppers, seeded and cubed
3 tablespoons chopped fresh parsley

Directions

Remove casings from sausage. Brown sausage and cook until crumbly. Remove meat from pot. Reserve 1 tablespoon drippings.

Cook onion and garlic in the drippings until tender. Add broth, water, wine, carrots, tomatoes, basil, oregano, tomato sauce, and the cooked sausage. Bring to a boil; reduce heat and simmer uncovered 30 minutes.

Add zucchini, green peppers, parsley, and tortellini. Simmer another 25 minutes, covered, for fresh tortellini, or 45 minutes, covered, for frozen tortellini. Serve with fresh parmesan cheese sprinkled over the top.

Zucchini Crustless Quiche

Ingredients

3 small zucchini, coarsely chopped
1 onion, coarsely chopped
5 eggs
1/2 cup grated Parmesan cheese
1/2 cup crumbled reduced-fat feta cheese
1/2 teaspoon dried parsley
1/4 teaspoon salt
1 pinch ground black pepper
1 cup all-purpose flour
1 teaspoon baking powder
1 (8 ounce) package shredded fat-free mozzarella cheese
paprika for garnish

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a quiche dish or a 9-inch pie pan, and set aside.

Place the zucchini, onion, eggs, Parmesan cheese, feta cheese, parsley, salt, and pepper into the work bowl of a food processor, and process for about 1 minute, until all the ingredients are finely chopped and blended. Add the flour and baking powder, and process 1 more minute, scraping the side of the bowl if necessary. Place the mozzarella cheese into the work bowl, and process for about 1 minute, to combine the cheese thoroughly into the mixture.

Scrape the mixture into the prepared quiche dish, sprinkle with paprika, and bake for 1 hour, or until set. The quiche is done when a knife inserted into the center comes out clean.

Zucchini Cheese Garlic Appetizer

Ingredients

4 cups grated zucchini
1 3/4 cups biscuit baking mix
3/4 cup grated Parmesan cheese
1 cup shredded sharp Cheddar cheese
4 eggs, beaten
1/2 cup vegetable oil
1 large finely chopped onion
4 cloves chopped garlic
3 tablespoons dried parsley
1/2 teaspoon salt
3/4 teaspoon dried oregano

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a mixing bowl, combine the zucchini, biscuit baking mix, Parmesan, Cheddar, eggs, vegetable oil, onion, garlic, parsley, salt and oregano. Spread the mixture into a greased 9x13 inch baking pan and bake 25 to 30 minutes, until golden brown.

Allow the mixture to cool. Cut into small squares and serve warm or cold.

Zucchini Corn Medley

Ingredients

2 small zucchini, cubed
1 cup frozen corn
1/4 cup chopped onion
2 tablespoons butter or margarine
1/4 cup spaghetti sauce
1/2 teaspoon salt
1/4 teaspoon dried basil
1/4 teaspoon dried oregano
1/8 teaspoon pepper
1/4 cup shredded Cheddar
cheese

Directions

In a saucepan, saute the zucchini, corn and onion in butter until tender. Stir in spaghetti sauce and seasonings; heat through. Stir in the cheese until melted.

Summer Squash Slaw

Ingredients

2 small yellow summer squash,
julienned
2 small zucchini, julienned
1 small sweet red pepper,
julienned
1/3 cup sliced onion
3 tablespoons vegetable oil
2 tablespoons cider or white wine
vinegar
1 tablespoon mayonnaise
1 teaspoon sugar
1/2 teaspoon dill weed
1/2 teaspoon garlic salt
1/4 teaspoon celery salt
1/4 teaspoon pepper

Directions

In a large bowl, combine squash, zucchini, red pepper and onion. In a small bowl, combine remaining ingredients; mix well. Pour over squash mixture and toss to coat. Cover and refrigerate. Serve with a slotted spoon.

Baked Vegetables

Ingredients

2 medium potatoes, cut into 1/2 inch cubes
2 medium carrots, cut into 1/4 inch thick slices
1 cup fresh-cut green beans
2 medium onions, chopped
2 garlic cloves, minced
2 tablespoons olive oil or canola oil
4 medium tomatoes, chopped
2 cups cauliflowerets
1 celery rib, thinly sliced
1 teaspoon salt
1/2 teaspoon dried thyme
1/4 teaspoon dried marjoram
1/8 teaspoon pepper
1 medium zucchini, cut into 1/4-inch slices
1 medium green pepper, chopped

Directions

In a large saucepan, bring 1 in. of water to a boil. Add the potatoes, carrots and beans. Return to a boil. Reduce heat; cover and simmer for 10 minutes. Drain; place in a greased 2-1/2-qt. baking dish.

In a skillet, saute onions and garlic in oil until tender. Add tomatoes, cauliflower, celery and seasonings. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Spoon half over the potato mixture. Top with zucchini, green pepper and remaining tomato mixture. Cover and bake at 350 degrees F for 40-45 minutes or until vegetables are tender. Serve with a slotted spoon.

Zucchini Bites

Ingredients

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 3 slices bacon, finely chopped
- 1 large carrot, grated
- 1 large zucchini, grated
- 3 eggs
- 1/4 cup heavy cream
- 1 cup grated Parmesan cheese
- salt and pepper to taste
- 1/2 cup self-rising flour

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 12 muffin miniature muffin pan.

Heat the oil in a large skillet over medium heat. Stir in the onion and bacon. Cook until onion is translucent and bacon is browned, about 5 minutes. Stir in the carrot and zucchini; cook until they begin to soften, about 2 minutes. Transfer mixture to a bowl to cool.

Beat the eggs, cream, and Parmesan cheese together in a large bowl. Season with salt and pepper. Stir egg mixture into cooled zucchini mixture; stir in flour. Spoon the batter evenly into the prepared muffin cups.

Bake in preheated oven until a toothpick inserted in the center comes out clean, 15 to 20 minutes.

Grilled Lemon-Pepper Zucchini

Ingredients

2 small yellow squash, sliced
2 small zucchini, sliced
1 small onion, diced
1 red bell pepper, minced
1 1/2 tablespoons extra-virgin olive oil
1 tablespoon lemon-pepper seasoning

Directions

Preheat an outdoor grill for high heat. When hot, lightly oil grate.

Combine the squash, zucchini, onion, and bell pepper in a bowl; drizzle with olive oil; sprinkle with lemon-pepper seasoning; stir to coat. Place the vegetable mixture in the center of a large sheet of aluminum foil. Top with another large sheet of aluminum foil. Roll the edges of the foil sheets together to seal into a packet.

Place the packet on the preheated grill. Cook until the vegetables are tender, about 30 minutes, turning the packet every 5 to 10 minutes.

Zucchini Picadillo Sandwich

Ingredients

1/2 pound ground beef
1/4 pound bulk Italian sausage
1/4 cup chopped onion
2 garlic cloves, minced
1 (14.5 ounce) can diced tomatoes, undrained
1 medium zucchini, diced
1 cup uncooked instant rice
3/4 cup water
1/2 teaspoon dried basil
1/2 teaspoon salt
8 (8 inch) flour tortillas

Directions

In a large skillet over medium heat, brown beef, sausage, onion and garlic; drain. Add tomatoes, zucchini, rice, water, basil and salt; cook until zucchini and rice are tender, about 10 minutes. Meanwhile, form eight 3-in. balls from aluminum foil; place on a baking sheet. Drape a flour tortilla over the top of each ball; secure sides with toothpicks to form a shell. Bake at 400 degrees F for 8 -10 minutes or until firm. Remove the toothpicks; place shells on plates. Fill with zucchini mixture; serve warm. Zucchini mixture can also be served as a dip with tortilla chips.

Cheesy Zucchini Dish

Ingredients

12 small zucchinis
1 1/2 cups all-purpose flour
1 tablespoon garlic powder
salt and pepper to taste

1 cup milk
2 teaspoons garlic powder
salt and pepper to taste

16 ounces sour cream
3 cups shredded sharp Cheddar cheese
1/3 cup vegetable oil

Directions

Preheat oven to 350 degrees F (175 degrees C). Spray one 9x13 inch baking dish with non-stick spray.

Bring a pot of water to a boil; blanch zucchini, drain and cool.

In a shallow bowl, mix together 1 1/2 cups flour, 1 tablespoon garlic powder and salt and pepper to taste. In a separate bowl, combine the milk, 2 teaspoons garlic, salt and pepper to taste.

Cut ends off zucchini and then cut in thirds. Roll zucchini in flour mixture, then in milk and again in flour to cover completely. Set aside on parchment paper until all pieces are covered.

Heat large frying pan over medium high heat, add oil and brown zucchini on all sides. Remove and arrange in a 9x13 inch baking dish. Spread sour cream over zucchini and top with cheese.

Bake for 20 to 25 minutes or until cheese is beginning to brown. Remove from oven and let sit for 10 minutes and serve.

Summer Squash Stir-Fry

Ingredients

1 small zucchini or yellow summer squash, cut into 1/4-inch slices
1 small green pepper, julienned
1 small onion, chopped
1 tablespoon butter or margarine
1 medium tomato, peeled and chopped
1/2 cup cubed fully cooked ham
salt and pepper to taste
1/2 cup shredded Cheddar cheese

Directions

In a skillet, saute the zucchini, green pepper and onion in butter until crisp-tender. Stir in the tomato and ham if desired; heat through. Sprinkle with salt and pepper. remove from the heat. Top with cheese if desired; cover and let stand until cheese is melted.

Baked Tuna 'Crab' Cakes

Ingredients

2 (12 ounce) cans chunk light tuna in water, drained and flaked
1 cup bread crumbs
1 zucchini, shredded
1/2 green bell pepper, chopped
1/2 onion, finely chopped
1/2 cup green onions, chopped
2 cloves garlic, pressed or minced
1 teaspoon finely chopped jalapeno pepper
1/2 cup nonfat cottage cheese
1/4 cup fat free sour cream
2 eggs
1 lime, juiced
1 tablespoon dried basil
1 teaspoon ground black pepper
salt to taste
2 eggs
1 cup yellow cornmeal

Directions

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil, and spray with cooking spray.

In a large bowl, thoroughly mix the tuna, bread crumbs, zucchini, green pepper, onion, green onions, garlic, jalapeno pepper, cottage cheese, sour cream, 2 eggs, lime juice, dried basil, pepper, and salt.

Beat 2 eggs in a shallow bowl, and place the cornmeal on a plate.

Scoop up about 1/4 cup of the tuna mixture, and gently form it into a compact patty. Dip both sides of each cake into beaten egg and then press into cornmeal, and place the cakes onto the prepared baking sheet. Spray the tops of the cakes with cooking oil spray.

Bake in the preheated oven until the tops of the cakes are beginning to brown, about 20 minutes. Flip each cake, spray with cooking spray, and bake until the cakes are cooked through and lightly browned, about 20 more minutes.

Roasted Three Squash Soup

Ingredients

1 butternut squash, halved and seeded
1 acorn squash, halved and seeded
1/2 spaghetti squash, seeded
1 medium head garlic
3 tablespoons butter
1 large onion, chopped
1 teaspoon minced fresh ginger root
1 teaspoon curry powder
2 Granny Smith apples - cored, peeled and chopped
2/3 cup dry sherry
3 (14.5 ounce) cans vegetable broth
1 small red bell pepper, minced
1 sprig fresh rosemary, chopped
2 tablespoons chopped fresh parsley
4 leaves fresh basil, chopped
1 teaspoon dried thyme
cracked black pepper to taste
salt to taste
cayenne pepper to taste
2 zucchini, chopped
3 green onions, chopped
1 cup hot water

Directions

Preheat oven to 375 degrees F (190 degrees C). Place the butternut, acorn and spaghetti squashes cut side down on a roasting pan. Wrap garlic in foil, or place in a garlic roaster. Roast squash and garlic in preheated oven for 50 to 60 minutes.

Melt butter in a large pot or Dutch oven over medium heat. Sauté the onion for 5 minutes, stirring frequently. Stir in ginger and curry powder; cook 3 more minutes. Stir in apples and sherry; reduce heat to medium-low and simmer for 15 minutes. Transfer mixture to a blender and set aside.

When the squash and garlic are done squeeze half the garlic into the apple mixture. Process mixture for 1 minute until blended, but still slightly chunky. Return mixture to pot over medium-low heat.

In the blender, puree small batches of squash flesh and vegetable broth. Transfer each batch to the pot with the apple mixture.

Stir in red bell pepper, rosemary, parsley, basil, thyme, black pepper, salt and cayenne. Cover and simmer over low heat for 1 to 3 hours, stirring occasionally.

About 30 minutes before serving add zucchini, green onions and hot water.

Elegant Zucchini and Tomatoes

Ingredients

2 slices bacon
8 small zucchini, cut into 1/2 inch slices
1/2 red onion, thinly sliced
1 pinch salt
2 medium tomatoes, cut into wedges
1/8 teaspoon dried basil
ground black pepper to taste
1/4 cup crumbled blue cheese

Directions

Place bacon in a large skillet. Cook over medium-high heat until evenly brown. Crumble, and return to pan. Add zucchini, onion, and salt to the bacon; cook, stirring frequently, until zucchini is tender-crisp. Add tomato wedges, basil, and ground black pepper; heat, stirring gently, until tomatoes are warm.

Using a slotted spoon, transfer vegetable mixture to a serving bowl. Top with crumbled blue cheese.

Chinese Braised Zucchini

Ingredients

2 tablespoons sesame oil
1 small yellow onion, diced
3 cloves garlic, minced
1 tablespoon Chinese black bean sauce
2 Thai chile peppers, seeded and chopped
4 zucchinis, cut into 1/2-inch slices
1 tablespoon minced fresh ginger root
1 tablespoon soy sauce
1/4 cup water

Directions

Heat the sesame oil in a wok or large skillet over medium-high heat. Stir fry the onion and garlic in the hot oil until the onion begins to soften, about 2 minutes. Stir in the black bean sauce and chile peppers, and continue stir frying about 30 seconds to coat the onions with the black bean sauce.

Stir in the zucchini, ginger, soy sauce, and water. Cover, reduce the heat to medium-low, and cook for 15 minutes until the zucchini is soft, stirring occasionally.

Zucchini Cake I

Ingredients

3 cups all-purpose flour
3 cups white sugar
1 teaspoon salt
1 1/2 teaspoons baking soda
1 teaspoon baking powder
2 1/2 teaspoons ground cinnamon
1 teaspoon vanilla extract
4 eggs
1 1/2 cups vegetable oil
3 cups grated zucchini
1 (8 ounce) package cream cheese
1/2 cup butter
2 cups confectioners' sugar
2 teaspoons vanilla extract

Directions

Preheat oven to 325 degrees F (165 degrees C). Lightly grease and flour three 9 inch round cake pans.

In a medium size bowl combine the flour, baking soda, baking powder, cinnamon, white sugar, and salt. Mix well.

In another bowl beat eggs, vegetable oil, and 1 teaspoon vanilla together. Pour into egg mixture into the flour mixture and mix well. Stir in the shredded zucchini. Pour batter into prepared pans.

Bake at 325 degrees F (165 degrees C) for 25 minutes. Allow cakes to cool in pans. Stack and frost into a 3 layer cake using Cream Cheese Frosting.

To Make Frosting: Cream together the cream cheese, butter or margarine. Add the confectioner's sugar, a little at a time. Add 2 teaspoons vanilla and mix well. Spread on cool cake layers.

Individual Chik'n Pot Pies with Puff Pastry

Ingredients

1 (17.3 ounce) package frozen puff pastry, thawed
1 1/3 cups chopped onions
1 cup sliced carrots
1 cup chopped celery
2 tablespoons butter or margarine
2 1/2 cups vegetable broth, divided
1 cup fresh or frozen peas
1 tablespoon chopped fresh thyme
1 (8 ounce) package Morningstar Farms® Meal Starters, Chik'n Strips
1 cup sliced zucchini
1/4 teaspoon pepper
1/4 cup all-purpose flour

Directions

Measure dimensions of six 1 1/4- to 1 1/2-cup casseroles or custard cups. On lightly floured surface roll each sheet of pastry into a 16 x 12-inch rectangle. Cut pastry into 6 pieces, each piece should measure 1 inch larger than the dimensions of the casseroles. Stack pastry pieces on plate, layering wax paper between each piece. Cover with plastic wrap. Refrigerate.

In large saucepan cook onions, carrots and celery in butter until onion is tender. Stir in 2 cups of the broth, peas and thyme. Bring to boiling; reduce heat. Simmer, covered, for 3 to 4 minutes or until peas are tender. Add Morningstar Farms® Meal Starters, Chik'n Strips, zucchini and pepper. Cook, covered, over medium-high heat about 3 minutes or until heated through, stirring occasionally.

In small bowl whisk together remaining broth and flour. Stir into vegetable mixture. Bring to boiling, stirring constantly. Boil for 1 minute. Spoon into casseroles.

Place one pastry piece on top of each casserole. Press overhanging pastry firmly against side of each casserole. Cut a few slits in top of pastry to allow steam to escape. Bake at 400 degrees F for 20 to 25 minutes or until pastry is puffed and golden brown.

Zucchini Hummus

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 zucchini, chopped
- 1 cup pinto beans, rinsed and drained
- 2 tablespoons lemon juice
- 2 tablespoons tahini
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon salt

Directions

Heat the olive oil in a skillet over medium heat. Stir in the garlic for 30 second, then add zucchini. Cook and stir until zucchini softens.

Place zucchini, pinto beans, lemon juice, tahini, ground cumin, paprika, and salt in a food processor. Process until smooth.

Zucchini Delight

Ingredients

3 zucchini, sliced
1 onion, chopped
1 (14.5 ounce) can canned peeled
and diced tomatoes
1/2 cup shredded Cheddar
cheese
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Slice zucchini and onion and place in a glass dish baking dish. Add can of tomatoes, salt and pepper. Sprinkle cheese over top. Place lid on dish.

Bake in the preheated 350 degrees F (175 degrees C) until zucchini becomes tender, 20 minutes.

Zucchini Chocolate Rum Cake

Ingredients

3/4 cup butter, softened
2 cups white sugar
3 eggs
2 cups grated zucchini
1/3 cup rum
2 1/2 cups all-purpose flour
1 cup chopped walnuts
1 cup semisweet chocolate chips
1/2 cup unsweetened cocoa powder
1 1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
1 1/2 teaspoons salt
3/4 teaspoon ground cinnamon
1/4 cup milk
1 2/3 cups confectioners' sugar
3 tablespoons rum

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan.

In a large bowl, cream butter and sugar until light and fluffy. Add eggs one at a time, beating well with each addition. Stir in Zucchini and 1/3 cup rum.

In a separate bowl, mix flour with nuts, chocolate, cocoa, baking powder, soda, salt and cinnamon. Stir flour mixture and milk into egg mixture until well blended.

Spread Batter into 10 inch Bundt pan. Bake at 350 degrees F (175 degrees C) for 50 to 55 minutes, or until toothpick inserted into center of cake comes out clean. Let cake cool in pan for 15 minutes, then invert onto wire rack and cool completely. Drizzle with rum glaze.

Rum Glaze: In a medium bowl, combine confectioners sugar with 3 tablespoons rum. Mix until smooth.

California Sherry Chicken

Ingredients

4 skinless, boneless chicken breast halves
1/4 cup all-purpose flour
1 teaspoon salt
1 teaspoon ground black pepper
1 tablespoon olive oil
1/2 cup cooking sherry
1/2 cup chicken broth
1 clove garlic, minced
1/2 lemon
4 carrots
4 zucchini squashes, julienned

Directions

Place chicken in a resealable plastic bag with flour, salt, and pepper. Seal bag and shake to coat. Remove chicken from bag, shaking off excess flour.

Heat oil in a large skillet over medium high heat. Brown chicken on each side for about 5 minutes, or until golden. Remove from skillet and set aside.

In same skillet combine sherry, broth, garlic and a squeeze of lemon and bring to a boil. Return chicken to skillet, reduce heat to low and simmer for 15 to 20 minutes, or until chicken is cooked through and no longer pink inside.

In the meantime, saute carrots and zucchini in a separate medium skillet until they are tender. Add to simmering chicken and sauce and heat through before serving.

Zucchini Soup with Herbs

Ingredients

10 cups zucchini chunks
4 tablespoons margarine
2 large potatoes, peeled and
chopped
1 onion, chopped
1 cup chicken broth
1 tablespoon chopped fresh
tarragon
1 tablespoon dried savory
1 tablespoon fresh basil
1 tablespoon chopped fresh
parsley
1 cup milk

Directions

Heat the butter in a large saucepan. Add the zucchini, potatoes and onion. Cover and cook for 2 minutes on high heat, shaking pan occasionally to prevent sticking on bottom.

Add chicken broth. Lower heat to medium low. Simmer until potatoes are tender, about 15 to 20 minutes.

Add the freshly chopped herbs and milk. Heat. Serve hot with a spoonful of sour cream on top of each serving.

Beef and Parmesan Pasta

Ingredients

1 1/2 pounds lean ground beef
1 (14 ounce) can beef broth
1 (14.5 ounce) can Italian-style
diced tomatoes
2 cups uncooked farfalle (bow tie)
pasta
2 cups sliced zucchini, (1/4 inch
thick)
3/4 cup grated Parmesan cheese,
divided

Directions

In a large skillet over medium/high heat, brown the ground beef until no longer pink, breaking up into 3/4 inch pieces. Remove beef with a slotted spoon to a bowl. Pour off the drippings.

Return the skillet to the heat and add the beef broth, tomatoes, and pasta. Stir to coat all of the pasta. Bring to a boil and reduce heat to medium.

Cook, uncovered, for 15 minutes stirring frequently. Add zucchini and continue cooking for an additional 5 minutes or until pasta is tender.

Return beef to the skillet and stir in 1/2 cup of the cheese; heat through. Sprinkle the remaining cheese over each serving.

Squash Stuff

Ingredients

1 pound ground beef
1 (28 ounce) can crushed tomatoes, undrained
1 (28 ounce) can diced tomatoes, undrained
1 (15.25 ounce) can whole kernel corn, undrained
1 yellow squash, sliced
1 zucchini, sliced
2 potatoes, peeled and cubed
1 tablespoon seasoning salt
1 tablespoon ground black pepper

Directions

Cook the ground beef in a large skillet over medium heat until evenly browned; drain.

Mix the crushed tomatoes with liquid, diced tomatoes with liquid, corn with liquid, yellow squash, zucchini, and potatoes into the skillet with the beef. Season with seasoning salt and pepper. Bring the mixture to boil, adding water as needed to cover the ingredients. Reduce heat, and simmer 20 minutes, or until the potatoes are tender. Drain to serve.

Grilled Peppers and Zucchini

Ingredients

1 medium green pepper, julienned
1 medium sweet red pepper,
julienned
2 medium zucchini, julienned
1 tablespoon butter or margarine
2 teaspoons soy sauce

Directions

Place the vegetables on a double layer of heavy-duty foil (about 18 in. x 15 in.). Dot with butter; drizzle with soy sauce. Fold foil around vegetables and seal tightly. Grill, covered, over medium heat for 10-15 minutes or until vegetables are crisp-tender.

Zucchini and Corn Topped with Cheese

Ingredients

2 tablespoons vegetable oil
6 medium zucchini, sliced
1/2 medium onion, chopped
1 (15.25 ounce) can whole kernel corn, drained
1 (14.5 ounce) can diced tomatoes, drained
2 teaspoons garlic powder
salt and pepper to taste
1/2 pound shredded Monterey Jack cheese
1/2 pound shredded sharp Cheddar cheese

Directions

Heat oil in a medium saucepan over medium heat, and saute the zucchini and onion 5 to 7 minutes, until onion is tender. Mix in the corn. Stir in the diced tomatoes. Season with garlic powder, salt, and pepper. Cover, and cook 15 minutes, or until zucchini is soft.

Remove the saucepan from heat. Mix in the Monterey Jack cheese and Cheddar cheese. Cover, and let stand until cheeses are melted, about 5 minutes.

Sweet and Sour Zucchini Salad

Ingredients

1 (1 ounce) package dry onion soup mix
1/2 cup white wine vinegar
3/4 cup white sugar
1 teaspoon salt
1 teaspoon ground black pepper
1/3 cup vegetable oil
2/3 cup cider vinegar
1/2 cup chopped green bell pepper
1/2 cup chopped celery
7 small zucchinis, thinly sliced

Directions

In a mixing bowl, soak onion soup mix in wine vinegar. Let stand 5 minutes.

Combine the onion soup mixture with the sugar, salt, pepper, oil, cider vinegar, bell pepper, celery and zucchini. Chill 4 to 6 hours, stirring occasionally. Drain off any extra liquid before serving.