

# FOOD

## Squash and Zucchini Recipes

Summer squash, particularly the yellow variety, is a very popular vegetable in the South. You'll find it fresh, frozen, or canned at any time of the year.

Easy to grow and prolific, summer squashes are perfect for any size garden. For best flavor

and most tender seeds, squash should be picked young, from 6 to 10 inches long. Pattypan, a saucer-shaped squash, should be no more than 4 inches in diameter.

Summer squash can be served raw with other vegetables as part of a vegetable platter with dips, in salads, grilled, broiled, steamed, stir-fried, deep-fried, boiled, baked, or stuffed. Because of its mild flavor, it can be added to almost any main-dish recipe or pasta sauce for texture, flavor, and color. Zucchini is similar to summer squash for recipe usage, though with its own unique flavor. *The following provided by Christ Lutheran Women's Group "Our Best to You" cookbook*

### Stuffed Acorn Squash

#### Ingredients

- 1 acorn squash (double recipe for 2)
- 6 oz. ground turkey
- ¼ C. chopped celery
- ¼ C. chopped onion
- ¼ tsp. salt
- ¼ tsp. cinnamon
- ¼ tsp. curry powder
- ½ C. unsweetened applesauce
- 1 slice raisin bread, cubed



A full meal in one tasty dish.

#### Directions

Preheat oven to 350; spray a 10 x 6" baking dish with nonstick cooking spray. Cut the squash in half lengthwise; remove and discard seeds; place cut side down in prepared baking dish; bake for 50 minutes. Combine turkey, celery and onion in a large skillet; cook over medium-high heat stirring frequently until turkey is browned and crumbly (about 8 minutes); drain. Add salt, cinnamon and curry powders to turkey mixture; cook stirring frequently for 1 minute; stir in applesauce and bread cubes. Turn over squash in baking dish; spoon equal portions of turkey mixture in each squash half; bake for 20 minutes. Serves 2.

### Summertime Squash *This recipe is good for fall as well.*

#### Ingredients

- 2 small zucchini
- 2 small yellow squash
- 1 small red bell pepper
- 2 cloves garlic
- 2 tsp. cornstarch
- ¼ tsp. salt
- ½ C. vegetable broth
- 1 tsp. vegetable oil
- 1 tsp. butter

#### Directions

1. Cut ends off zucchini and yellow squash and cut diagonally into ¼ inch thick slices; cut red bell pepper lengthwise in half; remove stem and seeds; rinse and cut into ¼ inch thick strips; finely chop garlic.  
2. Combine cornstarch and salt in small cup; stir in vegetable broth until mixture is smooth and set aside; heat lard nonstick skillet over medium-high until hot; drizzle vegetable oil into

skillet; add butter; swirl to coat bottom and heat for 30 seconds; add zucchini and yellow squash; cook and stir 6 minutes or until crisp-tender; stir in red bell pepper and garlic; cook stirring constantly for 1 minute.  
3. Stir broth mixture until smooth and add to the skillet; cook and stir until sauce boils and thickens; garnish with yellow bell pepper rings and green onion brushes if desired. Serves 4.



### Squash Ring

A simple side dish for any meal.

#### Ingredients

- ¼ C. melted butter
- ¼ C. milk
- 3 eggs, well beaten
- salt, pepper, cayen
- 1 T. grated onion
- ¼ C. buttered crumbs

#### Directions

1. Mix: 3 C. cooked summer squash (drained and put through a coarse sieve before measuring)  
2. Spoon into a buttered 1-quart ring mold. Set in a pan of hot water. Bake at 350 until firm (about 25 minutes). Turn onto a serving dish. Fill with buttered peas, tiny white onions or creamed mushrooms. Serves 6.

### Stuffed Zucchini

#### Ingredients

- ½ small zucchini per person.
- bread crumbs
- sauteed mushroom
- stock, consomme or gravy
- Salt
- pepper
- Grated cheese
- Minced Parsley
- Marjoram or Thyme



Classic stuffed Zucchini, easy to cook and serve.

#### Directions

1. Cook 10 minutes in boiling salted water. Drain and cool. Cut in two lengthwise. Scoop out the pulp, chop and add an equal quantity of bread crumbs or crumbs and chopped sauteed mushrooms.  
2. Moisten with stock, consomme or gravy and season with salt and pepper. Add grated cheese minced parsley, marjoram or thyme to taste.  
3. Stuff the zucchini with the mixture. Sprinkle with buttered crumbs and grated cheese. Bake at 350 until the zucchini is tender (about 30 minutes).

### Chicken-and-Summer-Squash Kebabs



Shake up your standard skewer with a smoky, tangy marinade created by Elissa Meadow, chef-owner of Solar Harvest in Beverly Hills, California. This recipe fills 40 percent of your daily potassium needs and supplies vitamins C and B6, as well. Makes 4 servings.

#### Preparation

1. If using wooden skewers, soak in water at least 20 minutes. Whisk first 5 ingredients and ¼ cup oil in a bowl. Add chicken, arranging to make sure liquid covers all pieces. 2. Cover with plastic wrap. Marinate 1 hour. Meanwhile, whisk together remaining ¼ cup oil and vinegar and brush liberally on vegetables; reserve remaining liquid to use as salad dressing. On a wooden or metal skewer, thread (in any order you like) a piece each of onion, zucchini, chicken and squash, then repeat for remaining skewers. Season with pepper.  
3. Coat grill with cooking spray. Heat grill to medium-high heat. Cook kebabs about 7 1/2 minutes per side or until chicken is firm and cooked through.  
4. Toss greens with remaining oil and vinegar mixture. Add salt and pepper. Divide greens among 4 plates. Place 2 kebabs on each plate. Garnish with tomatoes and serve immediately.

#### Nutritional Information

Per serving: 510 calories, 26.8 g fat (4 g saturated),

#### Ingredients

- 1 orange, juiced, plus zest
- 1 lemon, juiced, plus zest
- 1 lime, juiced, plus zest
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1/2 cup olive oil
- 1 1/2 pounds boneless, skinless chicken breasts, cut into 1 1/2-inch chunks (16 pieces)
- 1/4 cup balsamic vinegar
- 1 red onion, halved, cut into 1-inch wedges
- 2 large zucchini, halved, cut into eighths
- 2 yellow squash, halved, cut into eighths
- Coarsely ground black pepper
- Vegetable oil cooking spray
- 5 cups arugula (or other salad greens)
- 2 cups cherry tomatoes, cut in half

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