



BY BETTY KAISER
For the Sentinel

Cook's Corner

Zucchini, anyone?



Stuffed zucchini pairs well with candied carrots, coleslaw and sour-dough rolls.

1 teaspoon baking soda
1/4 teaspoon baking powder
1 teaspoon salt
3 teaspoons cinnamon
Optional to at the end: 1 cup chopped walnuts

Preheat oven to 324° F. and grease two 9" x5" x3" loaf pans. Set aside.

Combine the oil, eggs, sugar, zucchini and vanilla in a large bowl. Blend well. Stir in the dry ingredients and mix just until moistened.

Fold in the walnuts if using them. Pour batter into the prepared loaf pans and bake for 1-1/4 hours or until a toothpick inserted into the center comes out clean. A crack down the middle of bread is normal. Cool on a rack. Makes 2 loaves. Eat one loaf and freeze the other. Good with cream cheese.

BETTY'S STUFFED ZUCCHINI

1 cup uncooked rice
2 12-inch long zucchini
1 pound ground turkey
1 medium onion, chopped
2 8 ounce cans tomato sauce w/ basil
1/3 cup salsa
1 teaspoon basil
1 teaspoon garlic salt
1/2 teaspoon lemon pepper
1 tablespoon Taco Seasoning
Several dashes Tabasco Sauce
1 cup mozzarella cheese, shredded

Preheat oven to 350° F.

In a saucepan, bring 2 cups of water to boil; add rice, salt lightly and cook about 25 minutes or until water is absorbed.

In the meantime, sauté onion in a pan with the ground turkey. Drain well and set aside. When rice is cooked, add tomato sauce and other seasonings. Stir in turkey and onions.

Using a table fork, pierce the length of the

zuchinis on both sides. Place in the microwave on a paper plate layered with several paper towels. Cook 2 minutes. Turn the zucchini over and cook about another 1-1/2 minutes. If you hear them "screaming" turn off the microwave!

Remove the zucchini and slice them lengthwise on the paper towels. Liquid will ooze out. Scrape out the seeds and you will have 4 nice canoes to put your filling in. Distribute evenly. Put a piece of aluminum foil on a cookie sheet with sides. Spray with Pam. Put the zucchini on the cookie sheet; salt the shells and spoon in the filling.

Lay a sheet of foil over the top, place in oven and cook about 15 min. Remove from oven and set foil aside. Top with mozzarella cheese and cook until hot and cheese is melted. Serves 4-8 depending on appetites.

Note: Good served with brown sugared carrots, coleslaw and hard sour dough rolls.

ZUCCHINI PANCAKES

Nancy Robinson

3 eggs
2 tablespoons oil
3 cups zucchini, grated
1 small onion, chopped
1 teaspoon Italian seasoning
Salt and Pepper
1 cup Bisquick (more if needed)

Beat eggs and oil in large bowl until well-blended. Add zucchini, onion and seasonings. Blend. Add Bisquick. The mixture should be the consistency of pancake batter. If too moist add a little more Bisquick; if too dry add a little milk.

Pour about 1/2 cup batter for each pancake onto a hot, greased griddle. Spread to make a circle. Cook until edges appear dry and bubbles form and just start to pop on the surface. Turn pancakes with a wide spatula and lightly brown other side. Turn only once. Serve immediately. Good with sour cream. Serves 4 hungry people.

Note: I also make a sweet version of this recipe. I substitute cinnamon for the Italian seasoning and added a few pecans and 1/4 cup sugar. It is good!

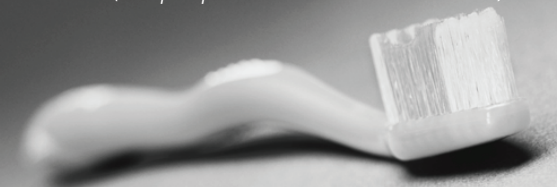
Keep it simple and keep it seasonal! Betty Kaiser's Cook's Corner is dedicated to sharing a variety of recipes that are delicious, family oriented and easy to prepare. Contact her at 942-1317 or email bchatty@bettykaiser.com

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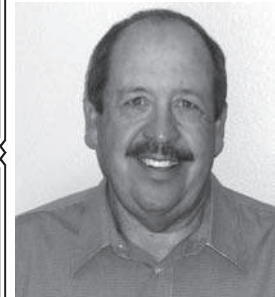
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Paul Henrichs ~ Independent Agent
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OLD FASHIONED ZUCCHINI BREAD

1 cup vegetable oil
3 large eggs, beaten
2 cups sugar
2 cups zucchini, grated
2 teaspoons vanilla
3 cups flour sifted with...

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541-836-7051 www.drainnaz.org

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131 W "A" St. Drain, OR
541-315-1617
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6th & Gibbs Church of Christ
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Pastor: Aaron Earlywine
Youth & Families Pastor: Seth Bailey
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Nursery for pre-k - 3rd Grade
www.6thandgibbs.com

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Praying Thru Life: Wednesday 6:00pm

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1447 Hwy 99 (Village Plaza)
541-942-6842
Pastor: Jeff Smith
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www.cgcalvary.org

Church of Christ
420 Monroe St • 541-942-8565
Sunday Service: 10:30am

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1200 East Quincy Avenue
541-942-4771
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Wednesdays Sept-May, 6:30pm
www.cg4.tv

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33761 Row River Rd. • 541-942-4851
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www.cg4.tv
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Worship 10:30am

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541-942-7711
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10:30am - Contemporary in the Auditorium
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Pastor: Karen Hill
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Sunday School: 10:00am
www.cgpresbynews.com

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Cottage Grove, OR 97424
541-942-0123

Pastor: Bryan Parsons
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Nursery: Infant - Pre-K
Kid's Church: K to 5th grade

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Sunday Worship: 10:50am & 5:30pm
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Message: 11:00am
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