

Zucchini Lasagne

Cherie Nichols

Since zucchini is so prolific and does not freeze or can well, I have tried dehydrating it, especially those squash which have escaped picking and have gotten a little too large. Those which are an inch and a half or so in diameter and 8 or 9 inches long work well to slice lengthwise to create long flat “noodles”. Using a mandolin makes the process easy to create slices of consistent thickness. First peel the squash then slice it into lengths using the 1/4” thickness setting on the mandolin. This makes just the right sized “noodle”. Dehydrate overnight using the vegetable setting on the dehydrator. After they are dry they can be stored in plastic bags. I use them to replace the carbohydrate mass of regular lasagne pasta noodles. Layering the dried zucchini lengths with my standard meat sauce and cheese recipe makes a pretty tasty main dish and one suitable for those who want a carb and/or gluten free meal.

For an 8” or 9” sq. cake pan which makes 4-6 dinner size servings:

- 8 oz tomato sauce
- 14.5 oz can diced tomatoes
- 1/4 cup dry red wine
- 1 1/2 tsp oregano
- dash of black pepper
- 1/2 tsp onion powder
- 1/2 tsp salt
- 1 1/2 tsp fennel seed

Bring these first 7 ingredients to a slow simmer, covered. While that is cooking, start on the meat and cheese.

- 1 tbsp olive oil
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1/2 lb. ground beef
- 1 cup low fat cottage cheese
- 1/2 cup grated parmesan cheese
- 1 extra large egg
- 1 cup shredded mozzarella
- 1/2 lb. mild Italian sausage
- Zucchini “noodles” from 4-5 large squash (about 5 lbs.)

Saute onions and garlic in olive oil ‘til translucent. Add the ground meats and cook ‘til browned. Add to the sauce and simmer together slowly, covered, for about 15 minutes. Meanwhile, whir in a blender the cottage cheese, parmesan, and egg ‘til smooth.

To assemble, spread 1 large spoonful of sauce in the bottom of the cake pan. Place 5 or 6 zucchini “noodles” in a single layer to cover the bottom of the pan. Spread each squash slice with cheese mixture using 1/3 of the mixture. Then spread with 1/3 of the sauce and sprinkle with 1/3 cup of the mozzarella. Repeat the layers 2 more times, alternating the direction of the zucchini each time. Seal the pan with foil and bake at 325 for 1 hr. Uncover and let set for 5-10 min. before cutting. The zucchini will have soaked up the sauce and be cooked to al dente doneness.

This recipe can be doubled and baked in a 9x13 pan.

Stella's Supercalifragilisticexpialidocious Zucchini Bread

Mix together:

2 cups white sugar
1 cup organic canola oil
3 eggs

Blend, then add and mix in with the above mixture:

3 cups all-purpose flour
1 tsp. baking soda
1/4 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon

Add and stir in:

2 cups peeled and shredded zucchini
1 cup of chopped nuts- optional
2 tsp. vanilla

Divide batter evenly into 2 oiled/floured 9" x 5" loaf pans

Bake: 350°F for 50 min., or until a toothpick comes out clean.



Refrigerator Zucchini Pickles

Susan Rea

First Place Winner- Main/Savory 2019 Cashman Nursery Recipe Contest

Ingredients:

- 1 1/2 cup water (3/4 per jar)
- 1/4 cup distilled white vinegar (2 TBSP per jar)
- 1 1/2 TBSP kosher salt (split)
- 2 tsp black peppercorn (split)
- 6/8 cloves garlic
- 4/6 spears fresh dill
- 1 large shallot
- 2 medium sized zucchini
- 2- 16 ounce mason jars

Directions:

1. Evenly divide the water, vinegar, salt, peppercorns, and garlic between 2 pint-sized jars. Screw on the lids and shake.
2. Divide dill, shallots, and zucchini spears between the two jars. Screw on the lids and shake.
3. Refrigerate for at least 24 hours before enjoying zucchini pickles. Will last 1-2 weeks in the refrigerator.

Seafood Stew with Summer Vegetables

from [*The Classic Zucchini Cookbook*](#) by Nancy C. Ralston, Marynor Jordan, and Andrea Chesman

Ingredients:

4 TBSP extra virgin olive oil
4 cloves garlic, minced
2 leeks, sliced
2 shallots, minced
4 cups chicken or fish broth
3 tomatoes, seeded and chopped
2-inch piece of orange zest
1 tsp. fennel seeds
24 hard-shell clams or mussels
1 pound white fish, such as halibut, cod, snapper or sea bass, cut into chunks
1 1/2 pounds shrimp, peeled and deveined
1 medium-sized yellow squash, quartered and sliced
1 medium-sized zucchini, quartered and sliced
1/4 cup pesto or 1/2 cup chopped fresh basil
Salt and freshly ground black pepper

Directions:

1. In a large saucepan or Dutch oven, heat the oil over medium-high heat. Add the garlic, leeks, and shallots. Sauté until tender crisp, 3-5 minutes.
2. Add the broth, tomatoes, orange zest and fennel seeds. Bring to a boil. Reduce the heat and simmer for 10 minutes.
3. Add the clams to the broth, cover, and simmer for 5 minutes. Add the fish and simmer for 5 minutes. Add the shrimp, yellow squash, and zucchini. Cover and cook until the shrimp are cooked through, about 5 minutes.
4. Stir in the pesto. Taste and adjust the seasoning. Discard any clam shells that have not opened and the orange zest. Serve at once.

Serves 6-8.

Baked Sole with Zucchini

from [*The Classic Zucchini Cookbook*](#) by Nancy C. Ralston, Marynor Jordan, and Andrea Chesman

Ingredients:

1 1/4 - 1 1/2 pounds fillets of sole or other thin white-fleshed fish
1 tablespoon fresh lemon juice
Salt
1 tablespoon butter
2 medium sized zucchini, sliced 1/4-inch thick
1/2 cup diced green bell pepper
1/2 cup diced onion
1 can (10 3/4 oz) condensed cream of mushroom soup
2 tablespoons white wine
1 teaspoon chopped fresh dill
1 tablespoon fresh parsley

Directions:

1. Preheat the oven to 350°F. Lightly butter a shallow baking dish.
2. Sprinkle the fish with the lemon juice and salt. Slice the fillets into serving-size portions and roll up. Place in the baking dish seam-side down.
3. In a large saucepan over medium heat, melt the butter. Add the zucchini, green pepper, and onion. Sauté until tender crisp, 3 to 5 minutes. Stir in the soup, wine, dill and parsley. Heat just to boiling. Pour the sauce over the fish.
4. Bake the fish for 15-20 minutes, until the fish just flakes. Do not overcook.

Serves 4

Zucchini Quiche

from [*The Classic Zucchini Cookbook*](#) by Nancy C. Ralston, Marynor Jordan, and Andrea Chesman

Ingredients:

2 tablespoons extra virgin olive oil
2 cups thinly sliced zucchini
1 cup thinly sliced onion
1 clove of garlic, minced
1 1/2 teaspoons salt
Freshly ground black pepper
1 unbaked 10-inch pie shell
1/2 cup grated mozzarella, Swiss, mild Cheddar, or Fontina cheese
4 eggs, beaten
1 cup heavy cream
1 cup milk

Directions:

1. Preheat the oven to 375°F.
2. Heat the oil in a large skillet over medium-high heat. Add the zucchini, onion, and garlic. Sauté until tender crisp, 3-5 minutes. Season the vegetables with the salt and pepper to taste and spoon into the pie shell. Sprinkle the cheese over the vegetables.
3. In a medium-sized mixing bowl, beat together the eggs, cream, and milk. Pour into the pie shell.
4. Bake for 30-40 minutes, until the quiche is set but still moves.
5. Cook on a rack and serve warm or at room temperature.

Serves 4-6

Crumb-Crusted Zucchini Quiche

from [*The Classic Zucchini Cookbook*](#) by Nancy C. Ralston, Marynor Jordan, and Andrea Chesman

Ingredients:

1 medium-sized zucchini, very thinly sliced
Salt
1 cup dry bread crumbs
2 tablespoons extra virgin olive oil
1/4 cup butter
1/4 cup unbleached all-purpose flour
2/3 cup milk
1 egg
1/2 cup grated Romano cheese
1/8 teaspoon ground nutmeg
1/8 teaspoon freshly ground black pepper

Directions:

1. If you have the time, combine the zucchini and 1 teaspoon salt in a colander. Toss to mix and set aside to drain for 30 minutes.
2. Preheat the oven to 350°F.
3. Butter a 9-inch quiche dish or pie pan. Coat with the bread crumbs, distributing them as evenly as possible.
4. Wrap the zucchini in a clean kitchen towel and wring dry.
5. Heat the oil in a medium-sized skillet over medium-high heat. Add the zucchini and sauté until tender crisp, 3-5 minutes. Transfer to paper towels and blot dry.
6. In a large saucepan, melt the butter over medium heat. Whisk in the flour to form a thick paste. Stir in the milk and cook until thickened and smooth, about 5 minutes.
7. Beat the egg in a small bowl. Add about 1/2 cup of the sauce to warm the eggs, and then pour the mixture back into the saucepan. Stir in the cheese, pepper, and nutmeg. Stir in the zucchini.
8. Carefully ladle the zucchini mixture into the prepared pie pan.
9. Bake for 35 minutes, until just set.
10. Cool on a wire rack. Serve warm or at room temperature.

Serves 4-6.