
CREAM OF ZUCCHINI SOUP

Prep Time: 30 minutes
Ready in 30 minutes

1 pound zucchini, cut into ½-inch slices
2 cups water
1 medium onion, chopped
1 teaspoon chicken bouillon granules
½ teaspoon seasoned salt
2 cans (one 12 ounces, one 5 ounces)
evaporated milk
1 tablespoon butter

In a large saucepan, combine the zucchini, water, onion, bouillon and seasoned salt. Bring to a boil. Reduce heat; cover and simmer for 5 minutes or until zucchini is tender. Cool slightly.

In a blender, cover and process soup in batches until pureed. Return all to the pan. Add milk and butter; cook and stir until butter is melted. Serve immediately or transfer to a freezer container. May be frozen for up to 3 months.

Yield: 5 servings (about 1 cup each).

To use frozen soup: Thaw in the refrigerator overnight. Transfer to a large saucepan. Cook and stir over medium heat until heated through.

From: Quick Cooking magazine,
July/August 2004, page 61

BAKED ZUCCHINI SLICES

Slice zucchini. Spread with mayonnaise. Roll in soda cracker crumbs. Sprinkle with Parmesan cheese. Place on baking sheet.

Bake at 350°F (or 400°F) until done – about 30 minutes.

ROASTED BUTTERNUT SQUASH

Serves 6
Active time: 3 minutes
Total time: 30 minutes

2 tablespoons butter
2 pounds fresh butternut squash chunks
1½ tablespoons sugar
½ teaspoon salt
¼ teaspoon ground cinnamon

Heat oven to 400°F. You'll need a rimmed baking pan lined with nonstick foil.

Put butter in pan. Place in oven until melted. Remove pan from oven and add remaining ingredients. Toss to coat and spread into an even layer.

Roast 25 to 30 minutes, tossing once or twice, until squash is tender. Transfer to serving bowl.

Per serving: 115 calories, 2g protein, 21g carbohydrate, 2 g fiber, 4g fat (3g saturated fat), 11mg cholesterol, 241mg sodium

Preparing fresh butternut squash used to be a challenge. No more, now that peeled fresh butternut squash chunks are available in the produce section of the supermarket. Roasting on nonstick foil makes cleanup easy, too.

From: Woman's Day magazine, December 4, 2007, page 176

THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL

SQUASH RECIPES 2008



Alpha-Bits Supplement

Alpha Chapter

Huntington, West Virginia

CHICKEN ZUCCHINI CASSEROLE

Prep Time: 20 minutes

1 package (6 ounces) stuffing mix
¾ cup butter, melted
3 cups diced zucchini (1 medium zucchini)
2 cups cubed cooked chicken
1 can (10¾ ounces) condensed cream of chicken soup, undiluted
1 medium carrot, shredded
½ cup chopped onion
½ cup sour cream

In a large bowl, combine stuffing mix and butter. Set aside ½ cup for topping. Add the zucchini, chicken, soup, carrot, onion and sour cream to the remaining stuffing mixture. Transfer to a greased 2-quart baking dish. Sprinkle with reserved stuffing mixture. Bake, uncovered, at 350°F for 40-45 minutes or until golden brown and bubbly. Yield: 6 servings

From: Quick Cooking magazine,
July/August 2004, page 33

STUFFED SQUASH FOR TWO

Prep time: 20 minutes
Bake time: 1½ hours

1 medium acorn squash
1 tablespoon butter, melted
2 tablespoons brown sugar
¾ teaspoon salt, divided
1/8 teaspoon pepper
½ pound ground beef
3 tablespoons chopped celery
3 tablespoons chopped onion
2 tablespoons all-purpose flour
½ teaspoon rubbed sage

¾ cup milk
1 cup salad croutons
¼ cup shredded cheddar cheese

Cut squash in half; discard seeds. Place squash cut side down in an 11x7x2-inch baking pan; add ½ inch hot water. Bake, uncovered, at 350°F for 30 minutes. Drain water from pan; turn squash cut side up. Brush with butter; sprinkle with brown sugar, ¼ teaspoon salt and pepper. Bake 30-40 minutes longer or until squash is tender. Meanwhile, in a skillet, cook the beef, celery and onion over medium heat until meat is no longer pink; drain. Stir in flour, sage and remaining salt. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened.

Remove from the heat; stir in croutons. Spoon into squash halves. Bake, uncovered, for 25 minutes. Sprinkle with cheese. Bake 5 minutes longer or until cheese is melted.

Yield: 2 servings.

From: Taste of Home magazine,
August/September 2004, pages 29-30

ZUCCHINI CARROT CAKE

2 eggs
1 cup sugar
2/3 cup oil
1¼ cups flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon salt
1 teaspoon vanilla
1 cup carrot, grated
1 cup zucchini, grated

½ cup chopped nuts

Beat eggs with sugar until frothy. Gradually beat in oil. Add dry ingredients. Beat at high speed 4 minutes. Stir in carrot, zucchini, vanilla and nuts. Pour into a greased 9-inch square pan. Bake at 350°F about 35 minutes or until top springs back when lightly touched.

Frosting

1 3-ounce package cream cheese, softened
3 tablespoons margarine, softened
1 teaspoon vanilla
2 cups powdered sugar (more for stiffer frosting)

In small bowl, blend cream cheese and margarine; add vanilla and sugar. Beat until smooth. Spread evenly on cooled cake.

BAKED ACORN SQUASH

Cut squash in half, remove seeds. Place in baking dish skin side up in about 1 inch water. Bake at 350°F for 40 minutes or until tender. Remove from oven and fill each cavity with 1 tablespoon brown sugar, 1 teaspoon butter, salt and pepper to taste. Continue to bake for 10 minutes.

Variation: Bake as directed. Fill each cavity with brown sugar and seasoned sausage. Return to oven; bake 20 minutes.

Microwave: Prepare as directed. Setting on high for 4-6 minutes or until tender; fill cavity as above; return for 2 minutes.

Diet: Bake as directed; salt lightly and serve.