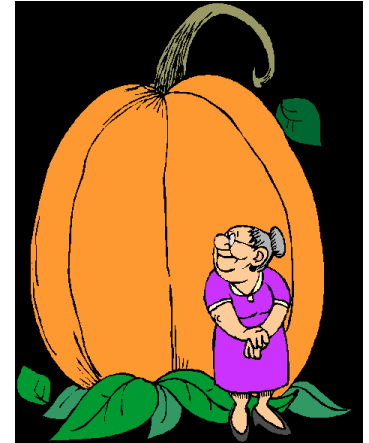


Food Preservation

Update 2008



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Plus! Recipes from the Garden

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Recipes from the Garden & More

Easy Lite Lasagna

Makes 8 servings

2 cups small curd low-fat cottage cheese	1 cup chopped onion
4 egg whites, beaten	1 clove garlic, minced
1/3 cup toasted* chopped almonds	2 (15 oz) cans spaghetti sauce
2 Tbsp. chopped parsley	1 (8 oz.) box lasagna noodles
1/2 tsp. Italian seasoning	2 cups sliced zucchini
1/2 lb. lean ground beef	1/2 cup water

Combine cottage cheese, egg whites, almonds, parsley and Italian seasoning; mix well, set aside. Brown beef with onion and garlic. Stir in marinara sauce. Spoon a little sauce in a 9x13 baking dish. Layer with half the noodles (uncooked), half the zucchini, half the almond mixture and half the remaining sauce. Repeat layers, being sure noodles are covered with sauce. Drizzle with water. Cover tightly with foil. Bake at 375 for 1 hour or until noodles are tender.

*To toast almonds:

Oven: spread almonds in a single layer in a shallow pan. Place in cold oven, toast at 350, 12-15 minutes, stirring occasionally, until lightly toasted. Note that almonds will continue to toast slightly after being removed from the oven. Cool on counter.

Microwave: spread almonds in a single layer shallow glass baking dish. Microwave on high power 4-5 minutes, stirring halfway through. Cool on counter.

Broccoli-Grape Salad

1 cup mayonnaise	2 cups green grapes
1/2 cup sugar	3 celery ribs, sliced
1 tsp. white vinegar	8 bacon slices, cooked and crumbled
1 (16 oz) package broccoli flowerets	1 (2-ounce) package slivered almonds, toasted

Stir together first 3 ingredients in a large bowl; add broccoli, grapes, and celery, tossing gently to coat. Cover and chill 3 hours. Sprinkle with bacon and almonds just before serving.

Yield: makes 6 cups. Recipe from: Southern Living, found at <http://www.myrecipes.com>

Veggie Meatloaf

1 1/2 - 2 lbs. ground beef	2 eggs
1 potato, peeled	1 can diced tomatoes, flavored if desired
1 large carrot, peeled	Spices to taste, i.e., garlic, season salt like Lawry's salt, pepper, onion powder.
1 small zucchini	1 can tomato sauce
1 small yellow squash	Grated cheese, desired style
1/2 - 3/4 cup oatmeal	

Grate potato, carrot, zucchini, and squash and put in a bowl with ground beef.

Add oatmeal, eggs and tomatoes to the bowl, mix together (feel free to use your hands). Put mixture into a cold electric skillet, and turn on to 300 degrees. Cook for about 30-45 minutes, then top

meatloaf with tomato sauce and cheese. Cook an additional 5-10 minutes until cheese is melted. Check with meat thermometer to make sure meat is fully cooked. Enjoy!

Black Bean and Corn Salsa

2 cans black beans, rinsed and drained
1 can whole corn, drained
2 large tomatoes, chopped
1 avocado, chopped
½ small red onion, chopped
2 fresh jalapeños, seeded and finely chopped
1 small can sliced black olives, drained
¼ cup cilantro, finely chopped or *puree in blender

2 Tbs. olive oil
1 Tbs. red wine vinegar
3-4 Tbs. lemon juice
1 tsp. salt
½ tsp. pepper



Mix olive oil, red wine vinegar, lemon juice, salt and pepper in a small bowl and set aside. Combine all other ingredients and pour liquid mixture over and stir. Chill or serve immediately.

*To puree cilantro: add olive oil, red wine vinegar, lemon juice, salt, pepper, and cilantro to blender. Puree until mixed well. Note: this will make the cilantro really tiny.

Fresh Tomato Salsa

4 large ripe tomatoes
¼ cup chopped green onions
¼ cup chopped cilantro
1 Tbsp fresh oregano
2 cloves garlic, minced

1 tsp. minced jalapeno peppers or to taste
1 Tbsp. olive oil
2 tsp fresh lime juice
salt and freshly ground black pepper, to taste

Cut tomatoes in half lengthwise and remove seeds. Cut the halves into ¼ inch. Dice and place in a medium-size bowl. Add the remaining ingredients in the bowl. Let sit, loosely covered, at room temperature, for the flavors to blend. Serve immediately or refrigerate and serve within 4 hours. Yields 2 cups.

Remember!

When canning salsa, never add extra onions, chili, bell peppers, or other vegetables. The extra vegetables dilute the acidity and can result in botulism poisoning.

Feel free to add extra vinegar or lemon juice to salsa recipes. You may also decrease the amount of tomatoes in salsa - but not other vegetables. Substituting bell peppers, long green peppers or jalapeno peppers for each other in salsa recipes, as long as you do not increase the total amount, is acceptable.

Dinner in a Pumpkin

1 pumpkin (3-4 lbs.)

2 T. vegetable oil

2 T. margarine, melted

1 lb. lean ground beef

½ cup celery, chopped

½ cup onion, chopped

¼ cup green pepper, diced

¾ t. salt

2 cups cooked rice

2 cans cream of chicken soup

1 can sliced mushrooms, drained

¼ cup soy sauce

2 T. packed brown sugar

Using a sharp knife, cut a 3 inch circle around the stem of pumpkin. Remove seeds and pulp; discard. Brush inside of pumpkin with margarine. Brush outside of pumpkin with salad oil; placed in center of a greased baking sheet. Bake at 375 degrees for 30 minutes. Brown ground beef. Stir in celery, onion, green pepper and salt. Simmer over low heat about 10 minutes. Add cooked rice, soup, mushrooms, soy sauce, and brown sugar. Spoon mixture into pumpkin and replace pumpkin top. Bake at 375 degree for about 1 hour until pumpkin is tender.

Zucchini and Summer Squash Casserole

3 cups cubed zucchini

3 cups cubed summer squash

½ cup diced onion

2 T. margarine

1 can cream of chicken soup

8 oz. carton of sour cream

1 pkg. Chicken Stuffing Mix, mixed according to package directions

Steam/boil squash together until tender but still firm (5 to 8 minutes). Sauté onion in margarine until golden. Add soup, sour cream, and salt and pepper to taste. Mix soup mixture together with cooked squash. Place ½ squash mixture in baking pan. Top with ½ of dressing mix. Add remainder of squash followed by the balance of dressing mix. Bake at 325 degrees for 25 minutes or until hot or microwave on 70% for 8 minutes.

Zucchini Bars

¾ cup soft margarine

½ cup brown sugar

2 eggs

1 t. vanilla

1 cup whole wheat flour

1 cup white flour

½ t. salt

1 ½ t. baking powder

¾ cup dates, finely chopped

2 cups raw, unpeeled, grated zucchini

Chopped nuts, optional

Preheat oven to 350 degrees. Cream together margarine and sugar. Add egg to vanilla and beat until light. Stif together flour, salt, and baking powder and add to creamed ingredients. Finally, add dates and zucchini. Spoon into a greased 13 x 9 baking pan and bake for 35 to 40 minutes or until top springs back. While still warm, spread glaze evenly over bars. Sprinkle with chopped nuts, if desired. Bars can be frozen.

Zucchini Spice Cake

3 eggs, beaten	2 cups flour
1 t. vanilla	1 1/4 t. baking soda
1/2 cup vegetable oil	1 teaspoon salt
2 cups finely chopped zucchini	1 t. cinnamon
1 1/4 cups sugar	1 t. nutmeg
1 cup chopped nuts	1 t. cloves

Heat oven to 350 degrees. Grease and flour 13 x 9 pan. Beat all ingredients on low speed 1 minute, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally. Pour into pan. Bake at 45 or 50 minutes or until wooden pick inserted in center comes out clean. Cool on wire rack.

Chocolate Zucchini Cake

1 cup brown sugar	1 cup whole wheat flour
1/2 cup white sugar	1/2 teaspoon salt
1/2 cup butter or margarine	2 teaspoons baking soda
1/2 cup oil	1/2 teaspoon cinnamon
3 eggs	1/2 teaspoon allspice
1 teaspoon vanilla	1/4 cup cocoa
1/2 cup buttermilk or sour milk	2 cups grated zucchini
2 cups flour	1/2 cup chocolate chips

Sift together flour, salt, soda, spices, and cocoa. Set aside. In a large mixing bowl, cream together sugar, margarine, and oil. Beat in eggs, vanilla, and buttermilk. Add sifted dry ingredients. Add 2 cups of grated zucchini and 1/2 cup chocolate chips. Bake in greased and floured 13 x 9 pan, or a 15 x 10 for 45 minutes in a preheated oven at 350 degrees.

24 Karat Cookies

6-7 cups flour	1 cup butter
1 tbsp baking powder	4 eggs
1 tbsp baking soda	3 cups sugar
1 tsp salt	1 tsp vanilla
2 cups oatmeal	1 tsp almond flavoring
2 cubes margarine	3 cups raw carrots, firmly packed

Preheat oven to 350 degree. Sift together the flour, baking powder, soda, salt and oatmeal. In the large bowl of an electric mixer, cream the margarine, butter, and sugar. Beat in eggs and flavorings. On low speed, add the sifted dry ingredients, scraping the bowl until thoroughly with a rubber spatula and beating only until thoroughly mixed. Add the carrots. Bake 12-15 minutes. The cookies are done when they are golden colored and the tops spring back if lightly pressed with a fingertip. With a wide metal spatula transfer the cookies to racks to cool. Ice with cream cheese icing or almond flavored icing.

Old Fashioned Banana Nut Bread

½ cup butter or margarine, softened
1 cup sugar
2 eggs, beaten
2 cups all-purpose flour

½ tsp baking powder
1/8 tsp salt
1 ½ cups mashed banana (4 medium)
½ cups coarsely chopped pecans

Cream butter in a medium bowl; gradually add sugar, beating well. Add eggs. Sift together flour, soda, salt. Add to egg mixture. Add bananas and pecans. Mix well. Pour batter into a well-greased 9x5x3 inch loaf pan. Bake at 350 degrees for 55 minutes or until bread test is done. Cool 10 minutes in pan, remove bread from pan, and cool completely on a wire rack. Slice and serve. Makes 1 loaf.

Fresh Peach Pie

1 cup water
1 cup sugar
3 tbsp cornstarch

3 oz package of peach jello
Slices fresh peaches
1 prepared pie crust

Mix sugar and cornstarch together. Add water and cook until thick over medium heat. Add jello. Stir until dissolved; cool. Slice peaches into the mixture. Use amount of fruit for size of pie. Refrigerate until set.

Choke Cherry Jelly

4 cups chokecherry juice
5 cups sugar



1 pkg. pectin
¼ cup lemon juice

Follow direction for making jelly on pectin box.

Pineapple, Apricot, Zucchini Jam

6 cups zucchini - peeled and grated
2/3 cup water
1 package pectin

16 oz. can crushed pineapple
6 oz. apricot gelatin
5 cups sugar

Mix together zucchini and water. Bring to a boil in a heavy saucepan. Let water and zucchini simmer for 2 minutes. Add pectin and bring to a boil. Add sugar and pineapple. Boil for 5 minutes. Remove from heat. Add gelatin. Slowly stir until gelatin is completely dissolved. Pack into sterilized jars with ¼ inch headspace. Process 25 (at 3000-6000 feet altitude) minutes in a boiling water bath. After 24 hours, remove rings and wash jars of jam before labeling and storing.