

ZUCCHINI - CHAMELEON OF THE SQUASH WORLD

The term squash is used for several different members of the "cucurbita" family which includes the squash, pumpkin and gourds all of which are native to the western hemisphere. Today the term squash is used for several quite different members of the family, which are divided roughly into summer and winter squashes.

SUMMER SQUASH: There are three varieties ordinarily found in markets. The flat white disk-shaped squash is known as White Scallop or Cymling. The yellow squashes are generally long and Crook-necked. The green or green-striped varieties are known as vegetable marrow, Italian squash or Zucchini.

WINTER SQUASH: There are three main varieties. The Acorn squash is small and fluted, dark green in color, and generally shaped like an acorn. The Hubbard squash is the largest and has dark green, rough skin sometimes touched with orange. The Buttercup and Butternut varieties are medium sized and pale in color. The winter squash has a very hard thick skin that cannot be pierced with a fingernail. This results from being allowed to remain on the vine until fully ripe.

PURCHASING HINTS:

' Summer squash is usually picked and marketed before it is fully mature. At this time the seeds and skin are tender, and the whole squash may be cooked without peeling. For this reason they should be clean and free from blemish, and the skin should be easily pierceable with the nail. The squash should be heavy for its size. Overripe summer squash, with its hard rind, will have hard seeds and fibrous flesh.

' Winter squash, on the contrary, is allowed to develop on the vine until fully ripe. The rind is therefore very hard and cannot be pierced with a fingernail. The seeds are also hard and are discarded in preparing the squash.

STORING: Summer squash should be stored in the refrigerator. Cure Winter squash in a warm, dry place for about 10 days at 77-85 degrees. Then store in a cool dry place at 50-55 degrees. Wipe with slightly oily cloth and examine every few weeks for mold. Under prime conditions will store up to 5 months.

PREPARATION HINTS: Like most other vegetables, squash should be steamed, never boiled. This is particularly true of the Summer squash, which have a sweet delicate flavor which is entirely lost when it is cooked in large quantities of water. A medium-sized summer squash will yield 1 ½ cups of cooked squash. The strained pulp of the Winter squash makes an excellent substitute for pumpkin in pies or puddings.

' **BAKE-** Cut winter squash in half, remove seeds, place in bottom of baking dish with a little water and bake at 375 degrees for 45-60 minutes.

' **STEAM** - Prepare the same as baked, put in pan with a little water and cover, steam over low heat until tender (20-30 minutes).

' **MICROWAVE** - Prepare as above, wrap each section in plastic wrap, microwave on High for 8-10 minutes (rotate at 4 minutes). Let stand 10 minutes. One pound of winter squash will give one cup of cooked squash.

FREEZING:

' Summer squash - Choose young squash with tender skin. Wash; slice; scald 3 minutes. Cool; drain; and pack in freezer containers. *Zucchini* can be shredded and immediately frozen.

' Winter squash - Harvest fully mature with hard rind. Bake as in baking preparation above; scoop out pulp; put through food mill; cool and pack in freezer containers.

"HOLLYWOOD" SQUASHES

| | | |
|------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------|
| *S "Sir Winston" WHITE SCALLOP | *W "Benjamin" BUTTERNUT | *S "Zenda" ZUCCHINI "Coleen" COCOZELLE |
| *W "Old Mother" HUBBARD |  | *W "Burt" BANANA |
| *W "Betsie" BUTTERCUP | *W "Adam" ACORN | *S "Carlton" CROOKNECK |

> **KEY:** *S = SUMMER SQUASH, *W = WINTER SQUASH

SQUASH FOOD VALUE

| TYPE | WATER | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | PHOS- PHORUS | IRON | VIT. A VALUE | NIACIN | VIT. cup |
|--------|-------|---------|-----|-------------------|---------|-----------------|------|-----------------|--------|----------|
| SUMMER | 95.0 | .6 | .1 | 3.9 | 15 | 15 | .4 | 260 | 1.1 | 17 |
| WINTER | 88.6 | 1.5 | .3 | 8.8 | 19 | 28 | .6 | 4950 | .6 | 8 |

Zucchini Recipes

ZUC

CHINI AND CHEESE CASSEROLE

3 cups finely grated zucchini
1 cup cracker crumbs
1 cup grated cheddar cheese
2 beaten eggs
2 tablespoons chopped onions

Combine the above ingredients and put in well buttered casserole. Bake for one hour at 350 degrees.
Serves 6.

CALIFORNIA VEGETABLE BOWL

¼ cup butter or margarine
4 cups zucchini, unpared & sliced
1 ½ cups whole kernel corn
½ cup onion, chopped
1/3 cup green pepper, chopped
½ teaspoon salt
1 tablespoon fresh dill

Saute zucchini, corn, onion and green pepper in butter. Sprinkle with salt; cover and cook, stirring occasionally, 10-12 minutes. Sprinkle with dill.
Serves 4-6.

CHINESE ZUCCHINI

1 pound. zucchini ¼ cup water
1 small onion ¼ cup salad oil
1 clove garlic 2 T. soy sauce

Wash and cut zucchini in thin slices (do not peel). Saute zucchini, onions (thinly sliced), and garlic. Add water, cover and cook 10 minutes. Remove garlic; add soy sauce and cook (turning occasionally) until tender.

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GPLANT AND ZUCCHINI

3 medium zucchini
1 medium eggplant, peeled and diced
16 ounces tomatoes, drained (reserve juice)
1 cup onion, diced
3 tablespoons flour
3 chicken bouillon cubes
2 teaspoons oregano leaves
½ teaspoon sugar
½ teaspoon salt
½ teaspoon garlic powder

Toss all ingredients (except tomatoes) together until vegetables are coated. Heat ½ cup water and reserved tomato juice to boiling. Add vegetables and top with tomatoes. Reduce heat; cover and simmer 30 minutes, stirring occasionally. Uncover and continue cooking until vegetables are tender and liquid is reduced.
Serves 6-8.

CALICO SKILLET

2 cups zucchini, diced
½ cup onion, chopped
½ teaspoon basil leaves, crushed
2 tablespoons butter or margarine
11 oz. cheddar cheese canned soup
3 cups elbow macaroni, cooked
2 cups sharp cheddar cheese, shredded
16 oz. tomatoes, chopped & drained
½ teaspoon prepared mustard

Saute zucchini, onion and basil in butter until crisp-tender. Add remaining ingredients; heat until cheese is melted. Serves 4-6.

SEAFOOD CASSEROLE

4 cups zucchini, sliced
1 ½ cups biscuit mix
1 ½ cups sharp cheese, shredded
1 cup onion, chopped
1 can crab or tuna, drained
½ cup vegetable oil
3 eggs, beaten
1 teaspoon oregano
1 teaspoon salt
½ teaspoon pepper

Mix all ingredients and spread into greased 1 ½ quart baking dish. Bake uncovered at 400 degrees for 30 minutes or until golden brown. Garnish with more zucchini slices. Serves 6.

IMPOSSIBLE GARDEN PIE

2 cups zucchini, chopped
1 cup tomatoes, chopped
½ cup onion, chopped
1/3 cup grated Parmesan cheese
1 ½ cups milk
¾ cup biscuit mix
3 eggs
½ teaspoon salt
¼ teaspoon pepper

Lightly grease a 10" pie pan. Combine zucchini, tomato, onion and cheese; place in pan. Beat remaining ingredients until smooth, 15 seconds in blender or 1 minute by hand. Pour over vegetables; bake at 400 degrees for 30 minutes. Let stand 5 minutes; garnish with tomato and zucchini slices. Serves 6.

ZUCCHINI SOUP

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|-----------------------|----------------|
| 3 medium zucchini | 1 bunch celery |
| 1 head cabbage | 1 large onion |
| 5 cups tomatoes | 5 cups water |
| 5 beef bouillon cubes | |

Chop all of the vegetables; combine with other ingredients. Simmer until tender.

BIG Z BURGERS



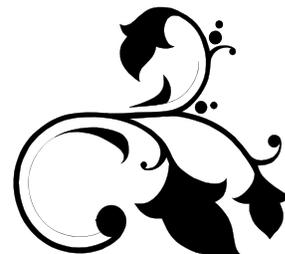
2 cups zucchini, shredded
½ cup tomato sauce
2 pound. ground beef
2 tablespoons minced onion
½ cup margarine
2 eggs
½ teaspoon pepper
½ cup pickle relish

Mix zucchini with other ingredients except margarine. Shape into 16 patties and brown in melted margarine, turning once. Serve on hamburger buns.

ZUCCHINI/ITALIAN SAUSAGE QUICHE

1 pie crust
2 cups zucchini, shredded
4 tablespoons butter or margarine
5 (½ pound.) sweet Italian sausages
1 cup Swiss cheese, shredded
4 eggs, beaten lightly
1 cup milk
¼ cup grated Parmesan cheese
½ cup heavy cream
½ teaspoon salt
¼ teaspoon white pepper

Bake piecrust at 450 degrees for 8 minutes; cool slightly. Saute zucchini in 2 tablespoons butter for 5 minutes; remove to bowl. Remove casing from 4 sausages; cook in remaining butter until done; drain. Top crust with zucchini, then crumbled sausage then Swiss cheese. Combine eggs, milk, cream, cheese, salt & pepper; pour over Swiss cheese. Top with remaining sausage (sliced thinly); bake at 450 degrees for 15 minutes; lower to 350 degrees for an additional 15 minutes until done. Let stand 15 minutes. Serves 4.

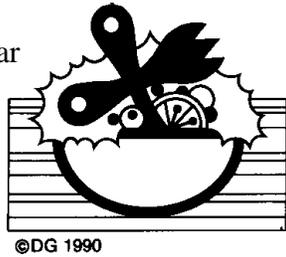


ZUCCHINI

CARROT

SALAD

1 ½ cups carrots, sliced
3 cups small zucchini, sliced
3 tablespoons vegetable oil
2 tablespoons red wine vinegar
1 small clove garlic, minced
¼ teaspoon salt
1/8 teaspoon dry mustard
1/8 teaspoon basil
Dash oregano
Dash ground red pepper



Cook carrots in boiling water 5 minutes; add zucchini and cook 2 minutes. Drain and cool. Mix together ingredients. Toss with vegetables/chill.

CHICKEN ZUCCHINI STEW

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| 1 teaspoon salt | ¼ cup. water |
| ¼ teaspoon. pepper | ½ teaspoon. paprika |
| 2 Tablespoon. oil | 1 chicken, cut-up |
| 3 potatoes | 2 cup. chicken broth |
| 2 zucchini | 1 rib celery |

Chop all vegetables into 1" chunks. Combine salt, paprika and pepper; rub into chicken; brown in oil. Add broth; bring to a boil. Add vegetables; cover and simmer 15 minutes until tender. Remove chicken and vegetables to platter. Thicken remaining juices into gravy; add chicken and vegetables. Serves 4.

ZUCCHINI ROUNDS

1/3 cup biscuit mix
¼ cup grated Parmesan cheese
1/8 teaspoon pepper
2 eggs, slightly beaten
2 cups zucchini, shredded
2 tablespoons margarine

Stir together biscuit mix, cheese and pepper. Stir in eggs just until mixture is moistened; fold in zucchini. Brown in melted margarine, 2-3 minutes on each side. Makes 12.

ZUCCHINI CREAM SOUP

3 lbs. zucchini, ½" thick slices
2 teaspoons salt
1 teaspoon garlic powder
1 teaspoon onion powder
1/8 teaspoon white pepper
21 ounces chicken broth
½ cup water
1 ½ cups half-and-half

Combine zucchini, seasonings, chicken broth and water in large saucepan; bring to boil. Cover and simmer until zucchini is tender (about 10 minutes). Cool slightly; puree in blender. Add half-and-half and more seasonings as needed. Serve hot or cold.

STUFFED ZUCCHINI

1 cup ground ham
½ cup bread crumbs
½ teaspoon dry mustard
½ teaspoon salt
1/8 teaspoon pepper
2 tablespoons onion, minced
½ cup cheese, grated
2 pound. (5 medium) zucchini
2 tablespoons vegetable oil
1 clove garlic, crushed
1 ½ teaspoons cornstarch
½ cup canned tomato sauce

Combine ham, crumbs, mustard, salt, pepper, onion, and cheese. Wash the zucchini thoroughly; cut in 3" lengths. Scoop out center, leaving shell ½" thick; stuff with ham mixture. Pour oil and garlic in baking pan; add stuffed zucchini; cover and bake at 350 degrees for 45 minutes. Remove from pan; combine tomato sauce and cornstarch; add pan drippings to make gravy. Top zucchini with warm gravy.

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2 tablespoons bacon drippings
1 small onion, chopped
3-4 small zucchini
2 ears of corn, cooked & cut off cob
Salt & pepper to taste

Quarter zucchini, slice and set aside. Saute onion in bacon drippings until transparent; add zucchini, cover and cook until tender, stir often; add corn and seasonings. Serves 4-6.

ZUCCHINI CASSEROLE

2 cups zucchini, diced ¼ teaspoon salt
3 eggs, beaten slightly 1 ½ cups milk
1 can tuna, drained ½ cup onion, chopped
1 ½ cups cheese, grated 1 T. lemon juice

Combine all ingredients (reserving ½ cup cheese); place in greased casserole. Top with reserved cheese. Sprinkle with buttered bread or cornflake crumbs. Bake at 350 degrees for 30 minutes or until hot and bubbly. Thin strips of green or red peppers can be used as garnish if desired.

SPAGHETTI ZUCCHINI

1 pound. ground beef
1 onion, chopped
16 oz. tomatoes
¾ cup water
1 envelope spaghetti sauce mix
1 teaspoon salt
1 cup instant rice
4 cups zucchini, 1" strips

Cook ground beef and onion until browned; drain. Add undrained tomatoes, water, spaghetti mix and salt; bring to boil. Stir in rice and zucchini; cover and simmer 15-20 minutes, stirring occasionally. Serves 6.

DEEP-FRIED ZUCCHINI BALLS

2 cups grated zucchini

1 teaspoon garlic salt
½ cup grated cheese
2 eggs
1 cup flour
1 tablespoon onion, finely chopped
Pepper to taste
½ cup small shrimp (optional)

Mix together with fork. drop by spoonfuls into hot oil. Cook until golden brown. Makes 30.

ITALIAN ZUCCHINI

2 lbs. zucchini
¼ cup vegetable oil
1 ½ cups onions, sliced
1/8 teaspoon pepper
1 teaspoon salt
3 cups tomato juice

Wash zucchini; cut off ends (do not peel); cut in half lengthwise then cut crosswise into 3" sections. Saute zucchini, green side up, in oil. Add salt, pepper, and tomato juice. Cover and simmer for about 40 minutes or until zucchini is tender. Serves 4.

ZUCCHINI IN SOUR CREAM

6 small zucchini, ½" slices
2/3 cup sour cream
2 tablespoons butter or margarine
2/3 cup cheddar cheese, shredded
½ teaspoon salt
3 tablespoons bread crumbs

Steam zucchini 10 minutes; drain. Place in 8" pie plate. Combine sour cream, butter, half of cheese and salt. Heat, stirring until blended; pour over zucchini. Top with bread crumbs and remainder of cheese. Bake at 375 E 10 minutes or until crumbs are golden brown. Let stand 5 minutes before serving. Serves 4.

ZUCCHINI WITH QUICK PESTO SAUCE

¼ cup fresh basil, chopped
2 tablespoons fresh parsley, chopped
1 tablespoon olive oil
2 tablespoons Romano cheese
1 garlic clove, minced
1 tablespoon pinenuts or walnuts
4 small zucchini, diagonally sliced
1 tablespoon butter or margarine
¼ teaspoon salt
¼ teaspoon pepper
8 cherry tomatoes, halved

Combine first 6 ingredients in saucepan to make *Pesto Sauce*; simmer. Steam zucchini until crisp-tender, about 5 minutes; drain well; add salt & pepper; saute in butter lightly. Spoon onto platter, top with tomatoes; spoon sauce over top.

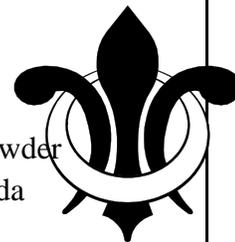
ZUCCHINI-NOODLE BAKE

1 pound. package wide egg noodles
7 tablespoons butter or margarine
4 tablespoons flour
1 teaspoon salt
1 teaspoon dry mustard
1 can evaporated milk (14.5 oz.)
1 ½ cups water
1 teaspoon Worcestershire sauce
1 cup cheddar cheese, grated
1 large onion, chopped
6 medium zucchini, ½" slices

Cook noodles according to directions; drain. Melt 4 tablespoons butter; stir in flour, salt and mustard. Cook stirring constantly, just until mixture bubbles. Stir in milk, water and Worcestershire sauce; cook until thickens. Stir in cheese; cook on low heat until melted. Pour over noodles; toss lightly; pour into 9x13" baking pan. Saute onion in remaining butter; stir in zucchini; steam until tender. Push noodles to edge of baking pan and ladle zucchini mixture into middle. Cover and bake at 350 degrees for 30 minutes. Serves 8.

ZUCCHINI BREAD

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| 1 C. oil | 3 C. flour |
| 2 C. sugar | 1 tsp. baking powder |
| 3 eggs, beaten | 1 tsp. baking soda |
| 2 tsp. vanilla | 3 tsp. cinnamon |
| 2 C. zucchini | 1 tsp. salt |



Combine oil, sugar, eggs and vanilla; beat until fluffy. Combine dry ingredients; add alternately with finely grated zucchini. Bake at 350 degrees for one hour. Makes 2 loaves.

ZUCCHINI PINEAPPLE CAKE

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| 4 eggs | ¾ tsp. baking pwd. |
| 1 ¾ C. sugar | 1 tsp. salt |
| 2 T. vanilla | ¾ tsp. baking soda |
| 1 cup oil | 3 ½ C. flour |
| 2 C. zucchini, grated | 1 C. crushed pineapple |
| 1 cup nuts, chopped | ½ cup raisins |

Beat eggs until fluffy; add sugar, vanilla, oil and zucchini. Combine dry ingredients; add to egg mixture. Stir in pineapple, nuts and raisins; mix well. Bake in two greased loaf pans at 350 degrees for 1 hour.

ZUCCHINI OATMEAL COOKIES

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| 1 C. margarine | 1 tsp. baking soda |
| 2 C. sugar | 1 tsp. salt |
| 2 eggs | 3 ½ C. oatmeal |
| 1 tsp. vanilla | 1 C. raisins |
| 3 C. whole wheat flour | 2 C. zucchini |
| 2 tsp. cinnamon | |

Beat margarine and sugar together; add eggs and vanilla; beat until fluffy. Mix dry ingredients; add to creamed mixture. Stir in zucchini, oatmeal and raisins. Drop onto greased cookie sheets; bake at 350 degrees for 10-12 minutes.

ELEGANT ZUCCHINI CAKE

2 oz. unsweetened chocolate, melted
2 large eggs, slightly beaten
1 ½ cups sugar
¾ cup oil
1 ½ cups zucchini, grated
1 ½ cups flour
¾ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup walnuts, chopped

Combine chocolate, eggs, sugar and oil; beat well. Combine dry ingredients; add alternately with the zucchini and mix well. Stir in nuts; pour into 9x13" greased baking pan. Bake at 350 degrees for 25-30 minutes. Cool.

ZUCCKIES

½ cup shortening
1 teaspoon grated orange rind
¾ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon cloves
1 cup brown sugar, packed
1 egg, beaten
1 ¾ cups flour
2 teaspoons baking powder
½ teaspoon salt
¼ cup milk
1 ½ cups zucchini, shredded
½ cup nuts, chopped

Cream shortening, orange rind, spices and brown sugar; add egg and beat until light and fluffy. Mix flour, baking powder and salt; add alternately with milk to creamed mixture. Stir in zucchini and nuts. Drop onto greased cookie sheets; bake at 375 degrees for 12-15 minutes. Makes 4 dozen cookies.

ZUCCHINI BROWNIES

| | |
|--------------|-----------------------|
| 1 C. oil | 1 tsp. salt |
| 2 C. sugar | ¼ tsp. baking powder |
| 3 eggs | 2 ½ C. flour |
| ½ C. milk | 1 tsp. baking soda |
| 1 T. vanilla | 1 tsp. water |
| ½ C. cocoa | 2 C. zucchini, grated |

Combine all ingredients; mix well (will be thin). Pour into two greased 9x13" baking pans; bake at 350 degrees for 25-30 minutes. Frost when cool if desired.

ZUCCHINI-GRANOLA JUMBLES

¾ cup margarine
1 ½ cups brown sugar, packed
1 egg
1 teaspoon vanilla
1 teaspoon grated orange peel
1 cup flour
1 teaspoon salt
1 teaspoon baking soda
3 teaspoons pumpkin pie spice
½ cup dried apricots
½ cup raisins
1 cup nuts, chopped
3 cups granola-type cereal
2 cups zucchini, grated

Beat margarine and sugar together; add egg, vanilla and orange peel; beat until light and fluffy. Combine dry ingredients and add to creamed mixture; beat until blended. Gradually stir in apricots, raisins, nuts, cereal and zucchini. Drop on greased cookie sheets; bake at 350 degrees for 12-15 minutes. Makes about 6 dozen.



CHOCOLATE ZUCCHINI CAKE

¾ cup margarine
2 cups sugar
3 eggs
2 teaspoons vanilla
½ cup cocoa
2 ½ teaspoons baking powder
1 ½ teaspoons baking soda
1 teaspoon salt
1 teaspoon cinnamon
2 teaspoons orange peel
2 ½ cups flour
½ cup milk
2 cups zucchini, coarsely grated
1 cup chopped nuts, optional

Cream margarine and sugar together; beat in eggs and vanilla. Combine dry ingredients and add alternately with milk to egg mixture; mix well. Stir in zucchini and nuts. Pour into 10" bundt pan. Bake at 350 degrees for 1 hour. Cool; remove from pan.

ZAPPLE CRISP

4-5 cups zucchini, sliced as for apples
1 cup sugar
¼ cup brown sugar
1 teaspoon cinnamon
Pinch of salt
¼ teaspoon nutmeg
¼ teaspoon allspice
1 ½ teaspoons cream of tartar
2 tablespoons flour



Peel, deseed and slice zucchini. Cover with water and simmer for 2 minutes; drain; cool. Mix all other ingredients together; top zucchini; stir well. Pour into greased 9x13" baking pan; sprinkle with topping. Bake at 375 degrees for 30 minutes. Top with whipped cream, optional.

TOPPING: Combine - ½ cup flour, ½ cup brown sugar, 1 cup oatmeal and 1/3 cup melted margarine.

WHOLE-WHEAT ZUCCHINI BREAD

1 cup all-purpose flour
1 cup whole-wheat flour
1 cup sugar
2 teaspoons baking powder
1 ½ teaspoons ground cinnamon
1 teaspoon baking soda
¼ teaspoon salt
¼ teaspoon ground nutmeg
¼ teaspoon ground cloves
6 egg whites
½ cup unsweetened applesauce
½ cup buttermilk
1 teaspoon vanilla
1 ½ cups shredded unpeeled zucchini
½ cup chopped walnuts

Beat the egg whites until foamy; stir in applesauce, buttermilk and vanilla. Add zucchini and stir until well mixed. In a large bowl, stir together flours, sugar, baking powder, cinnamon, baking soda, salt, nutmeg and cloves. Make a well in the center of the mixture; pour in the zucchini mixture. Stir just until moistened; fold in walnuts. Pour into non-stick 9x5x3" loaf pan; bake at 350 E for 40-50 minutes. Cool bread in pan for 10 minutes; remove and cool on rack before slicing. - *Low-fat Recipe* -

ZUCCHINI CORNBREAD PIE

3 zucchini, quartered and thinly sliced
½ cup chopped onions
½ cup evaporated skim milk
3 egg whites
8 ½ oz. Corn muffin mix
¾ cup reduced-fat sharp cheddar cheese, finely shredded

Saute zucchini and onions in non-stick frying pan until crisp-tender; remove from heat and set aside. In a large bowl, beat together the milk and egg whites. Stir in muffin mix just until combined. Fold in the zucchini mixture and half of the cheese. Pour into non-stick 9" pie plate; sprinkle with the rest of the cheese. Bake at 375 E for 30 minutes until golden brown. Serves 6. - *Low-fat Recipe* -

ZUCCHINI FREEZER PICKLES

2 qts. zucchini, peeled & thinly sliced

1 small onion, sliced
2 tablespoons salt
1 cup white vinegar
1 cup sugar

Mix zucchini, onion and salt in non-metal bowl and let stand 2 hours; drain and rinse thoroughly with cold water. Dissolve sugar in vinegar, add to zucchini mixture; mix well. Let stand for 30 minutes at room temperature. Place in freezer containers, leaving 1" head space; freeze. Will also keep in refrigerator for several weeks.

ZUCCHINI PICKLES

2 lbs. fresh firm zucchini
1 large onion
¼ cup salt
2 cups sugar
2 teaspoons mustard seed
1 teaspoon celery salt
1 teaspoon turmeric
3 cups vinegar

Wash zucchini and cut in thin slices. Cut onions in quarters, slice very thinly; add to zucchini. Cover with 1" water and add salt; let stand 2 hours; drain thoroughly. Bring remaining ingredients to boiling; pour over zucchini & onions; let stand 2 hours; bring to boil and heat 5 minutes. Pack hot into hot jars, leaving ¼" head space. Process 20 minutes in boiling water bath. Yield: 4 half-pints.

ZUCCHINI RELISH (5-6 pints)

10 cups finely chopped zucchini
4 large onions, peel and quarter
4 green bell peppers, seeded
4 red bell peppers, seeded
½ cup salt
2 ½ cups white vinegar
4 cups white sugar
2 tablespoons cornstarch
1 teaspoon ground nutmeg
1 teaspoon turmeric
2 teaspoons celery seed
½ teaspoon ground black pepper

Wash, peel zucchini, removing stems and blossom ends; remove seeds if squash is cut in large chunks for grinding. Put vegetables through food grinder; put into crockery or stainless-steel bowl, stir in the salt; cover with weighted plate; let stand overnight in brine. The next day, drain and rinse vegetables with cold water. Mix cornstarch with sugar and last four seasonings; add to cold vinegar, blending well. Over medium heat, bring to boiling, stirring well to prevent lumping. When syrup is clear, add vegetables; simmer 30 minutes, stirring often. Pour into hot jars, leaving ½" headroom. Process in boiling water bath for 15 minutes. *Courtesy of Putting Food By, Hertzberg, Vaughan, Greene.

ZUCCHINI REFRIGERATOR PRESERVES

14 medium zucchini (8 cups), shredded and firmly packed
4 cups sugar
½ cup lemon juice
8 ¼ oz. can crushed pineapple, drained
6 oz. apricot or peach flavored gelatin

In large kettle combine zucchini, sugar, lemon juice and pineapple. Bring to a boil and cook gently until reduced to 8 cups (about 12 minutes); stir frequently. Remove from heat and stir in gelatin. Cool; spoon into containers. Cover and store in refrigerator up to 1 month. Makes about 8 cups.
