ZUCCHINI

Zucchini is a summer squash which is long, straight and slender with slight ridges. It is dark green to almost black and has greenish-white flesh. This vegetable has a mild to delicate flavor.

HARVESTING

Zucchini is a summer squash, which is harvested when six to ten inches long.

SELECTING

Look for squash that are tender and well developed, firm, fresh-appearing, and well formed. A tender squash has a glossy rather than dull skin. It is not hard to the touch. Avoid stale or over-mature squash, which will have a dull appearance and a hard, tough surface. Such squash usually have enlarged seed and dry, stringy flesh.

HOW MUCH TO BUY

One pound yields approximately 2 to 3 servings.
Two to four pounds yields approximately one quart canned.
Three pounds yields approximately two pints frozen.
One bushel (40 pounds) yields approximately 16 to 20 quarts.

NUTRITION

Zucchini contains only 30 calories per cup. However, when combined with other ingredients, the calories increase. This summer squash is a fair source of vitamins A and C. It also contains small amounts of calcium, iron, thiamin, riboflavin and niacin.

STORAGE

Refrigerate at about 45 degrees F. in the vegetable compartment of the refrigerator.
## OVEN AND RANGE-TOP DISHES

### Baked Zucchini Squash

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 medium zucchini</td>
<td>(about one pound)</td>
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<tr>
<td>2 cups cooked rice</td>
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<tr>
<td>½ teaspoon garlic</td>
<td>Salt and pepper to taste</td>
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<tr>
<td>½ cup bread crumbs</td>
<td>½ pound sausage</td>
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Wash and cook unpeeled zucchini for about 10 minutes in a small amount of boiling salted water. Drain and cut into halves, lengthwise. Scoop out pulp and chop up. Brown sausage and drain off excess fat. Combine sausage with bread crumbs, seasoning and chopped squash. Stuff squash with mixture. Put into greased baking dish and bake in pre-heated, moderate oven (350° F) for 20 minutes or until zucchini is tender.

### Zucchini Cheese Casserole

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>4 cups cubed zucchini</td>
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</tr>
<tr>
<td>1 clove garlic</td>
<td></td>
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<tr>
<td>2 Tablespoons flour</td>
<td>½ cup chopped onion</td>
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<tr>
<td>2/3 cup evaporated milk</td>
<td>2 Tablespoons butter</td>
</tr>
<tr>
<td>½ cup shredded Cheddar cheese</td>
<td>1 teaspoon salt</td>
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Cook zucchini, onion and garlic in butter until crisp-tender, stirring frequently. Remove from heat. Sprinkle with flour and salt and toss well. Stir in evaporated milk, sour cream and cheese. Turn into a shallow 1-quart casserole dish. Bake at 375° F for 20 minutes. Makes 4 to 6 servings.

### Vegetable Casserole

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>2 cups sliced zucchini</td>
<td>1 Tablespoon cooking oil</td>
</tr>
<tr>
<td>– more or less</td>
<td>1 tomato, cut in eights</td>
</tr>
<tr>
<td>depending on supply</td>
<td>¾ cup grated cheddar or Colby cheese</td>
</tr>
<tr>
<td>1½ cups sliced celery</td>
<td>½ cup green pepper, diced</td>
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<tr>
<td>1 medium onion, chopped</td>
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Toss zucchini, celery, green pepper and onion in 2-quart casserole dish. Add salt and pepper to taste. Sprinkle with oil. Arrange tomato on top and sprinkle with cheese. Bake (covered) in a 350° F. oven until vegetables are tender. (Canned tomatoes can be substituted. Makes 4 to 6 servings.

### Baked Zucchini Parmesan Casserole

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2½ pounds zucchini</td>
<td>½ cup onion, chopped</td>
</tr>
<tr>
<td>½ cup green pepper, chopped</td>
<td>4 Tablespoons butter/margarine</td>
</tr>
<tr>
<td>1 package dry spaghetti sauce mix</td>
<td>½ cup shredded cheddar cheese</td>
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<tr>
<td>1 4-ounce can mushroom pieces (optional)</td>
<td>1 6-ounce can tomato paste</td>
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<tr>
<td>1 cup water</td>
<td>Grated Parmesan cheese</td>
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Baked Zucchini Parmesan Casserole - continued

Slice zucchini into ½-inch pieces and drop into boiling water. Cook 4 to 5 minutes and drain. Place zucchini in a casserole dish. Sauté onion and green pepper in butter. Add sauce mix, cheddar cheese, mushrooms, tomato paste and water. Mix well and pour over zucchini. Sprinkle top with Parmesan cheese. Bake 25 to 30 minutes at 350°F. Let stand 5 minutes before serving.

MAIN DISHES - SIDE DISHES - SALADS

Zucchini and Bacon

In a 2½ quart saucepan, fry ½ pound of bacon. Fill saucepan full of zucchini cut in ¼ inch slices. Cook for 30 minutes stirring occasionally. When ready to serve, add sharp cheddar cheese.

Zucchini and Tomatoes

1 pound zucchini
1 clove garlic, sliced
1 Tablespoon olive oil
1 large tomato, peeled and quartered
1 ½ teaspoon salt
½ teaspoon oregano
Pepper to taste

Scrub zucchini with stiff brush and slice crosswise into thin slices. Sauté garlic in oil for one minute in a 1½ quart pan. Stir in zucchini and remaining ingredients, cover and cook over low heat for fifteen minutes. Makes 4 servings.

Zucchini Pancakes

1½ cups shredded zucchini
2 Tablespoons baking mix
Dash of pepper
1 egg, lightly beaten
3 Tablespoons grated Parmesan cheese
1 Tablespoon cooking oil

In a bowl, combine zucchini, egg, baking mix, cheese and pepper. Heat oil in a skillet over medium heat, drop batter by ¼ cupfuls and flatten. Fry until golden brown; turn and cook the other side. Makes 4 pancakes.

Scalloped Zucchini

6 medium zucchini (about 2 pounds)
¼ pound bulk pork sausage
1/8 teaspoon dried thyme, crushed
1/2 cup finely crushed saltine crackers (about 14)
½ cup grated parmesan cheese
2 eggs, slightly beaten
¼ cup chopped onion
1 teaspoon salt
Dash garlic salt
Dash pepper

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Scalloped Zucchini - continued

Scrub squash and trim off ends; do not pare. Cook whole squash, covered in boiling, salted water for 15 minutes or until just tender. Drain thoroughly, reserving ½ cup liquid. Chop zucchini coarsely (about 5 cups). In ten-inch skillet, cook sausage and onion together over medium heat, until sausage is browned and onion is tender; drain. Add squash, reserved liquid and remaining ingredients except 2 Tablespoons of the cheese. Mix well. Turn into ungreased 1½ quart casserole. Sprinkle reserved cheese over the top. Bake in 350° F. oven for 40 to 45 minutes or until set and delicately browned. Makes 8 servings.

Wild Rice Stuffed Zucchini

1 package (6 ounce) long grain and wild rice
6 zucchini (about 8 inches long)
2 Tablespoons sliced green onion
¾ teaspoon salt

1 Tablespoon butter or margarine
1 cup shredded Swiss cheese
2 Tablespoons chopped pimento


Zucchini Frittata

1 medium zucchini
2 Tablespoons milk
6 eggs
3 Tablespoons parmesan cheese
¼ teaspoon nutmeg
Pepper to taste

2 Tablespoons bread crumbs
½ teaspoon grated lemon peel
2 Tablespoons water
1 Tablespoon butter or margarine
Salt to taste

Slice zucchini and blanch for 5 minutes in boiling water, drain. Mix bread crumbs, milk and lemon peel together, blend with zucchini. Whip eggs; add water and spices and whip again. Pour into hot omelet pan greased with butter/oil. When eggs begin to set, top with zucchini mixture. Sprinkle with cheese, place under a hot broiler until slightly browned.

Italian Zucchini Salad

4 medium zucchini (about 2 pounds)
2 teaspoons seasoned salt
2/3 cup olive oil
1 teaspoon salt
½ teaspoon pepper

½ cup water
12 large ripe pitted olives (quartered)
½ cup red wine vinegar
½ teaspoon paprika
½ teaspoon sugar

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**Italian Zucchini Salad** - continued

¼ teaspoon basil leaves (crushed) 1 clove garlic
1 avocado pimento or red pepper strips


**Zucchini and Vegetable Sauté**

| 3 Tablespoons butter or margarine | ¼ teaspoon pepper |
| 2 cups sliced zucchini or yellow summer squash | ¼ teaspoon crushed, dried oregano |
| 2 cups shredded cabbage | ¼ teaspoon crushed, dried thyme |
| ¾ cup chopped green pepper | 1 Tablespoon vinegar |
| 1½ teaspoon salt |

Melt butter in skillet. Add squash and cabbage. Cover and cook over medium heat for about 5 minutes. Uncover and add green pepper. Cook over low heat, turning occasionally with spatula, until squash is tender, about 10 minutes. Stir in seasonings, herbs and vinegar. Makes 6 servings.

**Zucchini Salad**

| 1 pound zucchini | ½ cup chopped onion |
| 2 cups water | ½ cup chopped green pepper |
| ½ teaspoon salt | ½ cup chopped celery |
| 1 clove garlic | French dressing |


**Kidney Bean Zucchini Salad**

| 3 Tablespoons salad oil | 1 15¼-ounce can red kidney beans, drained |
| 3 medium zucchini, thinly sliced | 3 Tablespoons white vinegar |
| 2 medium onions, sliced | 2 teaspoons sugar |
| 1 large green pepper, cut in 1-inch pieces | 2 teaspoons salt |
| 1 vegetable bouillon cube or envelope | ¼ teaspoon pepper |

Early in the day or the day before serving: In 12-inch skillet over medium-high heat, in hot salad oil, cook zucchini, onions, green pepper and bouillon cube until vegetables are tender-crisp and bouillon is dissolved, about 5 minutes. Remove from heat; stir in kidney beans, vinegar, sugar, salt and pepper. Spoon mixture into large bowl. Cover and refrigerate until well chilled. Makes 8 servings.
Zucchini Slaw

Make your favorite cabbage slaw and add shredded raw zucchini to it. OR;
1. Peel, seed and shred 2 medium zucchini or 1 large zucchini. (about 4 cups)
2. Finely chop parsley, add ½ cup parsley and 2 chopped pimentos (canned) to zucchini.
3. Toss with a dressing of your choice.
Makes 4 servings.

Dilled Zucchini

1. Cut 2 unpeeled, medium zucchini in half, lengthwise.
2. Cook covered in 1-inch of boiling, salted water 12 to 15 minutes or until tender; drain.
3. Brush with melted butter and sprinkle with dill seasoning or dill weed.

Sweet and Sour Zucchini

½ cup chopped onion
2 Tablespoons butter
1 pound zucchini or other
summer squash
1 teaspoon butter
1 teaspoon paprika
½ cup water
¼ teaspoon dill
1 teaspoon sugar
¾ teaspoon salt
1 teaspoon flour
¼ cup cider vinegar (5% acetic acid)

In a heavy skillet with cover, sauté onion in 2 Tablespoons butter until just melted, but not browned. Cut washed, unpeeled zucchini into strips the size of French-fried potatoes. Add these and the paprika to the skillet and cook over high heat for 2 minutes, turning often. Mash remaining butter with flour and add to skillet with vinegar, water, dill, sugar and salt. Cover and simmer over reduced heat until zucchini is just crisp-tender. Makes 4 to 6 servings.

BREADS AND MUFFINS

Zucchini Spice Muffins

1¼ cups all purpose flour
½ cup chopped pecans
1½ teaspoons baking powder
¾ teaspoon cinnamon
½ teaspoon nutmeg
1 medium zucchini - finely shredded
¾ cup sugar
¼ cup quick cooked oats – uncooked
½ teaspoon salt
½ teaspoon ginger
2 eggs
¼ cup salad oil

Prepare 12 muffin cups.
In a large bowl mix flour, sugar, nuts, oats, baking powder, salt and spices. In a separate bowl beat eggs with fork; stir in zucchini and oil. Pour egg mixture all at once into flour mixture; stir just until moistened. (Batter will be lumpy) Bake for 20 minutes at 400° F. (Optional: Dip tops of warm muffins in 4 tablespoons melted butter, then into a mixture of 1 Tablespoon cinnamon and ½ cup sugar).
### Zucchini Loaf

<table>
<thead>
<tr>
<th>1 cup granulated sugar</th>
<th>1 cup canola oil</th>
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<tbody>
<tr>
<td>3 eggs</td>
<td>2 cups zucchini, grated</td>
</tr>
<tr>
<td>3½ cups flour</td>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td>2 teaspoons baking soda</td>
<td>½ teaspoon nutmeg</td>
</tr>
<tr>
<td>½ teaspoon cinnamon</td>
<td>½ cup raisins or dates</td>
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<tr>
<td>½ cup walnuts</td>
<td>1 teaspoon vanilla</td>
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Combine sugar and oil, add beaten eggs, zucchini which has been grated or shredded, salt, flour, spices and remaining ingredients. Mix well and add raisins or dates and nuts. The dates make a very moist loaf. Put in two greased loaf pans and bake at 350° F. for 75 to 90 minutes. These loaves can be frozen after they have been completely cooled.

### Savory Zucchini Bread

<table>
<thead>
<tr>
<th>1 cup biscuit mix</th>
<th>1 small onion, finely chopped</th>
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<tbody>
<tr>
<td>⅛ teaspoon salt</td>
<td>½ teaspoon seasoned salt</td>
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<tr>
<td>½ teaspoon oregano</td>
<td>½ cup parmesan cheese</td>
</tr>
<tr>
<td>1 red pepper</td>
<td>2 Tablespoons parsley, chopped</td>
</tr>
<tr>
<td>1 clove garlic, crushed</td>
<td>½ cup vegetable oil</td>
</tr>
<tr>
<td>4 eggs, slightly beaten</td>
<td>3 cups zucchini, thinly sliced</td>
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Mix all ingredients, adding zucchini last after ingredients are well mixed. Bake at 350° F. for 25 minutes in a greased 13x9x2-inch pan.

### Pineapple Zucchini Bread

<table>
<thead>
<tr>
<th>3 eggs</th>
<th>1 cup salad oil</th>
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<tbody>
<tr>
<td>2 cups sugar</td>
<td>2 teaspoons vanilla</td>
</tr>
<tr>
<td>2 cups zucchini</td>
<td>8 ounces (1 can) crushed pineapple</td>
</tr>
<tr>
<td>3 cups unsifted flour</td>
<td>2 teaspoons baking soda</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>½ teaspoon baking powder</td>
</tr>
<tr>
<td>1½ teaspoons cinnamon</td>
<td>1 cup chopped nuts</td>
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In a bowl, beat eggs, salad oil, sugar and vanilla until well mixed. Stir in Zucchini and pineapple. In a separate bowl sift together flour, baking soda, salt, baking powder and cinnamon. Mix dry ingredients into zucchini mixture until just blended. Add nuts and raisins. Pour into two greased and floured baking pans. Bake at 350° F. for one hour or until toothpick inserted near the center comes out clean.
CAKES – BARS - DESSERTS

Zucchini Brownie Cookies

1½ cups firmly packed brown sugar  2/3 cup shortening
1 teaspoon vanilla  2 3ggs
1½ cups all-purpose flour  1/3 cup cocoa
¾ teaspoon baking soda  ½ teaspoon salt
1 cup shredded zucchini  2 cups semi-sweet chocolate chips

Preheat oven to 375° F. Place sheets of foil on countertop for cooling cookies. Combine brown sugar, shortening and vanilla in large bowl. Beat at medium speed with an electric mixer until well blended. Beat eggs into creamed mixture. Combine flour, cocoa, baking soda and salt in separate bowl and beat into creamed mixture at low speed just until blended. Stir in zucchini and chocolate chips. Drop by rounded tablespoons, 2 inches apart onto ungreased baking sheet. Bake one baking sheet at a time at 375° F. for 7 to 9 minutes or until cookies are set. DO NOT OVER BAKE. Cool 2 minutes on baking sheet. Remove coolies to foil to cool completely. Makes about 3 dozen cookies.

Zucchini Oatmeal Cookies

½ cup butter or margarine  ¾ cup honey
1 egg  2 cups whole wheat flour
1 teaspoon baking soda  1 teaspoon ground cinnamon
¾ teaspoon ground cloves  ½ teaspoon ground nutmeg
¼ teaspoon salt  1 cup grated zucchini
1 cup rolled oats  1 cup chopped dates or raisins

Cream butter with honey. Add egg and beat well. Sift flour with soda, cinnamon, cloves, nutmeg and salt. Add flour mixture alternately with zucchini to egg mixture. Stir in oats and dates. Drop by teaspoons onto greased baking sheets. Bake at 375° F. for 10 to 12 minutes.

Chocolate Zucchini Cake

1 cup brown sugar  ½ cup sugar
½ cup butter or margarine  ½ cup oil
3 eggs  ½ cup buttermilk
1 teaspoon vanilla  2½ cups flour
4 Tablespoons cocoa  2 teaspoons baking soda
1 teaspoon cinnamon  1 teaspoon salt
3 6-inch long zucchini (shredded), about 2 cups  ½ to 1 cup chocolate chips

Preheat oven to 325° F. Grease a 9 x 13 inch pan. Combine sugars, butter and oil. Add eggs, buttermilk and vanilla and mix well. Sift together flour, cocoa, soda, cinnamon and salt. Add to the mixture. Stir in zucchini. Pour into pan and sprinkle chips over the top. Bake for 45 minutes, cool, then turn out on a wire rack.
**Carrot Zucchini Cake**

2 eggs | 1 cup carrots, grated  
1 cup sugar | 1 cup zucchini, grated  
2/3 cup oil | ¼ cup coconut, shredded  
⅛ cup flour | 1 teaspoon baking soda  
1 teaspoon baking powder | 1 teaspoon cinnamon  
¾ teaspoon salt

Preheat oven to 350° F. Grease and flour a 9-inch pan. Beat eggs with sugar until frothy. Gradually beat in oil. Combine dry ingredients, add to first mixture in a large bowl and beat together until mixed (batter will be thick). Add carrots, zucchini and coconut. Beat. Pour into pan and bake at 350° F. for 30 minutes. Frost with cream cheese icing when completely cool.

**Cream Cheese Icing**

1 (4-ounce) package cream cheese | ⅛ cup butter or margarine  
1 teaspoon orange rind, grated | 2 cups powdered sugar  
1 teaspoon vanilla

Bring cream cheese to room temperature before using. Beat cream cheese and butter together until creamy. Beat in sugar, vanilla and orange rind until creamy. Spread on cooled cake.

**Lemon Zucchini Cookies**

2 cups flour | 1 teaspoon baking powder  
½ teaspoon salt | ¾ cups sugar  
1 egg, beaten | 1 teaspoon grated lemon peel  
1 cup shredded, unpeeled zucchini | ⅛ cup butter or margarine  
1 cup chopped walnuts

**Lemon Frosting:**

1 cup powdered sugar  
1½ tablespoons lemon juice

Stir together flour, baking powder and salt; set aside. In a large bowl, (using an electric mixer), cream butter and sugar until light. Beat in eggs and lemon peel until fluffy. At low speed or with rubber scraper, stir in flour mixture until dough is smooth. Stir in zucchini and walnuts. Drop by rounded teaspoons on greased cookie sheets. Bake in a preheated 375° F. oven for 15 to 20 minutes or until very lightly browned. While still warm, drizzle with Lemon Frosting. Cool on rack. Makes 72 to 84 cookies.
**Candied Zucchini**

6 cups zucchini – medium, very firm, peeled, 2 cups granulated sugar
⅔ cup water 1 Tablespoon Lemon juice-strained
A food dehydrator (or other flavoring)

Make syrup by boiling sugar and water together for 5 minutes. Cut zucchini into ½-inch cubes. Drop cubes into boiling syrup and cook over low heat only until barely tender (they will become somewhat translucent). Chill in the syrup overnight. The next day, spread cubes on dryer trays and dry at 135°F. for about 8 to 12 hours until leathery. Store airtight. Flavor Note: This candy is very good and has almost NO (if any) squash flavor. Try a tiny bit of red food color and ½ teaspoons cherry flavor instead of the lemon juice.

**Spicy Pineapple Zucchini Cake**

4 eggs 1 cup salad oil
2 cups sugar 2 teaspoons vanilla
2 cups zucchini, grated 1 can (8 ounces) crushed pineapple, drained
3 cups flour 2 tablespoons baking soda
1 teaspoon salt 1 teaspoon baking powder
1½ teaspoons cinnamon ¾ teaspoon ground nutmeg
1 cup walnuts 1 cup raisins (optional)

Beat eggs to blend; add oil, sugar and vanilla. Continue beating until thick and foamy. Stir in zucchini and pineapple. Mix remaining ingredients in a separate bowl. Stir dry mixture gently into zucchini mixture just until blended. Add raisins if desired. Pour into a 9 x 13 x 2 inch cake pan. Bake in preheated oven at 350°F. for 1 hour or until toothpick inserted in center comes out clean. Dust finished cake with powdered sugar or top with cream cheese frosting.

**Cream Cheese Frosting**

4 ounces cream cheese ½ teaspoon almond extract
4 Tablespoons butter or margarine ¾ teaspoons lemon extract
1 cup powdered sugar

Cream ingredients, beating until smooth. Spread on completely cooled cake.

**Zucchini and Walnut Cake**

1½ cups walnut pieces 2 medium zucchini (unpeeled, edges trimmed)
⅔ cup cornstarch ¼ cup brown rice flour
1 teaspoon baking powder A pinch of salt
3 large eggs ¾ cup sugar
2 Tablespoons diced, candied lemon peel Powdered sugar
          finely minced

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Zucchini and Walnut Cake - continued

Preheat oven to 350° F. Butter sides of an 8 x 2 inch cake pan and line the base with a circle of baking parchment and butter the parchment. With a blender or food processor, grind walnuts to flour and set aside. Using the same processor, grind zucchini into fine shreds. You should have at least 1 cup, firmly packed zucchini or about 6 ounces. Drain as much of the liquid as possible. Combine cornstarch, rice flour, baking powder and salt; set aside.

Beat eggs with sugar until lemon-colored and very thick. (The lifted beater should leave a slowly dissolving trail of batter) Using a large rubber spatula, gently fold in grated walnuts and minced lemon peel. Fluff up zucchini shreds and fold in. Sift cornstarch-flour mixture over batter and quickly fold in, retaining as much volume as possible.

Pour into prepared pan (batter will be thin). Bake for 40 minutes, until a tester comes out dry. Let cool in pan for 10 minutes before turning out onto a cooling rack. Peel off paper, reverse onto rack right side up and let cool completely. Dust with powdered sugar before serving.

Best Zucchini Bars

| 2 cups sugar     | 1 cup oil                        |
| 3 eggs           | 2 cups flour                     |
| 1 teaspoon cinnamon | 1 teaspoon salt                |
| 2 teaspoons baking soda | 1 teaspoon vanilla          |
| 2 cups shredded, unpeeled zucchini | 1 small carrot, shredded |
| ¾ cup rolled oats | 1 cup chopped walnuts            |

Frosting

| ½ cup soft butter or margarine | ⅛ teaspoon almond extract |
| 2 teaspoons vanilla            | 2½ cups confectioners’ sugar |
| 1 package (3-ounce) cream cheese, softened |

Beat together sugar, oil and eggs in large bowl or in food processor. Beat in flour, cinnamon, salt, baking soda, baking powder and vanilla. Beat 1 to 2 minutes until well mixed. Fold in zucchini, carrot, oats and nuts; mix well. Pour into 15 x 10 x 1-inch jelly roll pan (or cookie sheet with sides). Bake at 350° F for 15 to 20 minutes. Make frosting by beating all ingredients together until smooth. Set aside. Cool bars; frost. Cut into bars. Makes about 3 dozen.

Pineapple Zucchini Cake

| 1 large eggs | 2 cups zucchini, peeled and grated |
| 1 teaspoon salt | 1 teaspoon baking soda |
| 1 cup brown sugar, packed | 1 cup granulated sugar |
| 1 teaspoon baking powder | 2 teaspooons vanilla extract |
| 3 cups all-purpose flour | 1 cup crushed pineapple, drained |

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**Pineapple Zucchini Cake** – continued

1 cup oil ¾ cup raisins (optional)
1 cup pecans

Mix eggs, sugar, salt, vanilla, zucchini and soda. Add flour and baking powder, oil and pineapple alternately to the mixture. Add raisins, if desired, and nuts. Bake at 350° F. for 1 hour in a 13 x 9-inch pan. Makes 24 servings. Use icing of your choice.

**Fruit Zucchini Bars**

½ cup butter or margarine ½ cup sugar
½ cup brown sugar, packed 2 eggs
1 teaspoon vanilla 1¼ cup flour
¼ teaspoon salt 1½ teaspoon baking powder
¼ cup coconut, shredded ¾ cup dates, chopped
¼ cup raisins 1 Tablespoon butter or margarine, melted
2 cups zucchini, shredded 2 tablespoons milk
1 teaspoon vanilla ¼ teaspoon cinnamon
1 cup powdered sugar 1 cup walnuts, finely chopped

Beat together soft margarine, white sugar and brown sugar. Add eggs and 1 teaspoon vanilla; beat well. In a small bowl, beat together flour, salt and baking powder. Gradually add to the creamed mixture and beat until well mixed. Stir in coconut, dates, raisins and zucchini. Put mixture in a 13 x 9-inch baking pan. Bake at 350° F. for 35 to 40 minutes.

Beat together melted margarine, milk, 1 teaspoon vanilla, cinnamon and powdered sugar until well blended. Drizzle over warm cake and sprinkle chopped walnuts over icing. Cut into bars.

**Zucchini Cookies**

½ cup butter or margarine 1 cup brown sugar
1 egg ½ teaspoon vanilla
1 cup flour ½ teaspoon baking soda
½ teaspoon baking powder ¼ teaspoon salt
1 small zucchini, shredded 1 cup oatmeal
¼ cup finely chopped nuts ½ cup coconut
½ cup raisins 1 cup butterscotch chips

Cream together butter and sugar. Add the egg and vanilla and beat well. Sift flour, baking soda, baking powder and salt and mix in. Add shredded zucchini. Stir in all remaining ingredients. Drop by teaspoons onto greased cookie sheet. Bake in pre-heated 350° F oven for 12 to 14 minutes or until cooked. Cool slightly before removing from pan.