

JULY: Recipes Using Local Seasonal Produce

BEETS

Beet Salad

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

*2 beets
1 tablespoon lemon juice
1 tablespoon mustard
2 teaspoons vinegar
1-2 teaspoons oil
1/2 teaspoon sugar
1 teaspoon dill or fresh thyme
Pepper to taste*

Cut off beet greens, leaving at least 1 inch remaining. Place beets in a pan of boiling water and cook until tender, depending on size of beet, 15-45 minutes. Cool slightly, peel cooked beets and slice. Combine remaining ingredients in a medium bowl. Stir well. Add beets to the bowl and stir gently to coat with dressing. Refrigerate for one hour before serving. Makes 2-3 servings.

BLUEBERRIES

Blueberry Pancakes

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

*1/2 cup low-fat milk
2 tablespoons butter or
margarine, melted
1 egg
1 cup flour
2 teaspoons baking powder
2 teaspoons sugar
1/2 cup blueberries*

Combine milk, melted butter or margarine and egg in a mixing bowl. Mix well. Add the flour, baking powder and sugar to the milk mixture all at once. Stir just enough to wet the flour. Add more milk if necessary to make the batter about as thick as heavy cream. Gently mix in the blueberries. Cook pancakes on a heated frying pan that is lightly greased. Cook until the cakes are full of bubbles, flip with a spatula and brown the other side.

Blueberry Cobbler

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

*2/3 cup flour
1/2 cup sugar
1 1/2 teaspoon baking powder
2/3 cup low-fat milk
2 tablespoons butter or margarine, melted
2 cups blueberries, cleaned and washed*

Preheat oven to 350 degrees. In a medium bowl, combine the flour, sugar and baking powder. Stir in the milk and mix the batter until it is smooth. Pour the melted butter or margarine into a 9 x 9" baking dish. Pour in the batter, and sprinkle the blueberries on top. Bake for 40-45 minutes or until it is lightly browned. Makes 8 servings.

Blueberry Coffeecake

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

1 cup lemon low-fat yogurt

3 tablespoons vegetable oil

2 egg whites

1/2 cup sugar

1 1/2 cup flour

1 tablespoon grated lemon peel

2 teaspoons baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

1 1/2 cups fresh or frozen blueberries (thawed and drained)*

Heat oven to 375° F. Spray a 9x9x2 inch pan with nonfat cooking spray. Beat yogurt, oil, egg whites and sugar in a large bowl. Stir in remaining ingredients except blueberries. Carefully stir in blueberries. Spread all ingredients in pan. Bake about 35-40 minutes or until cake springs back when touched lightly in center. Cool 10 minutes. Can be served warm or cool. Makes 8 servings.

BROCCOLI

Broccoli Soup

Cindy Ericksen, Master Gardener

Ingredients:

1 Tbsp. butter, melted

1/2 medium onion, chopped

1/4 cup melted butter

1/4 cup flour

2 cups half-and-half

2 cups chicken stock or bouillon

1/2 pound fresh broccoli

1 cup carrots, julienned

salt and pepper to taste

1/4 tsp. nutmeg

pinch of cayenne pepper

8 ounces grated sharp cheddar cheese

Saute onion in butter. Set aside. Cook melted butter and flour using a whisk over medium heat for 3-5 minutes. Stir constantly and slowly add the half-and-half (this is called making a roux). Add the chicken stock whisking all the time. Simmer for 20 minutes.

Add the broccoli, carrots and onions. Cook over low heat until the veggies are tender for 20-25 minutes. Add salt and pepper. The soup should be thickened by now. Pour in batches into blender and puree. Return to pot over low heat and add the grated cheese; stir until well blended. Stir in spices and serve. Serves 4.

Italian Broccoli and Pasta

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

1 cup pasta noodles, uncooked

1/4 cup chopped onion

1 cup broccoli florets

1/2 tsp. thyme, dried

1/4 tsp. oregano, dried

1/4 tsp. black pepper

1 cup stewed or diced tomatoes, not drained
2 tsp. Parmesan cheese

Cook pasta according to package directions. Drain. Spray a skillet with cooking spray and sauté onion and broccoli for 3 minutes. Add seasonings and tomatoes and simmer until heated through. Spoon vegetable mixture over hot pasta and top with parmesan cheese. Makes 2 servings.

Broccoli Salad

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

3/4 pounds broccoli
1/3 cup light mayonnaise
1 Tbsp. sugar
2 tsp. vinegar
2 tsp. low-fat milk
2 Tbsp. raisins
1/4 cup walnuts, chopped
1/4 cup red onion, thinly sliced

Wash broccoli. Cut heads into florets, peel and dice stems. Chop as fine as desired. Combine light mayonnaise, sugar, vinegar, and milk. Mix well. Add to chopped broccoli. Add raisins, walnuts, and onions to broccoli mixture. Stir to coat all pieces with dressing. Chill before serving. Makes 5 servings.

Roasted Broccoli

Betsy Wharton

(This recipe and more can be found at www.clallamcanningcompany.com)

Ingredients:

1 bunch broccoli
2 Tbsp. olive oil
½ tsp. garlic powder or 2 cloves fresh garlic minced or pressed
Salt and pepper to taste

Preheat oven to 425 and line a baking sheet with parchment paper. Cut broccoli into small-medium size pieces. Wash and let drain. In a large bowl, coat the broccoli with ½ the oil, garlic, salt and pepper. Toss with hands to coat the broccoli. Add the rest of the oil and spices and toss to evenly cover. Place veggies on the baking sheet and bake for 12 minutes, or until the broccoli begins to singe and turn dark. Serve as an appetizer or side dish.

Broccoli Potato Soup

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Ingredients:

1 onion, sliced
2 cups chopped broccoli
1 Tbsp. oil
1 (10.75 ounce) can condensed cream of potato soup
1 cup low-fat milk
1/2 cup water
1/2 tsp. basil
1/4 tsp. black pepper
1/3 cup shredded cheese

Sauté onion and broccoli in oil over medium heat for 5 minutes, or until tender. Stir in soup, milk, water, basil and pepper. Mix well and heat through, about 15 minutes. Add cheese and stir until melted. Makes 4 servings.

Pasta Delight

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Ingredients:

2 tsp. vegetable oil
1/2 cup chopped carrot
1/4 cup chopped red onion
1 cup broccoli, chopped
1 tsp. oregano
1 tsp. basil
1 clove garlic, minced
1 1/2 cups pasta - cooked, drained and rinsed (any shape)
2 Tbsp. parmesan cheese

Cook pasta according to package instructions. Heat oil in a large skillet. Sauté carrots, onion and broccoli for 5 minutes, stirring often. Add oregano, basil and garlic. Sauté for 2-3 more minutes. Add cooked pasta to vegetables and gently combine with a large spoon or spatula. Sprinkle parmesan cheese over pasta, cover and cook for 1 more minute. Serve hot. Makes 2-3 servings.

Pasta with Broccoli and Garlic

Beth Oaks, Clallam County Master Gardener

Ingredients:

16 oz. of any short, thick pasta, (whole wheat is good) cooked al dente and drained
1 pound broccoli
1/2 cup of extra virgin olive oil
16-20 cloves of fresh garlic (or to taste)
1/2 tsp. red pepper flakes (or to taste)
1 tsp. salt (or to taste)

Trim fresh broccoli and blanch in salted boiling water for about 5-8 minutes or until al dente. Drain broccoli, rinse well in COLD water to stop the cooking process, and drain again. Chop cooked broccoli in to small chunks. Heat olive oil in a large deep skillet, add garlic and red pepper flakes, and cook for a few minutes over medium heat. Add broccoli and cook on low-to-medium for another 5-10 minutes or until the broccoli is well cooked but not mushy. Add salt to taste and toss with the hot pasta. Garnish with low-fat mozzarella or parmesan cheese, if desired. Serves 4-5.

Vegetable Lasagna

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

2 cups chopped broccoli
1 cup chopped carrots
5 lasagna noodles
1 (10.75 ounce) can condensed cream of mushroom soup
1/2 cup low-fat cottage cheese
1 1/2 cups mozzarella cheese, shredded
1/2 tsp. garlic powder
1/2 tsp. dried rosemary or oregano, crushed

Steam broccoli and carrots until tender, about 10 minutes. Cook lasagna noodles according to package directions and drain. In a bowl, combine soup, cottage cheese, and 1 cup mozzarella cheese. Mix well. Add garlic powder, rosemary or oregano and the cooked broccoli and carrots. Starting with noodles, alternate layers of vegetable mixture and noodles in a small baking pan. Top with remaining 1/2 cup mozzarella cheese. Cover and bake at 375 degrees for 35-40 minutes.

CABBAGE

Red Cabbage, Onions, Tofu with Miso and Fresh Ginger over Cooked Grains

Beth Oakes, Clallam County Master Gardener

Ingredients:

2 Tbsp. miso

1 tsp. sesame oil

2 tsp. grated fresh or bottled ginger or ½ tsp. powdered ginger

¼ cup water

2 Tbsp. safflower oil (olive oil WILL NOT WORK)

2 onions, sliced and diced

2 cakes of firm Tofu, drained and diced

1 Tbsp. sesame seeds

4 cups shredded red cabbage

2-3 cups of hot cooked grains (such as couscous, brown rice, or even grits)

Mix miso, 1 tsp. of ginger, sesame oil, and water in a bowl and set aside. Heat a heavy-bottomed pan and brown onions in 1 Tbsp. of the safflower oil. Add tofu and remaining tsp. of ginger and sauté over medium heat for 2-4 minutes. Add remaining safflower oil and sesame seeds and keep stirring for a couple of minutes until everything is tender. Add the red cabbage, stir in the miso mixture, reduce to simmer, and cover. Continue cooking until cabbage is wilted and very tender. Serve hot over your cooked grains. Serves 4-6.

Sweet & Sour Cabbage

Beth Oakes, Clallam County Master Gardener

Ingredients:

2-3 slices of bacon, crumbled

1 head of red cabbage sliced and chopped up

1/3 cup of apple cider vinegar (or white vinegar)

¼ cup of brown sugar (dark brown sugar is more flavorful)

½ tsp. salt or to taste

¼ tsp. pepper or to taste

Fry bacon until crisp. Let cool, crumble, and set aside. Add chopped red cabbage to bacon drippings. Cook over medium heat for about 5 minutes, stirring gently. Reduce heat to simmer, cover, and let cook another 5 minutes until cabbage is wilted. Stir in vinegar, brown sugar, salt, pepper, and crumbled bacon. Cover and simmer for 10 more minutes or until cabbage is tender. Serves 6.

Cabbage and Apple Skillet

Beth Oakes, Clallam County Master Gardener

Ingredients:

2 Tbsp. butter (or margarine)

2 medium onions finely chopped

5 cups shredded red or green cabbage

2 medium apples, cored and cut into small slices

¼ cup water

3 Tbsp. lemon or lime juice or vinegar

2 Tbsp. brown or white sugar

½ tsp. salt

Melt butter over medium heat in a large skillet. Add chopped onions and cook until tender. Add apples, cabbage and water to the skillet, reduce heat to simmer, cover and cook and stir for about 20 minutes. Stir in lemon or lime juice or vinegar, sugar, and salt. Cover again and simmer another 10 minutes or until the cabbage and apple slices are tender. Serves 6.

Steve's Sequim Cole Slaw

Steve Meith, Chemist-turned-chef.

Ingredients:

*3/4 pound each of red cabbage and green cabbage, cored, quartered and sliced 1/8—1/4" thick
Small amounts of other thinly sliced vegetables such as sweet onion, leek, garlic, shallot, red, green, or yellow bell pepper,
or carrot (cut with a zester or slivered)*

Dressing:

4 Tbsp. plain whole-milk yogurt (such as Greek yogurt)

1/3 cup mayonnaise

1 Tbsp. sugar

3 Tbsp. strawberry or huckleberry vinegar

1 tsp. dried culinary lavender

Salt

Pepper

Whisk dressing ingredients together and toss with the thinly sliced veggies. Add salt and pepper to taste. Let salad steep in refrigerator overnight (24 hours is better). Stir before serving. Serves 8.

Cabbage Noodle Salad

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Ingredients:

Dressing:

3 Tbsp. vegetable oil

3 Tbsp. vinegar

2 Tbsp. sugar

1 ramen noodle seasoning package

1/4 teaspoon pepper

1 Tablespoon light soy sauce

Salad:

1 small head red or green cabbage, chopped finely (or use 1/2 of each)

2 green onions, chopped

1 carrot, washed well and grated

1 package ramen noodles, crushed

Combine dressing ingredients in a bowl. Whisk to dissolve sugar. Combine cabbage, green onion, and carrot in a large bowl, toss well. Add crushed ramen noodles and dressing and toss again. Serve right away or cover and refrigerate to allow flavors to blend and noodles to soften. Makes 6 servings.

Cabbage & Potato Sauté

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Ingredients:

1 small bell pepper, chopped

1/2 small onion, chopped

1-2 cloves garlic, finely chopped

1 Tbsp. vegetable oil

1/2 small head cabbage, green or purple, sliced thin or shredded

2 medium potatoes, cooked and chopped

Dash cayenne pepper (optional)

Pinch of salt

1 Tbsp. fresh parsley, chopped or 2 teaspoons dried parsley

Sauté bell pepper, onion, and garlic in oil in a skillet. Add cabbage to skillet and cook, stirring occasionally, about 3 minutes. Add pre-cooked potatoes and spices, stir to combine all ingredients. Cover and cook 2 more minutes. Serve hot. Leftovers can be made into soup by adding chicken or vegetable broth. Makes 4 servings.

Chicken-Cabbage Stir-Fry

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Ingredients:

1 chicken breast, skinned and boned

1 teaspoon oil

1 1/2 cups sliced cabbage

1-2 teaspoons cornstarch

1/4 teaspoon ground ginger

1/8 teaspoon garlic powder

1/4 cup water

1-2 teaspoons soy sauce

Cut chicken breast into strips. Sauté in oil over medium heat, turning constantly until lightly browned. Add cabbage; cook 2 minutes until cabbage is tender crisp. In a bowl, mix cornstarch and seasonings. Add water and soy sauce and mix until smooth. Pour over chicken, stir gently and cook until thickened and pieces are coated.

German Vegetable Soup

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Ingredients:

1 medium soup bone

1 cup each of tomatoes,

Cabbage and lima beans

1 small turnip or potato, diced

1/2 cup carrot, diced

1/2 cup onion, diced

1 Tbsp. flour

1/2 cup low-fat milk

Wash bone thoroughly. Cover with cold water and boil for an hour. Skim off fat and add vegetables. Mix flour with milk and stir into soup. Season with salt and pepper to taste. Cook on medium-low heat until vegetables are tender, about 30-40 minutes. Stir often to avoid burning milk. Serve hot.

Real Old Irish Corned Beef and Cabbage

Beth Oakes, Clallam County Master Gardener

Ingredients:

3 pounds corned beef brisket

Cold water to cover

1 medium sized white onion, peeled and studded with 4-6 whole cloves

1 clove garlic, peeled and crushed

1 bay leaf

4 peppercorns

1 head of white cabbage

Wipe off the brisket, put it in a Dutch oven on top of stove and pour in enough cold water to cover the meat. Add onion, garlic, bay leaf, and peppercorns. Heat water to a stout simmer but **DO NOT BOIL!** (Boiling makes the brisket tough as a work boot.) Skim off foam, cover, reduce heat to low and cook for about three hours or until beef is tender. Remove meat to a platter, cover, and keep warm in the oven at about 200 degrees.

Bring meat stock to a boil while you wash the cabbage, remove damaged outside leaves, cut out the core, slice it into four wedges. Tie wedges with kitchen string so they don't come apart in the pot while cooking. Cook cabbage for 10-15 minutes or until tender. Let cooked wedges drain well in a colander before you placing them on serving platter. Slice warm corned beef, dress the cabbage with butter, salt and pepper and serve with boiled potatoes. Erin go Bragh! Serves 3-4.

CARROTS

Carrot and Raisin Salad

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

1 cup shredded carrots

1/4 cup diced celery

1/4 cup raisins

2 tsp. vinegar

3 Tbsp. mayonnaise

In a mixing bowl, combine carrots, celery, raisins, vinegar, and mayonnaise. Mix together and refrigerate until chilled. Makes 2-3 servings.

CAULIFLOWER

Cauliflower in Yogurt-Cumin Sauce

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

1 1/2 cups fresh peas, shelled and washed

1 cup water

2 cups small cauliflower florets

1/8 tsp. salt

1/2 cup plain low-fat yogurt

2 Tbsp. fresh cilantro, chopped (parsley may be substituted for cilantro)

2 tsp. lemon juice

1/8 tsp. ground cumin

1 dash white pepper (or black pepper)

Bring water to a boil in a large saucepan; add peas and cauliflower. Cover and cook for 7 minutes or until crisp-tender. Drain well and place in a bowl. Add salt and toss well. Combine yogurt, cilantro, lemon juice, cumin and white pepper; stir well. Pour yogurt mix over cauliflower mix and toss gently. Refrigerate any leftovers. Makes 2-3 servings.

PEAS

Rice Casserole

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Ingredients:

1 cup mushrooms, sliced

1 Tbsp. butter or margarine

1 can condensed cream of mushroom soup

1 1/2 cups milk

1 3/4 cups instant brown or white rice

1 1/2 cups green peas

In a skillet, sauté mushrooms in butter or margarine for 2-3 minutes. Set aside. Combine cream of mushroom soup and milk in a pan and cook over medium heat, stirring often. When soup comes to a slow bubble, add instant rice and peas. Cover and let sit for at least 5 minutes. Stir in mushrooms and warm through. Salt and pepper to taste. Leftovers freeze well. Makes 3 servings.

Marinated Sugar Snap Peas

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

1/2 pound sugar snap peas

1/4 small onion, thinly sliced
1 garlic clove, minced
Pinch of sugar
1/4 cup oil
Black pepper to taste

Heat a pot of water to boiling. Add peas and cook 1 minute. Drain and rinse under cold running water. Place peas in a bowl. Add onion, garlic, sugar, oil, and pepper. Toss gently. Refrigerate, covered, at least 30 minutes. Makes 3 servings.

Curry Dressing for Pasta Salad

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

Dressing:

1½ tsp. vinegar
1 tsp. curry powder
¼ cup low-fat plain yogurt
2 Tbsp. mayonnaise
1 Tbsp. low-fat milk
1 tsp. salt

Pasta (Optional):

4 cups cooked pasta, chilled
1 cup fresh or frozen peas, thawed
1 red pepper, diced

Combine all dressing ingredients in a small bowl. Stir together with a fork or whisk. Thin the dressing with more milk, if desired. Chill well before using. Use as a salad dressing or follow instructions below for pasta salad. Combine peas, red pepper, and pasta in bowl. Just before serving, toss the pasta with enough dressing to lightly coat. Makes 4 servings.

RASPBERRIES

Berry Cobbler

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

2 cup berries
½ cup sugar
1 egg, beaten
1½ cups flour
2 tsp. baking powder
½ cup sugar
½ cup low-fat milk
½ cup butter or margarine, melted
1 egg, beaten

Preheat oven to 425 degrees. In a greased 9x9 inch baking dish, combine berries, ½ cup sugar, and 1 beaten egg. In a mixing bowl, combine flour, baking powder, and ½ cup sugar. In a separate bowl, mix milk, butter and 1 beaten egg together. Stir gently into flour mixture. Spread over the top of the berries. Bake for 25-30 minutes. Makes one 9 inch cobbler

Berry Smooth Shake

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

½ cup raspberries
½ cup low-fat milk
½ cup low-fat vanilla yogurt
1 Tbsp. honey
½ banana

Place in blender and blend until smooth. Makes 1-3/4 cups.

RUTABAGA

Rutabagas and Turnips

Beth Oakes, Clallam County Master Gardener

Ingredients:

1 pound rutabagas
½ pound white turnips
4 slices of bacon
¼ cup chopped onion
1 cup water
Salt and pepper to taste
Chopped parsley

Peel rutabagas and turnips and cut into 1 inch cubes. Fry bacon until crisp. Remove from drippings, let cool, crumble and set aside. (You can cook onion in leftover bacon grease or pour off fat and cook 2 Tbsp. of olive oil.) When onion is translucent, add water, salt, and pepper and bring to a boil.

Put cubed turnips and rutabagas and crumbled bacon in a 2-quart oven proof casserole. Add cooked onion/water mixture. Cover and bake at 350 degrees for 45 minutes or until fork tender. Garnish and serve hot. Leftovers warm up well too. Serves 6.

Roasted Root Vegetables

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

4 tsp. olive oil
2 tsp. maple syrup or honey
1 small clove garlic, minced
1 small potato, quartered
1 carrot, cut into 2-inch pieces
1 small parsnip, cut into 2-inch pieces
½ rutabaga, peeled, cut into 2-inch pieces
1 small sweet potato, peeled, quartered
1 small onion, chopped
2 tsp. butter, melted

Preheat oven to 350 degrees. Mix oil, syrup and garlic in a small bowl. Place cut vegetables in a large baking pan. Pour oil mixture over vegetables and toss to coat. Spread vegetables out in a single layer. Roast until tender and golden brown, stirring occasionally, about 1 hour. Makes 3 servings.

SUMMER SQUASH

Grilled Zucchini

Beth Oakes, Clallam County Master Gardener

Ingredients:

*One monster zucchini
Extra virgin olive oil (or olive oil in a spray can)
Salt and freshly ground pepper
Freshly chopped basil or basil flakes
Paprika or red pepper flakes (optional)
1 large lemon (optional)*

Spray grate of barbeque grill with "grilling spray" and start fire. While waiting for grill to heat up, cut zucchini into ¼-inch thick round slices. Dip slices in olive oil or spray with olive oil from a can. Season with salt and pepper. When grill is medium hot, grill zucchini slices until they are tender and have "grate marks" roasted into them. Remove zucchini from grill to plate. Right before serving, sprinkle with basil and paprika or red pepper flakes, if desired. (Use paprika or red pepper flakes sparingly.) Squeeze lemon over zucchini, if you like lemon. Serve immediately as an appetizer or a side dish.

Zucchini Spice Cake Recipe

Beth Oakes, Clallam County Master Gardener

The recipe below is intended as a guide. The ingredients will vary depending on the water content of your zucchini and whether fat-free or sugar substitutes are used. When you shred the zucchini measure the amount of liquid extracted from the shredding process (SAVE that vitamin-rich liquid to add to the batter!) and adjust the amount of oil/applesauce/fat-free mayonnaise you add as a wetting agent.

Ingredients:

*2 cups sifted white, all-purpose flour or 1 cup white and 1 cup whole wheat flour (an additional ¼ cup of liquid might be needed if whole wheat flour is used)
1 Tbsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg
½ tsp ginger
½ tsp Allspice
2 tsp. baking soda
½ tsp. baking powder
½ tsp. salt
1 cup granulated sugar (or substitute Splenda or another sweetener in like quantity)
1 cup brown sugar (or "brown" Splenda)
1 cup vegetable oil (or substitute 1 cup fat-free mayonnaise or 1 cup applesauce.)
1 Tbsp. vanilla
3 eggs (or egg substitute in the amount equivalent to 3 eggs)
2 cups chopped or shredded zucchini
1 cup walnuts or pecans, chopped*

Combine dry ingredients and set aside. (Note: Add spices to taste.) In a large bowl, combine remaining ingredients (except zucchini and nuts) and blend well. Fold in dry ingredients and mix until batter is smooth. Add zucchini and nuts last and blend by hand. Bake in a greased and floured Bundt pan or baking dish (13x9x2 inches) or make cupcakes. Bake the Bundt pan at 350 degrees for about 45 minutes. Bake any other container(s) at 350 degrees. When test wire inserted in batter comes out dry, your cake is ready.

If using fat-free mayonnaise or applesauce, the resulting cake will be noticeably drier and lighter, but less dense and very tasty, and the fat-free and sugar-free ingredients cut calories in half or more!

Veggie Fries

Beth Oakes, Clallam County Master Gardener

Ingredients:

*1 pound of "hard veggies" such as asparagus, zucchini, green and red peppers, carrots, and green beans
1 cup of Ranch dressing, with extra for dipping
¼ cup olive oil to marinate with extra oil for frying
2 tsp. fresh lemon juice*

Slice vegetables into "French fry-sized" sticks. Blanch vegetables for about three minutes in salted boiling water to soften and then drain. Combine Ranch dressing, olive oil, and lemon juice. Pour mixture over drained vegetables and coat well. Let marinate for 3 hours.

Put one tablespoon of olive oil in a large frying pan and fry vegetables over medium heat until they are cooked through and a crispy light brown color, turning to fry all sides. Serve warm with extra dressing for dipping.

Cheesy Squash Casserole

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

*1½ cups chopped summer squash (any type)
½ cup cracker crumbs
½ cup shredded cheese
1 Tbsp. butter or margarine, melted
2 Tbsp. chopped onion
1 egg, beaten*

Combine all ingredients and mix well. Put in a greased baking dish, cover and bake at 350 degrees for 35-40 minutes or until done. Makes 2-3 servings.

Squash Bread

Washington WIC and Senior Farmers Market Nutrition Programs

Ingredients:

*1½ cups flour
2 tsp. cinnamon
1 tsp. baking powder
½ tsp. baking soda
1½ cups shredded zucchini or summer squash
2 eggs, well beaten
¾ cups sugar
½ cup oil
2 tsp. vanilla extract*

Preheat oven to 350 degrees. Mix flour, cinnamon, baking powder, and baking soda. In another bowl combine well beaten eggs, sugar, oil and vanilla. Beat about 3 minutes. Stir in squash. Add dry ingredients to wet ingredients and mix just until moistened. Pour into well-greased bread loaf pan. Bake 40 minutes or until a knife put in center of loaf comes out clean.

Stuffed Giant Summer Squash

Beth Oakes, Clallam County Master Gardener

Ingredients: (adjust proportionately for the size of your monster)

One GIANT summer squash of any type and shape

3 Tbsp. olive oil

1 cup chopped onions

2 Tbsp. minced fresh garlic (or to taste)

½ pound ground pork

½ pound ground beef

2 cups peeled, seeded, and chopped fresh tomatoes (or a can of well-drained tomatoes)

2 cups dry bread crumbs - seasoned or not - to taste

¼ cup minced fresh parsley

1 Tbsp. minced fresh oregano or 1 tsp. dried oregano

Salt, ground black pepper, and/or cayenne pepper to taste

Grated parmesan cheese

Slice a thin layer lengthwise off one side of a long monster squash or from the top (and bottom too if necessary) off a round one to make it sit level. Scoop out all the seeds, leaving a shell about ½ to 1-inch thick. Salt the inside of the squash, turn upside down in the sink and let sit for about 30 minutes to drain off excess moisture. Preheat oven to 350 degrees. Heat olive oil in a pan and add onion and sauté until tender. Add garlic and sauté for another minute. Add the ground meats, crumble, and sauté until just past pink. Then add tomatoes, reduce heat, and simmer about 10 minutes until the liquid has evaporated. Remove from heat and stir in bread crumbs, herbs and spices.

Dry the squash cavity with a paper towel, if still damp and fill with the meat mixture. Place in a baking pan. Add about an inch of hot water to the pan and bake for about 45 minutes or until squash skin pierces easily with a fork. Sprinkle with parmesan cheese. To serve cut a long squash into slices or cut a round squash into wedges.

SWISS CHARD

Stuffed Mushrooms with Swiss Chard

Beth Oakes, Clallam County Master Gardener

Ingredients:

One pound of any variety Swiss chard (If you use Rainbow Chard mince the stems. Remove stems from other chards.)

Salt to taste

Freshly ground black pepper

2 Tbsp. olive oil

2 fresh garlic cloves

2 Tbsp. pine nuts or slivered almonds

1/3 cup freshly grated Parmesan cheese

12 portabella mushrooms big enough to stuff

Preheat oven to 350 degrees. Bring pot of water to boil, salt well, and add chard. Blanch chard two minutes until tender, then cool quickly in cold water. Drain and pat out water. Chop fine, set aside. Set aside ½ clove of the garlic and mince the rest. Heat 1 Tbsp. of olive oil in a heavy skillet and add pine nuts. Cook and stir until nuts begin to color, then add minced garlic. Stir over medium heat until you smell the garlic cooking, a minute or less. Add the chard and salt and pepper to taste. Stir for a minute or two and remove from heat. Transfer to a bowl, add ¼ cup of the Parmesan cheese and mix together as cheese melts.

Oil a baking sheet or baking dish large enough to hold mushrooms. Remove stems from mushrooms. Heat remaining olive oil over medium heat in the skillet and add the other half clove of garlic. Cook garlic in olive oil until you can smell it, then remove it. Add the mushrooms to the now-garlic-flavored oil, season with salt

and pepper, and cook until mushrooms begin to soften, about two to three minutes. Remove mushrooms from skillet and put on baking sheet or baking dish, bottom side up.

Fill mushroom caps with the chard mixture. Pack it in firmly. Sprinkle remaining Parmesan cheese over top. Drizzle any garlic oil left in the skillet over the mushrooms. Bake filled mushroom until the mushroom caps are moist and tender, about 15 to 20 minutes. To prepare in advance, prepare the filling and stuff the mushroom caps a day ahead. Cover and refrigerate, then bake just before serving.

TURNIPS

Rutabagas and Turnips

Beth Oakes, Clallam County Master Gardener

Ingredients:

1 pound rutabagas

½ pound white turnips

4 slices of bacon

¼ cup chopped onion

1 cup water

Salt and pepper to taste

Chopped parsley or anything else you have for garnish

Peel the rutabagas and turnips and cut into 1 inch cubes. Fry the bacon until crisp, let cool, crumble, and set aside. (You can cook the onion in the bacon grease or pour off the fat and cook it in two tablespoons of olive oil.) When the onion is translucent add the cup of water and the salt and pepper and bring to a boil.

Put the cubed turnips and rutabagas and the crumbled bacon in a 2-quart oven proof casserole, add the cooked onion/water mixture, Put a lid on it and bake at 350F for about 45 minutes or until fork tender. Garnish and serve hot. Leftovers warm up well too. The quantities in this recipe will serve six moderate eaters.

Fluffy Turnips

Beth Oakes, Clallam County Master Gardener

Ingredients:

2 pounds of small tender turnips

¼ cup cream

1 beaten egg

1 Tbsp. butter or margarine

2 Tbsp. brown sugar

2 Tbsp. uncooked cream of wheat

Salt and pepper

Peel and pare turnips into chunks. Cook in about 1 inch of boiling water until very tender. Drain and mash well. Stir remaining ingredients into mashed turnips. Pile mixture into a 1-quart lightly oiled casserole dish. Bake at 350 degrees for about 40 minutes or until the top is set. Serves 6.

Buttered Turnips & Onions

Beth Oakes, Clallam County Master Gardener

Ingredients:

5 medium turnips, peeled and cut into ½-inch cubes

1 medium white or yellow onion, chopped

2 Tbsp. butter or margarine

¾ Tbsp. marjoram leaves or herbs of your choice

½ tsp. salt

1/8 tsp. pepper

Bring 1 inch of water to boil in a 3-quart pan over high heat. Add turnips and reduce heat to medium. Cover and cook for 15-20 minutes or until turnips are fork tender. Drain pot. Melt butter in same pan over medium heat. Add chopped onion and cook until tender. Stir in chopped turnips, herbs, salt, and pepper and cook and stir for about 5 minutes or until turnips are a light golden brown color. Serves 6.

Young Turnips with Lemon and Honey

Beth Oakes, Clallam County Master Gardener

Ingredients:

1-½ to 2 pounds of young, very fresh and tender turnips

1 Tbsp. honey

¼ cup lemon juice

2 tsp. cornstarch

1 Tbsp. safflower or other mild vegetable oil

½ to 1 tsp. freshly grated ginger root (or to taste)

Freshly ground black pepper (to taste)

Peel and thinly slice turnips. Steam turnips for about 5 minutes or until crisp and tender. Drain and save cooking water. Mix 3-4 Tbsp. of cooking water with the lemon juice, cornstarch, and honey. Heat oil in a skillet and sauté grated ginger for about a minute. Add turnips and continue to sauté and stir for a few more minutes until turnips are very tender. Add honey mixture and continue to stir until heated through. Season to taste with pepper and serve.