



Garden Recipes

Volume 2

from Northern Berks Community Garden

Sautéed Zucchini or Yellow Squash

Heat 2 tablespoons olive oil in a frying pan. Add 2-3 cups zucchini (sliced or cubed), 1 small onion (sliced or chopped), and green or red bell pepper if desired. Season with salt and pepper. Sauté several minutes until vegetables are soft.

Zucchini Muffins

(from Taste of Home magazine)

1 cup all-purpose flour	2 eggs
$\frac{3}{4}$ cup white whole wheat flour (or all-purpose flour)	$\frac{3}{4}$ cup milk
2/3 cup packed brown sugar	$\frac{1}{2}$ cup butter, melted
2 teaspoons baking powder	1 cup shredded zucchini
$\frac{3}{4}$ teaspoon ground cinnamon	1 cup chopped walnuts (optional)
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup raisins

In a large bowl, combine the first six ingredients. In another bowl, whisk the eggs, milk, and butter; stir into dry ingredients just until moistened. Fold in the zucchini, walnuts, and raisins. Fill 12 greased muffin cups $\frac{3}{4}$ full. Bake at 375 degrees for 18-20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack.

Yield: 1 dozen

Zucchini "Spaghetti"

Recipe from Keystone Military Families

4 large, fat zucchini (cut into strands using a spiral slicer or vegetable peeler)
2 cloves garlic (minced)
$\frac{1}{2}$ teaspoon salt
Freshly ground pepper
$\frac{1}{2}$ teaspoon red pepper flakes

Heat frying pan over medium heat. Add a little olive oil (about 1 teaspoon). When oil is shimmering, add garlic, and fry until fragrant, about 15 seconds. Turn heat to high. Add zucchini strands, stir fry for 1 minute, add salt, pepper, and red pepper flakes. Serve. Make sure you don't cook the zucchini too long, or they will get mushy. You want the zucchini to still have some crunch to it. You could also add minced fresh herbs.

Baked Zucchini Crisps

Recipe from Keystone Military Families

2 medium zucchini

2 tablespoons butter (melted) or olive oil

1 tablespoon fresh oregano or 1 teaspoon dried oregano

1 teaspoon garlic powder

¼ cup grated parmesan cheese

Salt and pepper

Slice zucchini into 1/8 to ¼ inch slices. Toss with melted butter, garlic, and oregano. Arrange in a single layer on a greased baking sheet. Sprinkle with parmesan cheese.

Bake, uncovered, at 350 degrees for 35 to 40 minutes. Season to taste with salt and pepper. Serves 4 to 6.

Butternut Squash (Pumpkin) Soup

2 butternut squash, 1 neck pumpkin, or 2 small pie pumpkins

1 quart chicken or vegetable stock

½ cup cream, half & half, or milk

1/3 cup maple syrup

Dash of nutmeg

Salt to taste

Preheat oven to 375 degrees. Cut squash in half and scoop out seeds. Place on a baking sheet, cut side down, and roast until soft – about 40 to 45 minutes. Allow to cool slightly. Scoop squash out into a bowl and lightly mash. You need about 5 cups.

In a pot, heat up the squash (pumpkin) with the stock and maple syrup until simmering.

Transfer to a blender or food processor (or use an immersion blender) and puree until velvety smooth. Reheat. Add cream and nutmeg, salt to taste, stir and serve.

If the soup is too thick, add water or more broth. The measurements don't need to be precise. Use what squash you have, add more or less broth to taste.

Serve with a drizzle of cream, if desired, and sprinkle with pumpkin seeds. Enjoy!