

Sharing with Wauneta: Recipes using produce from the garden. . .

Written by Wauneta Breeze
Thursday, 14 July 2011 15:36 -

By Nola Straub

Let's explore more recipes from the products found in your garden. Mother always wanted me to run to the garden and get two to four good carrots about so big around or a couple red tomatoes that were ready to pull! Gardens are work but the produce tastes better because we have our time invested in it.

Garden Steamed

Vegetable Ribbons

Pat Cramer

4 large carrots, peeled

8 small zucchini

2 tsp. olive oil

4 tsp. lemon juice

1 tsp. salt or to taste

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1/4 tsp. pepper or to taste

Trim ends from the carrots and zucchini. Use a vegetable peeler to make long thin strips down the length of each carrot and zucchini, making long ribbons. Place the carrots in a steamer basket. Place the basket in a saucepan over 1 inch of water; bring to a boil. Cover and steam for a couple minutes. Place the zucchini ribbons in basket and cover and steam 2-3 min. longer or until both vegetables are tender. Pour the water out of the pan and place steamed vegetables into a serving bowl. Add the lemon juice and oil, salt, and pepper. Toss the vegetables to coat them with the spice mix.

Stuffed Zucchini with

Tomatoes and Mozzarella

Pat Cramer

Preheat oven to 400 degrees. Brush a rimmed baking sheet with olive oil.

Cut two medium zucchini in half lengthwise. Place the 4 halves cut side up on sheet and season with coarse salt and ground pepper. In a small bowl, combine 2 plum tomatoes halved, seeded, and diced small, and 1/4 tsp. each fresh oregano leaves and white vinegar; season with salt and pepper. Top zucchini with tomato mixture. Bake until zucchini is tender, about 20 min. Heat broiler, with rack in the top position. Top zucchini with 5 ounces of fresh mozzarella, torn into 1 inch pieces. Broil until cheese is slightly brown and bubbling 1 to 2 min.; serve immediately. Serves 4.

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Think of how many squash can be grown in the garden, acorn, buttercup, butternut, delicata, hubbard, spaghetti, sweet, turban and, of course, zucchini — all of which make good side dishes to serve with the meat of the meal. Why not send some of your favorites to P. O. Box 303; Wauneta, NE 69040 so we can share them with all who read the Wauneta Breeze?

Honey-Spice

Acorn Squash

Pat Cramer

Preheat to 375 degrees.

3 tbsp. honey

2 tbsp. butter, melted

1/4 tsp. salt

1/8 tsp. ground cinnamon

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1/8 tsp. ground ginger

2 medium acorn squash

In a small bowl, combine the honey, butter, salt, cinnamon and ginger. Cut the acorn squash in halves; discard the seeds. Cut a thin slice from the bottom of the squash with a sharp knife to allow it to sit flat. Place the halves open side up into a 15x10x1 inch baking pan. Fill the middle of the halves with butter mixture. Cover with foil and bake at 375 degrees for one hour or until the squash is tender. Uncover and bake 10 min. longer.

Pat: when we were in Rock Springs I started cooking acorn squash whole in the microwave and then slicing them in half to remove the seeds. To keep from heating up the house you could do this and then fill with the Honey Butter and just place under the broiler to brown the top of each half. Or also to save time.

Microwave Reminder of how to cook a whole acorn squash in microwave. Wash. Pierce skin with sharp knife in several places. I put it in a glass bowl without a lid in case it leaks. Cook on high 6-8 min. per pound. Let stand for 5 min. Cut in half, remove seeds with large spoon. Fill cavity with butter, brown sugar, salt and pepper to taste or try the recipe above. Also sausage pecans or walnuts go well, too.

Carmen's Pumpkin Cake Norma Bodeman's

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Collection

Preheat at 350 degrees

4 eggs

1 2/3 c. sugar

1 c. canola oil

1 16-oz. can or frozen pumpkin

2 c. flour

2 tsp. baking powder

1 tsp. salt

2 tsp. cinnamon

1 tsp. baking soda

Beat together eggs, sugar, oil and pumpkin until fluffy. Mix together flour, baking powder, salt, cinnamon, and baking soda. Add to pumpkin mixture and mix thoroughly. Spread in a 10x15x1"

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ungreased pan. Bake at 350° for 25-30 min. Cool and frost with cream cheese frosting. May garnish with chopped pecans.

Cream Cheese Frosting

1 3-oz. pkg. cream cheese

1/2 c. softened margarine

1 tsp. vanilla

2 c. powdered sugar

Beat cream cheese, margarine and vanilla till smooth. Add powdered sugar and beat till spreading consistency. May add a small amount of milk if needed.