

SQUASH

Summer Squash (soft skins) - wash, remove stem and blossom ends; cut into cubes or slices. Cook, covered, in 2-4 T. water with 1-2 T. butter, salt, and pepper for 5-10 min. or until just tender. Summer Squash may be fried or french fried.

Winter Squash (hard skins) - wash, cut into halves or individual servings; remove seeds. Bake cut portions uncovered if a crusty top is desired or covered in baking dish or wrapped in foil for a soft top. Bake in 350 - 400 deg. oven for 30-60 min.

Squash Souffle

1½ lbs. yellow summer squash  
1 small onion, chopped  
1 c. medium white sauce  
½ c. grated cheddar cheese  
2 eggs, beaten  
1 c. buttered crumbs  
2 T. grated Parmesan cheese

Wash and cube squash. Cook squash and onion in very little boiling salted water. Drain well. Combine with sauce, cheese, and eggs. Place in buttered baking dish; sprinkle with crumbs and Parmesan cheese. Bake in 350 deg. oven for 20-25 minutes,

Squash Provencal

3 medium zucchini (thick slices)  
¼ c. flour  
S & P  
4 T. salad oil  
3 T. pickle relish  
4 T. grated Parmesan cheese  
½ c. sour cream  
2 firm tomatoes, sliced

Dredge zucchini slices in seasoned flour. Saute in 3 T. oil about 4 minutes. Grease a shallow baking dish with remaining 1 T. oil. Place half of squash in dish; top with relish and half of cheese. Add rest of squash; spread with cream. Top with tomato slices and sprinkle with rest of cheese. Bake in 350 deg. oven for 20 min. Brown quickly under broiler.

California Zucchini

1 medium onion, sliced  
1 clove garlic, minced  
½ c. salad oil  
2 lbs. sliced zucchini  
4 firm tomatoes, cut up  
1 green pepper, chopped  
S & P

Saute onion and garlic in oil. Add rest of ingredients. Cook until tender. Sprinkle with minced parsley and grated Parmesan cheese before serving.

Party Zucchini

- 4 medium zucchini
- 1 c. water
- S & P
- 2 T. melted butter
- 1/2 c. chopped celery
- 1/2 c. chopped onion
- 1/4 c. minced green pepper
- 6 slices bacon, fried crisp
- 2 T. chopped pimento
- 3/4 c. shredded cheddar cheese
- 1/2 c. buttered bread crumbs

Trim ends of squash; halve lengthwise. Simmer squash halves in water 10 min. or until barely tender; drain. Scoop out pulp leaving shells intact. Drain pulp; chop and season with S & P. Brush shells with butter and season with S & P. Saute celery, onion, and green peppere in remaining butter until tender; season. Combine pulp and sauteed vegetables; place in shells. Sprinkle each with crumbled crisp bacon, pimento, and cheese; top with crumbs. Place under broiler to brown crumbs. Bake in 250 deg. oven 10-25 min. to heat through.

Orange Squash

- 2 c. cooked or baked squash
- 1/2 t. salt
- 2 T. melted butter
- 2 T. brown sugar
- 1/3 c. orange juice
- 1/4 c. finely chopped pecans

Mash squash. Add rest of ingredients except pe cans. Spoon into a buttered 1-qt. baking dish. Top with pecans. Bake in 350 deg. oven for 20 min.

Baked Acorns

- 2 small acorn squah
- water
- 3 c. grated peeled apple
- 1/2 t. salt
- 1/4 c. brown sugar
- dash of nutmeg
- 2 T. butter

Halve acorns; remove seeds. Place cut side down in baking dish containing 1/4-inch of water. Cover; bake in 350 deg. oven for 30 min. or until partially done. Remove from oven; turn cut sides up. Fill with apples; sprinkle with salt, sugar, and nutmeg; dot with butter. Bake, uncovered, in 350 deg. oven until apples and squash are tender (about 25-30 min.)

Spicy Zucchini Fruit Bread

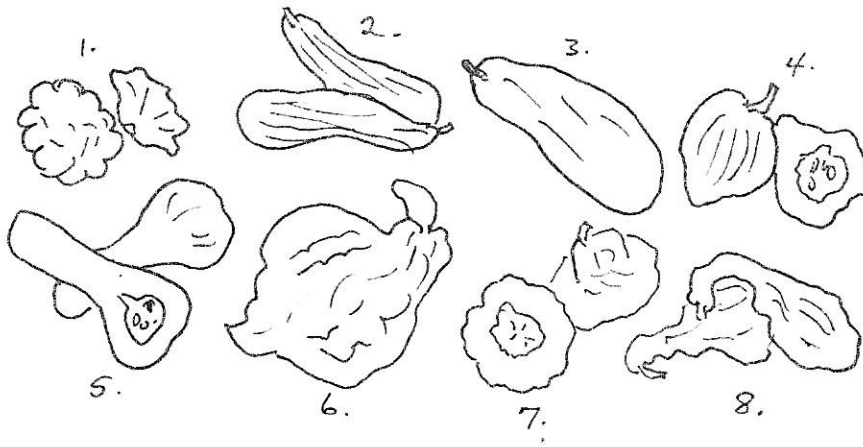
- 3 eggs
- 1 c. salad oil
- 2 c. sugar
- 2 t. vanilla
- 2 c. shredded zucchini
- 1 c. crushed pineapple, drained
- 3 c. flour
- 2 t. B.S.
- 1 t. salt
- 1/2 t. B.P.
- 1 1/2 t. cinnamon
- 3/4 t. nutmeg
- 1 c. nuts, chopped
- 1 c. raisins

Beat together eggs, oil, sugar, and vanilla until thick and foamy. Stir in zucchini and pineapple. Combine dry ingredients, nuts, and raisins; stir gently into creamy mixture. Bake in two greased and floured 5x9-inch loaf pans in 350 deg. oven for one hour. Cool 10 min.; remove from pans; cool on rack.

### Squash Pie

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|----------------------------------|--------------------|
| 1-3/4 c. strained, cooked squash |                    |
| 1 t. salt                        | 1 t. cinnamon      |
| 1 1/2 c. milk                    | 1/2 t. nutmeg      |
| 3 eggs                           | 1/2 t. ginger      |
| 1 c. sugar                       | 1 T. melted butter |

Beat all ingredients together. Pour into a pastry-lined 9-inch pie pan. Bake in 425 deg. oven for 45-55 minutes. (Mashed cooked sweet potatoes or yams may be used in place of squash.)



Types of Squash -

- |                  |              |
|------------------|--------------|
| 1. White Scallop | 5. Butternut |
| 2. Cocozelle     | 6. Hubbard   |
| 3. Straight-neck | 7. Buttercup |
| 4. Acorn         | 8. Crookneck |