

SAVE ROOM FOR...

SQUASH



**Presented at Summer Celebration 2015 by
The UT “Kitchen Divas”!**

Gwen Joyner, Extension Agent- Carroll County

Sarah Poole, Extension Agent- Crockett County

Tennille Short, Extension Agent- Haywood County

Programs in agriculture and natural resources, 4-H youth development,
family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture
and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

Quick Butternut Squash Soup

Servings 6

- 1 teaspoon olive oil
- 1 clove garlic, minced
- ½ cup chopped onion
- 1 teaspoon fresh sage, chopped (or 1t. ground dry sage)
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper
- 3 cups fat-free chicken broth
- 1 ½ lbs butternut squash (peeled, seeded, cubed)
- parmesan cheese (Garnish)

DIRECTIONS

1. Add oil, garlic and onion to large stockpot over medium heat.
2. Saute for 3-4 minutes.
3. Add sage, salt, pepper, broth and squash.
4. Bring to a boil.
5. Cover, reduce heat and simmer for 20 minutes (or until squash has a tender consistency).
6. Use stick blender to lightly puree, leaving some chunks, or puree half of the soup in a food processor or blender and return to pot.
7. Garnish with parmesan cheese and more fresh sage (if desired)

Spicy Squash Refrigerator Pickles {quick & easy!}

Yield: 6 cups

Ingredients:

- 9 sprigs fresh cilantro
- 3 large cloves garlic, halved
- 3 tsp. mixed peppercorns
- 1-1/2 tsp. coriander seeds
- 3 tsp. crushed red pepper flakes
- 1-1/2 lbs. yellow squash and zucchini, sliced into thin rounds.
- 1/3 c. thinly sliced sweet onion
- 1-1/4 c. apple cider vinegar
- 1-1/4 c. water
- 2 tsp. kosher salt
- 2-1/2 T. honey

Directions:

In a large glass jar or bowl that holds about 2 quarts, add the cilantro, garlic, peppercorns, coriander, red pepper flakes, zucchini, and onion. Set aside.

In a small saucepan over medium-high heat, bring vinegar, water, salt, and honey to a boil. Pour hot mixture over contents in the jar, pressing down on the vegetables so that brine covers them completely. Let cool on the counter to room temperature. Cover and refrigerate for at least 4 hours, or 2 days for maximum flavor. Keeps in refrigerator for 2 months.

Note: Amanda's recipe calls for using 3 pint-size jars and dividing the cilantro, garlic, peppercorns, coriander, red pepper flakes, squash, zucchini, and onion evenly amongst the three jars before pouring the hot brine into the jars. I altered the recipe to make just one large jar. Use whichever method works best for you!

Buttercup Squash Crumble Bars

Serves: 16-20 small bars

Ingredients**for the crust:**

- 1 ¼ cups white or wheat flour
- 1 ¼ cups walnuts
- ½ cup + 2 tablespoons brown sugar
- 5 tablespoons cold Organic Valley Unsalted Butter, cut into cubes
- 1 teaspoon ground flax seed (optional, but helps with cohesion)
- ½ teaspoon salt

For the squash butter puree:

- 1 cup soft squash mash from a buttercup squash, butternut squash, or sweet potato (don't sub canned pumpkin - it's too watery for this recipe)
- 5 tablespoons cold Organic Valley Unsalted Butter, at room temp
- 2 tablespoons maple syrup (more to taste)
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt

For the topping:

- ½ cup mini chocolate chips
- ½ cup unsweetened shredded coconut
- ½ cup reserved crumble (from above recipe)



Instructions

1. Preheat oven to 350 degrees.
2. **For the squash butter puree:** (Note: this step can be done in advance). Cut a buttercup squash in half and scoop out the seeds & insides. Place the squash cut side down on a foil-lined baking sheet and drizzle just a tiny bit of water inside the foil (fold the edges of the foil up a bit so it won't leak). Poke a few holes in the top of the squash and roast until it's soft and a fork easily slides in and out. About 45 minutes. Let squash cool then scoop the flesh out from the skin and discard the skin.
3. Mash together 1 cup of the soft squash with the butter, maple syrup, cinnamon and salt. Stir until smooth. (Taste and add more maple and/or spices to your liking - it should taste pumpkin pie-like). Store puree in the fridge until ready to use.
4. **For the bars:** Line an 8x8 (or similar size) baking dish with parchment paper. In a food processor pulse together the flour, walnuts, brown sugar, butter and salt until it becomes crumbly. (Similar to the texture of wet sand). If the crumble is too dry, add a few drops of water and pulse again.
5. Scoop ½ cup of the crumble mixture and set it aside to use later for the topping.
6. Press the rest of the crumble firmly and evenly into the baking dish. Bake the crust for about 20 minutes or until it's lightly golden brown around the edges and dry to the touch. Remove from the oven and let cool completely. (note: the crust can be made and baked a day in advance)
7. Spread the squash puree evenly over the pre-baked crust. Top with chocolate chips, shredded coconut and the remainder of the crumble mixture. (Optional: bake 10-15 minutes more to toast the topping and melt the chocolate).
8. Chill bars in the fridge for at least a few hours to set before slicing. To slice, use a knife to gently loosen the edges, then (very) carefully lift the parchment paper out of the pan. Use a sharp knife to slice bars into 1x2 inch rectangles. Enjoy, then store remaining bars in the fridge

Layered Zucchini Bake

Servings 6

- 1 large zucchini, sliced
- 2 medium tomatoes, sliced
- 1 large onion, sliced
- 2 green or red peppers, sliced
- 1 pound of bacon, cut up and pre-cooked in the microwave
- 2 cups shredded cheddar cheese
- Seasoning salt

DIRECTIONS

In an 11 x 14 pan, start layering your vegetables, beginning with zucchini slices. Sprinkle some seasoning salt on top of the zucchini slices.

Next, add the tomato slices... then the onion slices. The next layer is the green or red peppers. Then, layer on the bacon. Last, sprinkle on the shredded cheddar cheese to cover the other layers. Bake uncovered at 350 degrees for 45 minutes, or until cheese starts to brown. Serve hot.

Yellow Squash Muffins

Servings 18

- 2 pounds crookneck yellow squash
- 2 large eggs
- 1 stick butter, melted
- ½ cup applesauce
- 1 cup sugar
- 3 cups self-rising flour

DIRECTIONS

Wash squash, trim ends, and cut into 1-inch slices. Cook in a small amount of water for 15-20 minutes. Drain well and mash.

Measure 2 cups of the cooked squash and combine with eggs, butter, and applesauce. Set mixture aside.

Combine dry ingredients in a large bowl. Make a well in the center of the mixture, then add squash mixture and stir only until moist. Spoon mixture into greased or sprayer muffin tins, filling about ¾ full. Bake at 375 degrees for 20 minutes, or until toothpick inserted in center of muffin comes out clean.

Zucchini Pizza Bites

1 Tbsp. olive oil
3 zucchini, cut into ¼ inch thick rounds
Kosher salt and black pepper, to taste
1/3 c. marinara sauce
½ c. finely grated mozzarella cheese
¼ c. pepperoni minis
1 Tbsp. Italian seasoning

Preheat oven to broil. Heat olive oil in a large skillet over medium high heat. Working in batches, add zucchini and cook, flipping once, until golden, about 1-2 minutes on each side. Season with salt and pepper, to taste. Place zucchini rounds onto a large baking sheet. Top each zucchini round with marinara, mozzarella, and pepperoni minis. Place in oven and cook until the cheese has melted, about 1-2 minutes. Serve immediately, sprinkled with Italian seasoning, if desired.

Skillet Squash Medley

1 Tbsp. olive oil
½ c. chopped onion, yellow or red
3 cloves garlic, finely minced
3 medium zucchini, sliced about 1/8-1/4 inch thick, in rounds or half moons
3 medium yellow squash, sliced about 1/8-1/4 inch thick, in rounds or half moons
1 can Ro-tel
¼ c. freshly grated Parmesan cheese

In a large nonstick skillet over medium heat, saute the garlic and onion in the olive oil until the onions begin to turn translucent; about 3-4 minutes. Stir constantly so the garlic doesn't burn. Add the zucchini and squash, tossing well with the olive oil mixture. Saute over medium heat for 3-4 minutes. Add the Ro-tel. Continue cooking and stirring until the zucchini and squash are tender and the Ro-tel has mixed in well, about another 2 minutes. Toss the hot mixture with Parmesan cheese and serve.

Oven-Baked Zucchini Chips

Zucchini
Olive oil
Salt

Preheat oven to 450. Slice zucchini, but not too thin. Place on a baking sheet and drizzle about 1 Tbsp. of olive oil over the zucchini. Sprinkle a light dusting of salt over, and bake for 25-30 minutes.