



## **COOK'S CORNER** by Catherine Hannon

It is that Zucchini time of the year! Go to your local farm stand and enjoy.

### **Zucchini Bake:**

Ingredients:

4 eggs, 2 cups peeled shredded zucchini,  $\frac{1}{2}$  cup oil, 1 cup bisquick, 1 small onion, chopped, 8 ounces grated cheddar cheese, parmesan chesses ,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon pepper, 1 teaspoon oregano.

### **DIRECTIONS:**

1. Spray 8" baking pan with nonstick cooking spray.
2. Mix all ingredients in bowl except for parmesan cheese save for later. Pour mixture in pan and sprinkle with parmesan cheese.
3. Cook for 30-45 minutes at 350°. Enjoy

### **Fried and Baked Zucchini:**

Ingredients:

Three medium sized green zucchini ,  $\frac{1}{4}$  teaspoon salt ,  $\frac{1}{4}$  teaspoon pepper,  $\frac{1}{4}$  teaspoon crushed red pepper, 1 cup of flour , 1 cup Italian bread crumbs , 2 eggs, vegetable oil

### **DIRECTIONS:**

1. Take your zucchinis and slice them into chips or sticks.
2. Each should be little less than a  $\frac{1}{4}$  of an inch thick.
3. In a bowl, mix salt, pepper, flour, and red pepper.
4. Coat the zucchini chips / sticks with flour, then dredge in egg mixture.
5. Next, coat with Italian bread crumbs.
6. In a large skillet, pour about  $\frac{1}{4}$  cup of vegetable oil over medium heat
7. When oil is hot , drop breaded zucchinis in till they are golden brown. Put on aligned paper towels to absorb the oil.
8. If baking , place uncooked coated zucchini in the oven on a tray at 375 degrees for about 15 minutes.

### **DIPPING SAUCE:**

1 cup mayo, 2 lemons,  $\frac{1}{4}$  teaspoon ground pepper / salt to taste