

### STUFFED ZUCCHINI

Slice zucchini in half lengthwise. Scoop inside of zucchini out and put aside. Brown 1 pound hamburger with onion, garlic powder and ½ tsp. oregano. Boil shell of zucchini for 8 minutes. Put into greased casserole dish. Mix ½ pound mozzarella cheese, 1/3 cup bread crumbs and the reserved zucchini. Mix with meat mixture. Put combined mixture into zucchini shell. Cover with spaghetti sauce and ½ pound shredded mozzarella cheese. Bake, uncovered, at 350 degrees for 25 minutes.

**Amber Kaltenbach**  
Keystone High School

### SWEET POTATO CASSEROLE

1 large Russet potato, peeled and quartered  
1 large sweet potato, peeled and quartered  
1 cup corn  
1 tsp. prepared Dijon-style mustard  
2 Tbsp. fresh lime juice  
3 Tbsp. chopped fresh cilantro  
1 clove garlic, minced  
3 Tbsp. canola oil  
½ tsp. salt  
¼ tsp. ground black pepper  
1 cucumber, halved lengthwise and chopped  
½ red onion, thinly sliced  
¼ cup finely chopped peanuts

Place the Russet potato pieces into large saucepan and cover with salted water. Bring to a boil. Turn the heat down and simmer for 10 minutes. Add sweet potato pieces and cook about 15 minutes more. Remove a piece of each potato and cut it in half to see if it is cooked enough. Once potatoes are tender, add corn kernels and cook another 30 seconds. Drain through a colander. Fill saucepan with cold water and drop vegetables into water. Cool for 5 minutes and drain. In large bowl, whisk together mustard, lime juice, cilantro and garlic. Slowly whisk in oil. Mix in salt and black pepper. Cut cooled potatoes into 1-inch cubes. Add to dressing along with cucumber and red onion. Toss well. Serve at room temperature or chilled. Toss the peanuts in just before serving.

**Brenden Cujas**  
Keystone High School

### VEGETABLE MEDLEY

1 pound fresh sliced carrots  
3 medium zucchini, sliced and quartered  
2 cans cut baby corns  
3 Tbsp. margarine or butter  
1/3 cup brown sugar  
Salt  
Pepper  
Olive oil

Quickly brown carrots and zucchini in large skillet coated with olive oil. Add baby corns, butter and brown sugar. Cook, uncovered, over medium heat for approximately 10 minutes, stirring frequently. Add salt and pepper to taste. Serves 6-8.

**Tina Morrison**  
Oil City

### VEGETABLE PIZZA

8 oz. cream cheese, softened  
8 oz. mayonnaise (not Miracle Whip)  
1 pkg. Hidden Valley Ranch dressing mix  
2 pkgs. Pillsbury crescent rolls (8 per pkg.)  
Vegetables  
Mix cream cheese, mayonnaise and Ranch dressing mix. Spread crescent rolls onto cookie sheet, pressing seams together. Bake according to directions. Cool. Spread dressing over rolled crust and cut into squares. Cut all vegetable small and layer on pizza. Vegetable suggestions: shredded carrots, mushrooms, green and red peppers, cucumbers, alfalfa sprouts, chopped celery and grated cheeses  
**Trisha Jester**  
Clintonville

### VEGGY PASTA

1 medium squash, diced  
1 medium zucchini, diced  
1 small onion, diced  
1 green pepper, diced  
8 oz. mushrooms, sliced  
4 large tomatoes, diced  
1 clove of garlic, diced

Saute squash, zucchini, onion, green pepper and garlic in olive oil in a large skillet until tender. Add mushrooms and tomatoes. Cook and stir about 20 minutes. Serve over spaghetti.

**Rachel Smith**  
Franklin

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