



Applesauce, Raisins, and Zucchini Recipes



Applesauce Raisin Bread



Applesauce Oatmeal Cookies



Simple Applesauce Pancakes



Zucchini and Corn Salsa



Baked Zucchini Fries



Zucchini Oat Chocolate Cookies



Applesauce, Raisins, and Zucchini Recipes

Simple Applesauce Raisin Pancakes

You will need:

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| 1 cup dry pancake mix that is complete and only required ingredient is water | | |
| 3/4 cup unsweetened applesauce | 1 tsp. cinnamon | additional water as needed |
| 1/2 cup raisins or chopped apples or chopped bananas | | additional toppings of choice |

Instructions:

- In a medium sized mixing bowl, add 1 cup dry pancake mix.
- Add 3/4 cup unsweetened apple sauce to pancake mix and stir together.
- Add enough water to make batter desired thickness to your liking. Add cinnamon.
- Gently stir in raisins. Pour batter on to medium hot griddle and cook on both sides.
- Top with desired toppings and serve immediately.

Peanut Butter Applesauce Oatmeal Cookies

You will need:

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| 1 cup unsweetened applesauce | 1 cup sugar | 1/2 cup peanut butter |
| 1 large egg | 1 1/4 cup flour | 1 1/4 cup rolled oats |
| 1 cup raisins | 1 tsp. cinnamon | 1/2 tsp. baking soda |

Instructions:

- Preheat oven to 350 degrees F.
- Combine sugar, applesauce, peanut butter, and egg in large bowl. Mix until smooth.
- Stir in remaining ingredients. Spoon dough by rounded tbsps. onto lightly greased baking sheet.
- Bake 15 minutes, until lightly browned. Allow to cook slightly before removing cookies from sheet.

Applesauce Raisin Bread

You will need:

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| 1 cup unsweetened applesauce | 1/2 cup oil | 1/2 cup sugar |
| 1 3/4 cup flour, sifted | 1 tsp. baking soda | 1/2 tsp. salt |
| 1 tsp. cinnamon | 1/2 tsp. cloves | 1/2 tsp. nutmeg*** |
| 1 egg, slightly beaten | 1 cup raisins | |

Instructions:

- ***You could use 1 1/2 tsp. of pumpkin pie spice as a substitute for the cinnamon, cloves, & nutmeg.
- Preheat oven to 325 degrees F. Grease and flour an 8 x 4 inch loaf pan. Mix applesauce, oil, & sugar.
- Sift in flour, baking soda, salt, cinnamon, cloves, and nutmeg. Mix well after each addition.
- Add the slightly beaten egg and raisins. Mix together. Pour into prepared loaf pan.
- Bake 90 minutes or until loaf tests done.



Fresh Produce – Fresh Ideas

Zucchini and Corn Salsa

You will need:

1 cup cubed zucchini	1 cup cooked or grilled corn kernels (about 2 ears)	1 garlic clove, minced
2 tbsp. fresh cilantro, chopped	1 medium tomato, seeded and diced (optional)	$\frac{1}{2}$ tsp. salt
1 jalapeno, finely chopped (include seeds for more heat)		2 tbsp. fresh lime juice

Instructions:

- Combine all ingredients in a medium bowl and mix together.
- Cover and let stand about 15 minutes to allow flavors to develop.
- Serve with tortilla chips or chips of choice.

Baked Zucchini Fries

You will need:

4 zucchini	1 cup Panko breadcrumbs	$\frac{1}{2}$ cup grated Parmesan cheese
1 tsp. Italian seasoning	$\frac{1}{2}$ cup all-purpose flour	2 large eggs, beaten
2 tbsp. fresh parsley, chopped	salt and pepper to taste	spaghetti sauce for dipping

Instructions:

- Preheat oven to 425 degrees F. Coat an oven-proof cooling rack with non-stick spray and place on baking sheet.
- In a large bowl, combine Panko, Parmesan, and Italian seasoning. Season with salt and pepper.
- Cut zucchini into 3" x 1/3" x 1/3" strips or cut into 1/3" thick circular shapes.
- Working in batches, dredge zucchini in flour, dip into eggs, and then dredge into Panko mixture.
- Press to coat mixture into zucchini. Place zucchini onto prepared baking rack.
- Place into oven and bake for 20 - 22 minutes, or until golden brown.
- Serve immediately, garnished with parsley and favorite dipping sauce, if desired.

Zucchini-Oat Dark Chocolate Chip Cookies

You will need:

1-1/2 cups shredded zucchini	1-1/2 cups all-purpose flour	1 tsp. ground cinnamon
$\frac{1}{2}$ tsp. baking soda	$\frac{1}{2}$ cup (1 stick) butter, softened	$\frac{3}{4}$ cup granulated sugar
1 large egg	$\frac{3}{4}$ tsp. vanilla extract	1 cup quick oats
1 cup chopped nuts	1 (10-oz) pkg. dark chocolate chips	$\frac{1}{2}$ tsp. salt

Instructions:

- Preheat oven to 350 degrees F. Lightly grease baking sheets.
- Combine flour, cinnamon, salt and, and baking soda in a small bowl and set aside.
- Beat butter and sugar until well blended.
- Add egg and vanilla extract, beat well. Add zucchini and then gradually beat in flour mixture.
- Stir in oats, nuts, and morsels. Drop by rounded spoonful on baking sheet 2 in. apart.
- Bake for 9 - 11 minutes or until light golden brown. Allow to sit on baking sheets for 3 minutes.