



## 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:**

- |  |                 |                               |
|--|-----------------|-------------------------------|
| 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:**

- |                              |                 |                       |
|------------------------------|-----------------|-----------------------|
| 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:**

- |                              |                    |                    |
|------------------------------|--------------------|--------------------|
| 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.